

A STUDY ON THE LIVING ENVIRONMENTAL IMPACTS OF EXCESSIVE USAGE OF MOBILE PHONES IN INDIA AN ANALYSIS

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ABSTRACT

In the digital world of the LPG era, it is an undeniable reality that no one can exist without a mobile phone yet that very mobile phone has come to dominate our lives mothers are raising their children by using mobile phones even resorting to showing them the screen merely to facilitate breastfeeding immediately after birth. Furthermore, parents' hand over mobiles to their children so that they can attend their domestic chores freely and without interruption. We have become so addicted to mobile phones that we suffer from a psychological dependency so severe that we feel we cannot survive without them. This phenomenon is spreading among the public like a virus and has emerged as a global crisis, giving rise to what is known as mobile phone pollution" to break free from this situation it is imperative that we establish a strict daily limit for mobile phone usage and adhere to it in India 1.2 billions²⁶² mobile phones Users and 600 million smartphones users are using mobile phones. Environmental degradation is occurring through excessive mobile phones & smart phone usages are affecting the family system, study, transportation, working places, residential area, and public places environments. 8 of 10 women in the family are using mobile & smart phones due to this woman are getting into inappropriate relationships with others and women through the mobile smart phones and the family structure is being disrupted and many people are losing their lives.

Similarly, Students are using mobiles improperly in school, college campuses and classrooms which is disrupting the study of environment of educational institutions and causing them to mis out on their studies. Drivers who do not follow the traffic rules and talk on their cell phones which driving two, four wheelers heavy vehicles continue to cause road accidents resulting in injuries and fatalities During long journey on buses and trains the mobile smart phones, accompanied by loud noise, disturbing other passengers preventing them from sleeping peacefully at nights, thus deteriorating the travel environments. In private and public organisations employees leave their work for non-work-related matters and use mobile smart phones loudly in the office. Thus, deteriorating the office environment. In public places like road, teashop, bus stop, theatres, court, library, hospitals and educational institutions. They talk on the mobile smart phones loudly for long hours causing noise pollution in the silence zone and disturbing public places.

I am publishing this research article to create awareness among the student's youth, women and the general public regarding the determination of limits on how long one should use a mobile phone as well as the specific areas where mobile phones usage is strictly prohibited. This addresses the impact of excessive mobile phone usage on various aspects of human life including family dynamics, workplace environments educational settings, public spaces and travel environments as well as the environment hazard posed by mobile phone towers located in residential areas further it

²⁶² Pib.gov.in/press Released Secretly, Ministry of information, Broad casting shriapurvachandra addresses first world media Congress on 16 November 2022.

examines the legal remedies available for crimes that may arise from excessive use of mobile phones in public places.

Keywords: Mobile phones pollutions, cell phone addiction, excessive usage of cell phones, prohibited or restricted areas of usage of cell phones, noise pollution, mobile phone towers, public spaces, travel environment, workplace environment, grave misconduct, clock room, cell phone booths.

Introduction

Just as natural ocean waves never cease in the universe Mobil phones never rest. Mobile smart phones usage is indispensable parts of information technology in human life. With mobile phone and smartphone people can complete all their work and business in a smart way. In India during the corona period school children to middle, high, higher secondary schools and college students have used android and smartphones for online classes.

²⁶³In rural areas around 79.2% male and 75.6% female in the age group 15 years and above own a mobile phone, whereas in urban areas, the estimated percentage is around 89.4 % and 86.2% for male and female respectively for the same age group.

²⁶⁴Our country India is having 919.17 million cell phones users currently this is second largest number cell phones users after Chinna. In this era dominated by mobile phones, no one walk with their head held high in public places whether on the road, at home, or in a shop. We walk with our heads down constantly looking at our mobile smartphones. As a result, not only has humanity become addicted to mobile smart phones but young generation are also living their lives without appreciating the natural surroundings and resources around them. Through this today's generation is growing up without knowing the real world about traditional human life traditional sports, trees, plants, animals.

Concepts

Cell phone

²⁶⁵Cell phone is a phone with access to a cellular radio system it can be used over a wide area without a physical connection to a network a mobile phone.

Surrounding areas

These are the surrounding environment in which we use our mobile phones these surrounding areas include home, public spaces, roads, various modes of transport such as buses, trains and airplanes as well as temples, schools, colleges, workplaces, court, hospitals, theatres, libraries, concert halls and art Galleries.

Smartphones

Smartphone is a cell phones that has functions that of a computer

Excessive use of mobile phones

In the context of our daily 24 hours schedule – specifically regarding the time allocated for entertainments. Anyone who uses a mobile phone for more than two hours a day falls under the category of “excessive use of cell phone”.

Cell phone addict

A “cell phone addict” is defined as an individual who, losing all sense of times continuously uses a mobile phone at their own whim for more than two hours a day. It is noteworthy that this definition excludes usage related to work, educational knowledge or the acquisition of useful information.

²⁶³ PIBGOV.IN/PRESS RELEASED

²⁶⁴ <https://pubmed.ncbi.nlm.nih.gov/>National library of Medicine.

²⁶⁵ Oxford dictionary

Objectives of this study:

1. To study about living environmental impacts of excessive use of mobile phones.
2. To study about the fixed time for use of cell phones in a day.
3. To study about the determine the fixes prohibited areas use of cell phones.
4. To provide legal remedies for environmental degradations caused by use of cell phones in prohibited areas.
5. To give suggestions & ways to prevent and control of usage cell phones in prohibited zone of public places.

Review of literature

- * In the case of Abdul Sharif v. State of Haryana (2016 SCC Online SC 865), the Supreme Court observed that the punishment for driving dangerously while using a mobile phone is inadequate.
- * The jodhpur bench of ²⁶⁶rajasthan high court in the case of mahendralodha vs c.s ranjan and ors on 27.4.2018 issued new directed to additional commissioner of police and state of jodhpur to cancel the driving license of people who are found using mobile phone while driving it
- * Noise limits for ringtones very depending on the distance from the land self to the ear.

²⁶⁷Voice decibel level at distance

Distance		Voice Level (dB PSIL)			
(ft)	(m)	Normal	Raised	Very Loud	Shouting
1	0.3	70	76	82	88
3	0.9	60	66	72	78
6	1.8	54	60	66	72
12	3.7	48	54	60	66
24	7.3	42	48	54	60

Below is a chart showing the relationship between voice decibel levels and distance considering that:

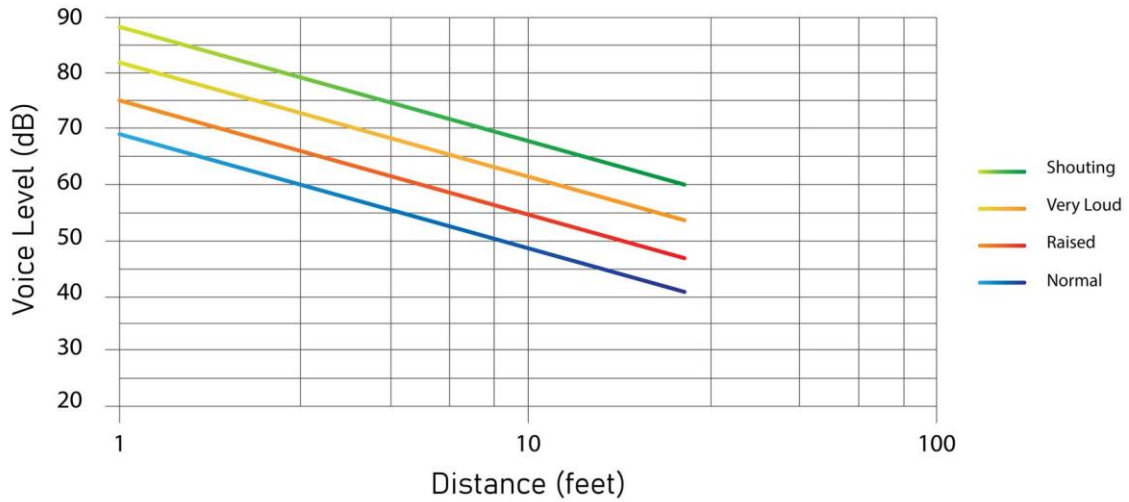
- A normal voice level is between 60–70 dB
- A raised voice is between 65–75 dB
- A very loud voice is between 75–85 dB
- A shouting voice is above 85 dB



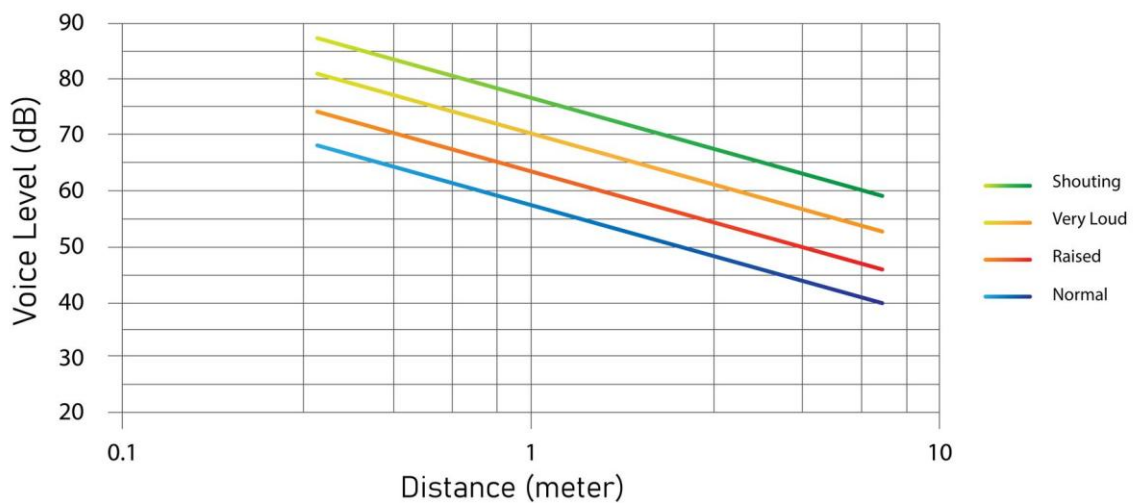
²⁶⁶ rajasthan high court in the case of mahendralodha vs c.s ranjan and ors on 27.4.2018

²⁶⁷ <https://share.google/DqD2rVO0pRNcPzaMb>

Voice Level and Distance



Voice Level and Distance



Research design

The doctrinal Research design was used in the study for this article. Secondary data were used in the completion of this research paper.

Hypothesis

1. Has excessive mobile phone usage adversely affected people’s lifestyle and the surrounding environments?

2. For How many hours per day is it appropriate to use a mobile phone?
3. Is the designation of specific zones as “prohibited areas”- where mobile phone usage is forbidden justified?
4. Are there any legal Remedies available to address the in convenience and environmental degradation caused by excessive mobile phone usage?

I. **It has been proven that excessive mobile phone usage is causing adverse impacts on our lifestyle and the environments outlined below:**

- * Excessive and improper use of mobile phones is disrupting the structure of domestic family life by causing the following adverse effects on family dynamics.
- * Crimes related to domestic violence are on the rise.
- * Young people are falling into the traps of romantic relationships often without ever meeting in person leading to the development of inappropriate habits and a significant increase in instances of several harassments during childhood itself.
- * In the realm of human life, the mobile phone not only prevents us from sleeping—even in the very place where we seek peaceful rest—but its mere presence beside us during sleep also adversely affects the marital intimacy between husband and wife. Consequently, the overall environment of family life suffers.
- * The prevalence of “cell phone romances” is increasing resulting in child marriage at a very young age and a consequent rise in school dropouts.
- * Family members are engaging in illicit relationship facilitated by mobile phones this leads to domestic conflict among family members, thereby eroding the family structure and causing sever disruption to their way of life.
- * Excessive misuse of mobile phones is giving rise to suspicion between husband and wife, leading to domestic disputes and, consequently a surge in divorce cases filed in the courts.

- * It is noteworthy that according to a report by the ²⁶⁸vivo India CMR study, excessive smartphone usage could cause a rift in the parent–child relationship within the family structure.
- * 93 % of parents feel guilty about their relationship quality with children due to smartphone usage.
- * Children spend 6.5 daily hours on phone 87% feel interior without one and talk rudely while using phones 91% feel anxious when they are away from phone.

II. **An explanation of the impacts of excessive mobile phones usage by school and college students on the classroom learning environments.**

- * While teachers are conducting lessons in the classroom, students often with malicious intent of causing disrupting stealthily trigger ringtones, this diverts the attention of their peers and thereby undermines the conducive atmosphere required for learning.
- * Captivated and entranced by their mobile phones, students frequently become mentally detached from the class room environments, their minds wander to external matters, resulting in a complete lack of focus on their studies.
- * The act of using mobile phones within the classroom without the teacher's knowledge constitute a violation of academic regulations and stand in direct contradiction to the ethical standards expected of students. Consequently, this behaviour compromises the integrity and effectiveness of the learning environments.
- * Excessive mobile phones usage leads students to disregard classroom instructions issued by their teachers, fostering an attitude of insubordination. Furthermore, this habit Jeopardizes their

²⁶⁸ <https://cmrindia.com/vivo-cmr-study-average-indian-spends-over-1800-hours-a-year-on-their-smartphone/>

future academic progress and hinders their ability to achieve their ultimate educational goals. Moreover, as students become entangled in romantic relationships spending their time chatting and wasting precious hours their academic focus and motivation are severely impaired, thereby subjecting the entire learning environments to detrimental efforts.

- * Due to excessive mobile phone usage, students have lost the focused mindset required for their studies consequently they are unable to achieve their success goals in both their academic examinations and competitive examinations for government jobs.

III. **An explanation regarding the adverse effects on the work environment resulting from employee's use of mobile phone in the work place.**

- * Do employees have the right to use their mobile phones in the work place?

During working hours, an employee is permitted to use their mobile phone for work related purpose, there is nothing improper about this. However, it has become a common practice for employees to use their phone during working hours for non-work-related activities such as personal matters, entertainment (including games), and private interests rather than attending to public service duties, consequently employees fail to perform their assigned tasks on time, leading to bureaucratic delays and causing unnecessary harassments to the public. Furthermore, employees are increasingly using their mobile phones to photograph confidential or secret office documents without the knowledge of their superiors, thereby

exposing sensitive information to the public. It has also become routine for employees to use their phones to contact members of the public for the purpose of soliciting bribes. The use of mobile phones during working hours fasters a lack of work-oriented focus; when tasks are not completed properly, it results in an increased workload. Ultimately this behaviour a detrimental impact on the overall working environment.

- * It is noteworthy that the Madurai Bench of the Madras High Court, in the case²⁶⁹ WP (MD) No 2476/22 has issued an order stating that employees working in government institutions must not use mobile phones for personal purposes while at the workplace, and that such conduct constitutes an act of grave indiscipline on the part of the employees.

IV. **Details regarding the environmental impact on travel caused by excessive usage of cellphones.**

- ❖ When driving two wheelers, four wheelers, heavy vehicles such as cargo trucks or buses continuously talking on a mobile phone can lead to road accidents that pose a severe threat of life.
- ❖ Similarly walking along the road while completely engrossed a mobile phone conversation can also result in accidents that endanger one's life.
- ❖ When crossing from one road to another while talking on a mobile phone one risk colliding directly with other pedestrians, potentially lead up to a road accident that poses a life-threatening danger.
- ❖ The practice of using mobile phone whether by speaking loudly or listening to music during bus and train journeys cause disturbance to fellow passengers seated nearby these by disrupting the peaceful

²⁶⁹ D.S. Radhika vs state of TN case up MD No 2476/22 Judgement date 14/3/22.

atmosphere required for a comfortable journey.

- ❖ When travelling by bus or train at night, the continues use of mobile phones – emitting bright lights and loud sound deprives fellow passengers of peaceful sleep and adversely affects the overall travel environment.

V. Do We have the right to speak Loudly on a mobile phone in a public place?

The answer is No in public settings, it is considered normal, dignified and appropriate to speak in a quiet private tone – at a volume of 20 to 30 decibels – so that one is not overheard by others. While speaking at a volume of 55 to 65 decibels is generally considered safe and permissible. Some individuals in public spaces choose to speak loudly on their mobile phones at volumes reaching 70 to 80 decibels – Solely at their own whim – consequently those around them are subjected to noise pollution, causing them discomfort and irritation. In this manner, the public’s fundamental right to live in healthy and peaceful environmental is being infringed upon.

VI. An explanation regarding regulations and environmental impact of cell phones towers:

- * Due to the excessive radiation emitted by cell phone towers human beings are not only afflicted by stress and various ailments but residents in residential area are also unable to live in constant mortal fear that at any moment these towers could collapse and crash down as a result of natural calamities. These consequences constitute significant environmental impacts.
- * These are appropriate by 5 lakhs mobile phone towers a cross the country a ban has been imposed on the operation of mobile phone towers featuring multiple antennas or those situated on the roof tops of buildings. Furthermore, a regulation has been

mandated stipulating that mobile phone towers equipped with two antennas must be located at a minimum distance 3.5 meters from residential areas.

- * The permissible limit for the absorption of radiation energy emitted by mobile phones previously set at 2 watts per kilogram has been reduced and fixed at 1.6 watts per kilogram.

**VII. Fixed time for use of cell phones in a day
A chart detailing how we typically spend our 24 hours each day.**

S. NO.	Daily activities	Hours
1	Work related activities	9 hours
2	Sleep	8 hours
3	Study-daily newspaper reading/academic study	1 hours
4	Transport	1 hours
5	Household work	2 hours
6	Self-care morning ablutions to worship walking	1 hours
7	Entertainment social media	2 hours

While the time spent using a mobile phone is a matter of personal autonomy, its usage is generally governed by our daily habits and how we allocate our 24 hours. Accordingly, we can establish a personal guideline stipulating that mobile phone usage should be limited to the two hours typically allotted for entertainment each day. If one consistently exceeds this Two hour limits, such behaviour is classified as mobile phone addiction. It is noteworthy, however, that this classification does not apply to usage related to work intellectual enrichment, or the acquisition of useful information further it does not extend to individual over the age of 60 years.

VIII. Cell phone usage prohibited zones/areas:

The use of mobile phone is prohibited in the following areas. classrooms in schools and colleges libraries, concert halls art galleries, hospitals, places of worship, court halls, roadways, workplaces and during private personal conversation in public office, meetings, seminars, workshops examinations and study sessions, furthermore taking selfish is restricted in specific zones. While the use of mobile phone is generally prohibited near lakes, wells, ponds, forest, rocky terrains, zoo, mountains and waterfalls as well as while travelling on moving buses, trains, or airplanes & use of mobile phones while during two, four wheelers and other heavy vehicles is prohibited. Ban on the use of mobile phones by anyone under the age of 18 years and use of mobile phone is prohibited on the bye pass road, railway tracks, and river bridges, upstairs, towers. Ban on speaking loudly on mobile phones while passengers are sleeping on buses and trains talking on a mobile phone while walking alone or crossing the road is prohibited and taking on a mobile phone is prohibited while watching movies in theatres.

XI. Legal Remedies for the Public Affected by the Improper Use of Mobile Phones:

Public Nuisance

Indian Penal Code (IPC) Section 290 = Bharatiya Nyaya Sanhita (BNS) 2023 Section 292

Causing noise in a manner that causes annoyance to the public may lead to a fine extending up to ₹1,000.

Motor Vehicles Act, 1988 – Section 184 (as per the 2019 Amendment): Penalties for using mobile phones while driving

Fine for the first offense: ₹1,000 to ₹5,000

Imprisonment: 6 months to 1 year (or both)

Fine for a subsequent offense: ₹2,000 to ₹10,000

Motor Vehicles Act, 1988 – Section 177: Applicable to motorists who violate road safety regulations

Indian Penal Code = Causing an accident resulting in grievous injuries or death.

(IPC) Section 279 = S 281 BNS²⁷⁰ fine Rs.5000/- Imprisonment: 6 months.

(IPC) Section 337 = S 125 BNS fine Rs.5000/- Imprisonment: 6 months.

section 338IPC = section 127 BNS imprisonment upto 2 years

section 304A. IPC = section 106 BNS imprisonment from 2 years to 5 years and a fine. section133cr.p.c.= section 152BNSS to take immediate action to remove public nuisance in public places.

section 145b of the railway act 1989 passengers who disturb others can be fined between Rs.500 to Rs.1000/-

Noise pollution regulation and control rules 2000 these rules mandated by the environment protection act 1986 define permissible noise level section 15 of environment protection act 1986 severe noise pollution that causes significant environmental damage can lead to fine Rs. upto 1 lakh imprisonment 5 years.

The installation of cell phone towers in residential areas constitutes a violation of the fundamental right of the public to live in a healthy environment; consequently, a writ petition seeking appropriate relief may be filed in the High Court under Article 226 of the Constitution of India.

Recommendations

1. The central and state government must enact specific laws to regulate and ban the use of mobile phones in schools, colleges, and both private and government offices.
2. To prevent road accidents caused by mobile phone usage much like the breast-feeding booths established for mothers to nurse their children dedicated mobile phone booths should be installed on roads and in public spaces for the use of the general public.
3. A new criminal law (BNS) should be enacted to classify as a nonbailable offense punishable by severe imprisonment and fines the actions of individuals who cause public nuisance and harm by speaking on mobile phones

²⁷⁰ Bharatiya Nyaya Sanhita 2023.

at unbearable excessive volumes that pose a risk of hearing impairment

4. A provision should be introduced under the motor vehicles act mandating the cancellation of the driving license of individuals who causes road accidents by operating vehicles while talking on a mobile phone.
5. The central government must enact stringent legal regulations to strictly prohibit the installation of mobile phone towers in residential areas. Thereby preventing adverse impacts on the residential environment.
6. The state and central government must enact strict laws imposing a complete ban on the use of mobile phones by anyone from toddlers to individuals under the age of 18 years.

Conclusion

To counter the societal mindsets that equates life itself with the utility of a mobile phone and views its absence as tantamount to death parents can adopt the practice of raising their children from birth without exposing them to such devices. Furthermore, adhering to the adage that “even nectar becomes poison when consumed in excess”, we can protect ourselves as well as our physical, mental well being family harmony student academic progress, personal development, and living environment from the various detrimental consequences of mobile phone usage by limiting our daily usage to a moderate advantage of two hours.

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