*First, cell phones are destroying society because it can cause addiction. Cell phone usage is increasing all over the world. One of the popular users are college students. The average college students uses a smartphone for about nine hours each day. That’s longer than many of those students spend sleeping. According to a marketing professor at Baylor University “For such people, losing a phone or having it’s battery die could cause anxiety or panic”. Anxiety and panic are vital signs of addiction. These symptoms can be compared to someone who has a drug addiction. Some people argue that cell phone addiction isn’t that devastating but research has proven it is because people start having panic attacks if they don’t use their cell phones for a certain amount of time. Cell phone addiction can be very dangerous because it can hurt you emotionally. When someone who is addicted loses their phone for a while, it is proven that they might do something they wouldn’t normally do. These people react that way because they are attached to their phones and can’t let go even for a little time. Moving on, a study was conducted and college students were asked how much time they spend on their phones. One college student stated “I spend more time than I should on my cell phone” and a another college student said “I get agitated when my cell phone is not in sight”. Some people are acknowledging that they use their cell phone too much. For instance in this study, a college student reported that he gets nervous when he doesn’t have his phone. This points to one thing which is addiction. Any kind of addiction is dangerous to your health and in this case not having your phone is just silly. Cell phone can sometimes become so addicting that some people might even go far as hurting themselves. This addiction is growing on everyone and it’s not good for our society. It’s not good for our society because we shouldn’t have every single person with their head down looking at their cell phones. Cell phone addiction can be caused if you spend more time on it than you should. It is true that cell phones help with our daily activities and for some people their job is on the computer or cell phones. Even tho cell phones are very useful, they can cause mental issues or even physical issues. Cell phone addiction can cause physical harm to you, according to a research done by professionals “Overuse of your cell phone or smartphone can result in number of different physical problems that may cause damage or be difficult to treat including; digital eye strain, neck problems, increased illness and more”. Yes, indeed cell phone addiction can be compared to drug addiction or gambling addiction. Cell phone addiction can be harmful, in a physical way. Some people are so attached to their phones when their phone is taken they feel like a part of themselves has been taken away forcing them to react in a physical way. If cell phones are here to make our life easier, it’s not being very successful because it can hurt people both mentally and physically. Cell phones are forcing people to act physically, something they wouldn’t normally do. To sum it up, cell phones are destroying our society because it is causing addiction. Cell phone addiction symptoms can be very dangerous and it can harm you.*