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THE IMPACT OF MOBILE PHONE USE ON HUMAN HEALTH

Влияние использования мобильных телефонов на здоровье человека

With the advent of smartphones, their usage has significantly increased, and they have become an integral part of modern lives and our daily lives in general. Mobile devices offer a wide range of features, making them almost impossible to replace, from communication and entertainment to navigation and education. This widespread use raises an important question: what are the consequences of such extensive use for human health?

In this study, we went deeper into this question by analyzing the available data and offering strategies to minimize potential risks.

Impact on Physical Health

Mobile phones emit non-ionizing frequency (RF) radiation. This radiation is classified as «potentially carcinogenic to humans», but there is currently no conclusive evidence linking it to cancer. Therefore, more research is needed. One significant physical health impact of using mobile devices is sleep disorders. The blue light emitted by phone screens can interfere with the production of melatonin, a hormone that regulates sleep cycles. This can lead to difficulty falling asleep, shorter sleep duration and poor sleep quality. Frequent use of mobile phones can also lead to musculoskeletal disorders, such as «typing neck», a condition caused by prolonged forward head bending while using screens. Additionally, excessive typing or page flipping can lead to repetitive strain injuries (RSI). These conditions can cause chronic pain and discomfort in the neck, shoulders, and arms. Prolonged use of mobile phones can lead to eye strain, which manifests itself through symptoms such as dryness, blurred vision, and headaches.

Impact on mental health

The constant internet connection provided by mobile phones can lead to increased stress levels. The addiction to mobile phones, also known as «nomophobia» (the fear of being without a mobile phone), is causing increasing concern. This addiction manifests

itself in the form of compulsive checking of messages, social media, and other apps, leading to significant time spent on mobile devices. Symptoms include anxiety when separated from the phone, neglect of personal relationships, and decreased productivity. Excessive screen time can impact cognitive and emotional development, leading to issues such as attention disorders, delayed language development, and behavioral problems.

What can be done to reduce the impact of mobile phones on health

At first, it is to limit screen time. Set specific time limits for using mobile phones and take regular breaks to reduce eye strain and prevent musculoskeletal disorders.

You can also create a comfortable sleep environment through reducing the impact of blue light by activating the night mode on your devices and avoid using your phone at least an hour before bedtime to improve your nighttime rest.

At least, maintain proper posture. Remember to use proper ergonomics to avoid neck problems while reading and other musculoskeletal disorders. Keep your phone at eye level and avoid bending your head for too long.

In conclusion we'd like to sum up that the widespread adoption of mobile phones has inevitably transformed modern life, providing widespread convenience and accessibility to communication. However, this widespread technology also poses a range of health risks that cannot be ignored.

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FROM DOT-COM TO DOT-AI: THE TWO BUBBLES

От доткомов до ИИ: два пузыря

Technological development has always been closely connected to all kinds of economic shocks and unstability. One of the striking examples is the dotcom bubble of the late 1990s, with a culmination in 2000, when investors lost approximately $ 5 trillion. Nowadays, the sector of artificial intelligence is attracting more and more public attention and investments. This narrative to an extent repeats the picture of mid-1990s, when popular access to the Internet provided a world of opportunities for many businesses, and money flowed into the tech sector. Thus we make a hypothesis that the AI industry is displaying significant inclination towards forming a bubble. The goal of this research is to investigate the situation in the AI industry in order to prove or discard the hypothesis.

One of the key processes behind the dotcom bubble was excessive and irrational investors' enthusiasm, driven by the widespread at the time misconception that online business contained value in itself, whereas in reality and was only a way of modernizing existing business processes. On Figure 1, we can see the price dynamics of the