

### **Less Internet More happiness**

Do you usually find yourself turning on your mobile phone whenever you feel bored? According to a survey conducted among 2000 teenagers, we discovered that more than 60% of teenagers nowadays spend at least three hours on their phones per day. The number is increasing rapidly, and many of them are keeping their heads buried in their mobile devices rather than talking face to face. In this essay, I will explain this phenomenon and prove that it has negative impacts on teenagers' social skills.

To start with, focusing on mobile phones can make our brains lazy. The main reason is that there is an endless encyclopedia on the Internet. We may become impatient in learning and conversation in real life because our brains cannot function as quickly as AI. By relying on getting information through Internet resources, we eventually work, and process less than our brains actually have to. For instance, my friend Sabrina usually gets her knowledge by directly surfing on the Internet without processing it in her brain. She is always mad and annoyed when she cannot use her phone to look for the answers she wants. This proves that people who rely on the Internet will easily become impatient and emotionally disturbed. They can hardly express positive emotions to their friends and build strong friendships among them due to poor communication. Therefore, overuse of the Internet can significantly increase the influence on people's mental health and social life.

Besides the laziness of our brain, phone usage can cause a routine called "phubbing." Phubbing is a compound word of "phone" and "snubbing." It shows a phenomenon where teenagers physically spend time together, but each is focusing on their own phone. It can lead to less communication between each other and trigger negative moods, most significantly the feeling of ostracism. Annually, about 500 teenagers commit suicide in their homes. The reason behind it is that they feel like outcasts while getting along with friends. Nobody wants to listen to them, and as a result, they become more negative. In short, entertainment online can cause ignorance among teenagers. As they may use less body language to express their opinions, which leads to unclear explanations.

Finally, phone usage can create a chemical imbalance in our brains. When we overuse mobile devices, the serious radiation can affect the chemical imbalance in our brain. It becomes chaotic and leads to anxiety and depression in young people. In addition, it ruins the way our brains work and directly harms our social skills because we may not chat calmly and provide logical statements. For example, sleep disorders are induced, and teenagers' mental health deteriorates. It impairs the control system and slightly decreases the amounts of endorphins, leading to arguments between friends and no strong friendship being built. The instability caused by radiation from mobile phones cannot be ignored, and we should immediately stop it.

To sum up, the overuse of mobile phones calls for endless negative impacts on social life and mental health, such as making our brains lazy, encouraging phubbing routines, and creating chemical imbalances in our brains, which cause influences to our social life and the feeling of isolation or madness. It is never a great idea to rely on mobile phones. We can engage in physical activities instead of playing on our phones for a long time.