

USE OF SMARTPHONES AND MOBILE PHONES FOR STUDIES

The work views possibilities of application smartphones to studies in current conditions.

Mobile technologies have been developing rapidly. In a short period of time, telephones have turned from large devices with a monochrome screen and monophonic melodies into stylish and almost weightless smartphones equipped with an incredible number of functions which make them inseparable element of every individual.

A mobile phone is, first of all, a means of communication. It helps people keep in touch with each other at any distance. It is especially important for Ukrainian students who study in the country with the full scale war.

As the Internet connection allows students to use social networks and various applications in order to make regular calls, video calls and exchange instant messages wherever they are, it makes possible for those students who flee to other countries in the result of war to stay connected with their institution in Ukraine.

Secondly, smartphones are tools for studies. They assist students to attend on-line classes with such applications as Google meet, Zoom, Telegram, Viber and Moodle. The platform Moodle allows to mark the students' attendance, submit assignments, hold forum discussions, do tests, evaluate students' achievements.

All the mentioned above applications are easily accessed in students' smartphones.

Besides, smartphones allow students to organize work and studies efficiently, collecting all information about study sessions and examinations.

They also allow to check mails, organize meetings, pay bills and do many other useful things with just one click of a button. All these contribute to saving time and energy that can be directed to studies.

It is also important to note that modern smartphones are gadgets with unlimited entertainment options. Students can watch videos, listen to their favorite music, play various games, read books and news from the Internet in their free from studies time.

The smartphone is sometimes an only source for entertainment for students who live in places that are close to the front line.

Moreover, a mobile phone gives people a sense of security. There is a useful feature called GPS, which prevents people from getting lost in an unfamiliar place.

However, scientists warn about the possibility of acquiring smartphone addiction. According to King's College London, "a study by researchers has estimated that one in four children and young people use their smartphones in a way that is consistent with a behavioural addiction"[1]. Young people become irritable and panic.

In addition, they are often unable to independently control their screen time. The scientists warn that such addiction can be detrimental to mental health.

Therefore, Ukrainian students should know both about advantages and potential threats to their health using smartphones in conditions of the war. It might be a good idea to limit the use of smartphones for some amount of time during the day in favor of physical exercises and socializing.

References:

1. An estimated 1 in 4 children and young people have problematic smartphone usage. *King's College London*. URL: <https://www.kcl.ac.uk/news/an-estimated-1-in-4-children-and-young-people-have-problematic-smartphone-usage>

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