5<sup>th</sup> International Conference of Multidisciplinary Approaches (iCMA), 2018 Faculty of Graduate Studies, University of Sri Jayewardenepura, Sri Lanka



ISSN: 2386 – 1509 Copyright © iCMA Page - 124

## A STUDY OF PSYCHOSOCIAL PROBLEMS ARISING FROM THE USE OF MOBILE PHONES

Nirmala K.H., Bandara M.M.A. and Madhuwanthi K.T.N. \*

Department of Philosophy and Psychology, University of Sri Jayewardenepura, Sri Lanka

amithbandara087@gmail.com

gayathridilshara715@gmail.com

## ABSTRACT

The mobile phone can define as an essential need. The reports clearly show that 4.7 billions of mobile phone users encompass the whole world. Every person has their own style to use mobile phone. The impact of mobile phone is relevant to both social and mental sections and it is based on the using pattern, individual's personality, and mentality. Deferent social, mental problems are emerging on the basis of desires and drives. Mobile phones make many changes in person's life and they make bad mental conditions. Most of the mobile phone users are young. They often tend to engage in antisocial activities over the mobile phone. According to our research young people attract to expensive mobile phones with internet facility download facilities, audio visual equipment, photos, videos and recording facilities. However the unnecessary conception of these facilities with time and money is problematic. The mobile phones should not be rejected because it gives us several advantages .We should effectively and socially adapt it. The mobile phone has be able to exert the influence over social tensions or arbitrary. However the benefits and facilities of the mobile phones are not cheap. We should try to focus on social and psychological conditions and also urging them to take and optimal and practical process.

Keywords: Mobile phones, Use, People, Mentality, Social