

# Social Drug Addiction Promotes the Formation of Aggression and Autism Spectrum Disorders

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## Abstract

In recent years all over the world 5-6 year old children, students, young people and even older people actively use the mobile phones to get different information. Unfortunately, people of all ages, women and men are very attached to their mobile phones in public transport, during the rest, at home, theaters and, apparently, they do not realize that they are gradually becoming dependent on mobile phones, as well as dependent on drug addiction. This phenomenon we called "a social drug addiction", at present it becomes evident that young people become "drug addicts".

**Keywords:** Mobile phones; Aggression; Autism spectrum disorders

The usage of mobile phones by children and young people all day long is completely unreasonable. In such conditions the structural and functional formation of the young people brain is inhibited and damaged, and an aggressive mood is formed. Of course, all this is related to the psychoemotional load. During working with mobile phones for a long time the damage to vision is noted and there appears the risk of epilepsy development. As a result of parents survey, I has been convinced that the young people stop reading books, have the disorder of a circadian rhythm, insomnia and what is the most important, an aggressive attitude to their parents and social isolation, as it is observed in children with autism spectrum disorders.

It is noteworthy that a monkey who was trained to use a mobile phone is so fascinated it that for two weeks the animal avoided eating. The staff of the zoo was forced to take the phone away from it. As a result, the monkey became so aggressive that the staff had to give the animal sedative medications.

As far as I know, the use of mobile phones is forbidden in many schools of Europe, Russia and France, as the schoolchildren should have a rest in the intervals between lessons and not use their mobile phones. Some countries have forbidden the use of Internet by the population on weekends for the introduction of a healthy lifestyle.

The state, public schools administration and parents should pay a serious attention to the introduction of a healthy lifestyle. The question is how to cure people of this most serious disease. Young people should be involved in the activities they desire (music, art, sports, scientific-teaching sections or other exciting activities). In my opinion there is no other way out.

