

Khristian Tuailai leh *Mobile Phone* Khawlpilna

Nangmuansang Lethil
NEST

Mi khatpeuh a di'a a tha hat lai leh a ngaihsutna a hiam lai pen hun bel a tuailai hun ahi. Hiai hun pen khotang vaai ah, lawmta kaal ah, siamsinna ah, leh sep-le-bawl bangkim ah midangte sang a tuantualzaw hihkhak diing lauhna, leh midangte phazou leh khuupzou hih diing utna lungsim a let mahmah laitak zong ahi. Hiaibang lungput nei kawm a leitung mihingte' nuntakna leh paiziate toh kibulhtuak suk pahpah pen lunggulh a neih a, tua mah taksuah zong baihsam a sak laitak uh ahi.

Himahleh Khrist' Sisan a tatsa tuailai khat a di'n leitung mite' paidan leh ciindante koppih suk pahpah pen, sap a i omna san toh kituaktheilou kia hilou in, Sawltak Paul in Rom Khopi a Khristian masate kiang ah, "*Hiai khovel dan bang in omkei un,*" (Romte 12:2a) ci'a ana thukhah toh kikalh bilbel hi. Khristian tuailai khat, Khrist nungzui i hihna ah i Nungzuihpah enton a, Ama' deihdante koppih a, a poimoh hun ah Ama' hon sinsakte toh kituak a tangdin ngam pen i hihdan diing him uh ahihdan i Zuihpah' hinkhua uapan leng muhtheih hi.

Khristian tuailaite'n i niteng hunzatna ah Khrist' deihdan a nungta a, Toupa toh kinai semsem hinkhua i zattheihna diing ua hon dalthei tam mahmah hi. Tuata lak ah a tamzaw in i zat zongsat uh, i *mobile phone*-te uh, Laisiangthou toh kituak a hinkhua i zatna di'a hon daltu in pangthei hi. *Mobile phone* pen a sia pumlum ahi, i ci hetkei a, himahleh Khristian tuailaite a di'a i zatdan ah pilvanhuai ahi, i cihnopna ahi; i zatdan dungzui in Tangthupha phuanzaakna diing a vanzat kizentak zong suakthei ahihlam i haih hetlouh uh poimoh hi.

I *mobile phone* tawite uh sung a *khawlpilna* kizangte' omzia, tua *khawlpilna*-te'n a zangtute a khoihkhakdan, leh ei Khristian tuailaite'n tuabang *mobile phone khawlpilna* i zatna ah theih di'a kilawm thu tamlou kikumkhawm ni.

Mobile Phone Khawlpilna Hong Kipatkhiakdan

Mobile phone khawlpilna i cih ciang in, a zangtute' paina lamlam a ungzuihthei vanzat, khat-le-khat kihoutuahtheihna leh kizoptuahna (*networking*) vanzatte huamkha hi. Pau tualleng ah *mobile phone khawlpilna* i gen ciang in, *internet* zang a paithei vanzat tuamtuum – *smartphone*, *tablet* leh *smartwatch* i cihthe pansan a vanzat tuamtuumte genna in kizangthei hi¹.

Mobile phone khawlpilna bel mihingte hinkhua luhsuakzou kia hilou a, khangtou hat mahmah leh kikhenglamdang toutou gige zong ahi². Tulai hun ah mi tamzawte i *mobile phone*-te uah kipumngak in, tomkal sung a ngolh khak zek uleh hun zatdan di theilou, cihna diing theilou ki-om mawk hi. Ei hinkhua nuamsak leh baihsamsak di'a kibawlte'n ei hon thuzoh a, hon nopneh gawp bang zawta hi.

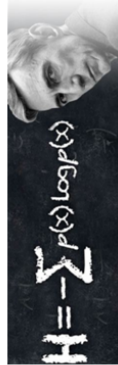
Mihingte hon zouthoh mahmah *khawlpilna*, ahong kipatdan leh leitung kikheng toutou dinmun toh kiton a khangtoutou ahihdan hiai anuai ah i taklang hi.

¹ *Mobile technology*. Wikipedia website apan October 1, 2022 a teisawn - https://en.wikipedia.org/wiki/Mobile_technology

² *What is Mobile Technology?* IBM website apan October 2, 2022 a teisawn - <https://www.ibm.com/in-en/topics/mobile-technology#:~:text=Mobile%20technology%20is%20technology%20that,like%20smartphones%2C%20tablets%20and%20watches.>

Claude Shannon

FATHER OF INFORMATION THEORY



1948 kum in US mathematician leh engineer Claude Shannon in thu (information) kipatna nei peuhmah tehtheih (measurable) ahindan musuah a, A Mathematical Theory of Communication cih lai hon gelkhia; hiai pansan a nei in hun hong pai zel ah tua mobile technology i zatte hong piangkha.

1976

Apple Inc.
PERSONAL COMPUTER

1978

Taito Corporation
SPACE INVADERS VIDEO GAME

1983

Internet
TCP/IP

1989

Tim Berners-Lee
WORLD WIDE WEB

1991

Radiolinja
2G NETWORK

1994

Amazon
E-COMMERCE

1940

1950

1960

1970

1980

1990

2000

2010

2020...

Nate bulsutna diing & gam venbitna diing ngimna a kibawj; minautang zat di'a ngim hilou.

Minautang in a zattheih di'a ngim. di'a gel.

Minautang in a phattuampihtheih

Mimal hinkhua leh deih telna sawkka di'a ngim.

INDUSTRIAL REVOLUTION 1na & 2na

Tui & Tuihu thazang a nasepna

Khawlwang a van a lomlom a bawlna

INDUSTRIAL REVOLUTION 3na

Khawlwang a nasepna

INDUSTRIAL REVOLUTION 4na

Khawlwang leh mihing pangkhawm; cyber khovel leh khoihtheih thilte kigawmkhawm; Internet of Things.

A Zangtute Thuzothei *Khawlpilna*

Khawlpilna tuamtuahte mihingte huhtu leh hinkhua awlsamsak zaw di'a bawl masak himahleh, 1990 kum kiim lak apan mihingte' omdan leh lungput khengthei di'a *computer, mobile phone, website* leh *khawlpilna* dangte bawltheih diing ahihdan ngaihdan hong piangkha hi. Tuni ciang in ahiehleh mihingte' ngaihdan leh lungput thuzothei kia hilou in, lunglutna thak leh ciindan thak bawlkha leh lunggulhsakthei *khawlpilna* hong suakta³.

Hiaibang *khawlpilna* bawlsuahtute i suut ciang in, a pung delh tinten a gamtang *company* lian mahmahte, sum zat diing tamsam hetlou ngen khawng hi uh a, amaute'n *notifications* leh *personalized feeds* i cihte zang in na zat zongsattheihna diing dandan ngaihtuah in, ni khat sung a tamveipi mahmah na zat a, tuate tungtawn a nang sang a na mizia, na lunggulhte leh na deihdan tangpi theizaw diing a tawlngalou a panla ahi uhi.

Ngaihtuah mah dih. Hiai vanzatte'n na hinkhua bangtan in hon lawngkhata in na thei a? Na hinkhua ah *khawlpilna* zang na hi hia, ahiehke'h *khawlpilna* in nang hon zang hizaw?

"Ka sakhau sung ah ka phone ka kua ciang a, a ginglou pipi a ging dandan a thei ing a, va enkha naak. Message hong luut bang sa pahpah. Denciah thuthak poimoh ka theihkhaklough a om di bang ka lauthawng a, a vangkim in ka phone ka en zihzeh."

- THANGBOI, KUM 30

"Nitak khat, lum di'a kisa, ka lupna tung ah minit 5 khawng TikTok en zual a ihmuh pah di ci; ka theihlough kal a dakkal 2 bang ana vaal man."

- KIMNOU, KUM 25

Mobile phone na zatna a na tuahkhakte ngaihsun kik man dih. Thil khat hih kimlai na *phone screen* na et toh kituak a na thilhih lel pen apan na lungsim heikawi a om in na thei ngei hia? Thangboi in a omdan pen *mobile phone* in thununzou asakdan toh nang theihdan a kibang hia? Kimnou' thiltuah bangbang nang le ana tuakkha in na kithei hia?

Mobile phone tungtawn a i vanzatte (*social media app, gaming app* leh adangdangte) a vek phial un a zatman omlou, manbei a zattheih ahi uh, i ci maithei. A bawlkha *company-te'n* a pung delh mah a a bawlkhiak uh ahiehleh, bang cibang a sum mukik uh ahi di, cih na ngaihsun ngei hia?

Hiai bawlkhetu *company-te'n* a vanzuak uh huai *app* leh *website* na zatte ahi zenzen kei a, zuak a om pen nang mahmah hizaw na hi, cih kiphawksuah thak ni.

Na *mobile phone* tungtawn a *internet* leh *app-te* na zat hun teng in a bawltu *company-te'n* na omdan, na lunglutna leh na mizia ana sui detdet uh a, huai zia mah ahi na zat mun deuhdeuh leh nang hon hiip deuhdeuh diing thilte etsak leh lahkhiak a na om sek! Hiaibang a *mobile phone* leh *app* zangtu nang leh kei' lunglutna leh muhnopte theithei di'n *artificial intelligence* (AI) i cihte zang uh a, hiai AI bel *computer* in nna a septheihna di'a thupetu, *algorithm* i cihte pansan a nasem ahi. Hiai *khawlpilna-te* pansan in zangtute' omdan leh mizia *data* a tamthei lam kaikhawm in, tua *data-te company* dangte kiang ah zuak thei zeel uhi. Hiai *data-te* mah pansan in vanbawl *company-te'n* a vanbawlte uh kua kiang ah zuak a, bang ci zuak diing, cihte theithei uhi.

Thangboi leh Kimnou in *social media* leh *mobile phone* tungtawn a a thiltuahte uh bel a *app* zatte uh leh a *website* ette ua *AI/algorithm* in a lunglut leh lunggulh lamte uh ana mankhia a, a theihlough kaal ua amaute hentang a hong omna uapan hong piangkha ahi. Thuzothei *khawlpilna*, ahiehke'h *persuasive khawlpilna* i cihte hiaite hipah ahi.

³ Byrnes, N. (2015). *Technology and Persuasion*. MIT Technology Review website apan October 3, 2022 a teisawn - <https://www.technologyreview.com/2015/03/23/168477/technology-and-persuasion/>

Tuailai teng phial in i zat uh Facebook, Twitter, Instagram, Snapchat leh TikTok i cihte hiai *persuasive khawlpilna* bulphuh a nei a kibawlkhia ahi – hiai *khawlpilna* bel a *company-te*’ deihdan leh ngimdan tak a a zangtute’ ngaihndan, lungput leh omdan tanpha khekthei di’a kibawlkhia ahi⁴, cih haih hetlough hoih diing hi.

Na *phone* a *home screen* en mah dih le. Na *app* zatte ah a san, bem vilvel sung ah number kigelh bangzahhiam om kha diing hi. Hiai *notification* omte, leh a omdan, ban ah a rong san kizang tanpha a ziak om a kizang vek ahi – a zangtu in a muh toh kiton a et pah utna a neih diing ngimna ahi. Na *phone screen* na etlough hun in leng, kua hiam in na limlak bang hon *tag* khak hiam, ahihke’h na thu *post* khat bang ana *comment* kha bang a omleh, na *phone screen* ah *push notification* i cihte hong pai pah diing hi.

Mihingte’ mizia – i mihinpihte’ hon muhdan leh koihdan theinuum a phe tetet gigete i hihdan uh – theisiam mahmah kawm a hiai *notification-te* a hong lut hunhun ua i et pahpah utna di’a bawl ahi uh. Na thil *post-te* mi bangzah in “like” ta a, na *Status* kuateng in enta, ci’a na *phone screen* na vil zihzeh pen a lamdang hilou; huai pen a bawlkhetute’ tupdan mah ahi.

Hiaibang a na ngaihtuahna la a, na lungsim luahtei diing in *designer*, *psychologist* leh *behavioural scientist* tampi pangkhawm in na *mobile phone* leh a sung a *app* tuamtuum omte bawlkhiak ahi. Bang *notification-te* na muh teitei di’a taklang a, na lawmte lak ah kuate na thuk pahpah di’a, ahihke’h bang *video-te* suak leh na en teitei di’a, cihte hiai a tung a i gen *designer*, *psychologist* leh *behavioural scientist* tampi pangkhawmte’n kikumkhawm a thupukna a sang a sim a lakkhit zoh nung ua hong piangkha ahi – ngaihtuahna tampi seng a nang hon hiip thei pen di’a bawl⁵ ahihdan theisiam sawm ni.

Tiktok pen a etnop ziak a zongsathuai hilou a, nang omdan, lunglutna leh mizia pansan a na etzom ziahziah theih diing *video* telkhethei *algorithm* ziak a zat zongsathuai sa hizaw na hi⁶.

Mobile phone app na zatmun deuhte ngaihsun kik mah dih.

Bang cidan a hon hipluut zeel in na thei? Nang tup leh lunglutna lou pi a na zatkhak hun om in na thei hia?

Algorithm kizatdan i gente uh leh na *video* etkhakte apan phawk thak na nei in na kithei hia? Bang ziak a huai *app/website* a *algorithm* in na *video* ette hon lak hidin na gingta a?

Hiai *algorithm-te*’n *online/cyberspace* a na omdan leh gamtatdante, leh midangte omdan leh gamtatdante tawlnga hetlou in sui den a, nang leh a zangtu dangte ahon thuzohtheihna diing lampi zong den hi. Tua *algorithm* bawltu *company-te*’n hiaibang a *data* a kaihkhopte uh pansan in kuate bang thu toh kisai lunglut a, kua khem baihsam a, kua thuzoh baihlam diing hiam, cihte zonkhiak haksa nawnlou hi. Hiai *data* kaihkhop a omte, tup hoihlou nei mimal leh pawl tuamtuumte khut ah ahong om khak ciang in siatna thupitak tuntu suakthei gige hi.

Mobile Khawlpilna in Tuailaite a Khoihkhakdan

Tulai leitung hinkhua ah *mobile phone khawlpilna* in a khoihkhaklough mi om nawnlou phial diing hi. *Mobile phone khawlpilna* tel in, thil himhim, a hoihna lam om a, a hoihlouna lam leng om hi. Khat-le-khat kithuzaktuahna diing, niteng nasepna leh gamtatna a vanzat phatuam diing, leh gamtat-khoheina khempueh ah huhtu diing in *mobile phone* phatuamtak in zatttheih a, tua ahih kawmkawm in kidaamhetlou a zatna in Khristian tuailaite a diing in i siamsinna, nektak zonna leh i khalam hinkhua tanpha ah bahna hon tunthei hi.

⁴ *Persuasive Technology*. Humanetech website apan September 28, 2022 a teisawn - <https://www.humanetech.com/youth/persuasive-technology>

⁵ Lieber, C. (2018). *Tech Companies Use “Persuasive Design” To Get Us Hooked. Psychologists Say It’s Unethical*. Vox website apan September 29, 2022 a teisawn - <https://www.vox.com/2018/8/8/17664580/persuasive-technology-psychology>

⁶ Banjo, S. & Wen, S. (2021). *Behind TikTok Is a Chinese Tech Giant Fueling the World’s Hottest App*. Bloomberg website apan September 2, 2022 a teisawn - <https://www.bloomberg.com/news/articles/2021-04-22/who-is-tiktok-owner-bytedance-the-chinese-tech-giant>

Lungsim leh Taksa Cidamna

Leitung bup ah *mobile phone khawlpilna* khantouh hulhul toh kiton a a zangtu a kibehlap kawmkawm in hiai ziaak a lungsim cidamna lam buaipah mi tam hiaihiai a, hiai *khawlpilna* a zang mun deuh tuailaite' hinkhua khoihkha diak a theih in om. Hiai in a zangtute lak ah lungsim thawmhauna, mahni taksa tung ah liamna kitutsawmna (*self-injurious behaviour*), leh mahni kithahna tanpha tunthei ahihdan suikhiak ahi⁷.

2009 apan 2014 kum kikal in Canada a tuailate lak ah mahni taksa tung a liamna kitun 110% in khang a, mahni kithat leng pung mahmah ahihdan muhkhiak ahi⁸. Hiai hun sung mah in gam tuamtuam – USA, South Korea, Germany, South Africa leh adangdang – ah zong lungsim lam damlouhna, mahni kithat i cihte bang pung mahmah ahihdan suikhiak ahi.

Lamka khopi leh a sehvel a khuate ah leng hiai hun sung in *mobile phone* zangtu pung hulhul a, 2013 kum khawng apan in *social media* bang kihahzat mahmahta hi. Nest in hun paisate toh etkak in 2014 kum apan Lamka ah mahni kithat a khep a pung a, tua kum apan kumsim a mahni kithat zah keniam nawn taktaklou ahihdan ciamteh uhi⁹.

Hiai hun sung in ei Lamka khopi leh a tung a gam i gente'n a phutkhak uh a kibang khat omsun bel *mobile phone* zangtu pung hulhul, leh huaite tungtawn a *social media* zang te kibehlap zungzung ahi.

Leitung mun tuamtuam a siamsinna innte ah thubulsuutna a kibawlina ah, *mobile phone* leh *internet* zat zongsatna in mahni taksa hihliamna leh mahni kithahna tanpha tunthei hidi'a muanmohhuai ahihdan muhsuah ahi¹⁰.

Taiwan a siamsinte lak ah kum khat a *mobile phone* leh *internet* zangzongsang a ceptehte, a kum nawn a a va sui thak ciang un amaute lak ah mahni taksa tung a kihihliamna leh mahni kithah diing lunggulhna nei pung mahmah ahihdan muhsuah ahi¹¹.

US a tuailaite lak a thubulsuutna khat ah, *electronic media (mobile phone* leh *internet* i cihte) zat zongsatna in lungsim a kipahna, lungkimna, leh mahni hinkhua manpha ahihlam kiphawknate kiamsak a, himahleh tuabang *screen* nei vanzatte panglou a hun zatna – khat-le-khat kimaituah a kithuahkhawmna, kimawlina, taksa sawizoina, laitui leh laidal a kigelh thute simna, biakkhawmna, nektak zonna a kilohna – i cihte'n lungsim tawldamna leh cidamna tun ahihdan muhsuah ahi¹².

Thubulsuutna dang khat ah Facebook, Instagram, Tiktok leh *social networking site* tuamtuamte leh *screen* nei vanzatte ni khat a dakkal 2 sang a tamzaw zatna in mahni kingaihsiatna leh mahni kithah utna lungsim piangsakthei a, himahleh tuate sang a khat-le-khat kimaituah a hun zat tam in tuabang ngaihtuahna dikloute apan lungsim heikhethe ahihdan muhkhiak ahi¹³.

Khat-le-khat kimaituah a houlimna hun ah dohkan tung a *mobile phone* kikoih maimai in houlimna lamzanglousak zou leh ngaihtuahna lahem zou ahihdan, leh tuabang a kimaituah a houlimnate nop i sak diing bang a nuamsa zoulousak ahihdan mi tuamtuam 304 lak ah thubulsuutna neihna hun ah muhsuah in om.

⁷ Abi-Jaoude, E. et al. (2020). *Smartphones, Social Media Use and Youth Mental Health*. National Library of Medicine website apan September 30, 2022 a teisawn - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7012622/>

⁸ *Intentional Self-Harm Among Youth in Canada* (2014). Canadian Institute for Health Information website apan September 20, 2022 a teisawn - https://www.cihi.ca/sites/default/files/info_child_harm_en.pdf

⁹ Nest (2022). *Nest Lamka Suicide Report*. Nest, JC Park, Bungmual, Lamka.

¹⁰ Marchant, A., Hawton, K., Stewart, A., et al. (2018). *A systematic Review of the Relationship Between Internet Use, Self-Harm and Suicidal Behaviour in Young People: the Good, the Bad and the Unknown*. National Library of Medicine website apan October 3, 2022 a teisawn - <https://pubmed.ncbi.nlm.nih.gov/28813437/>

¹¹ Pan, P-Y., Yeh C-B (2018). *Internet Addiction Among Adolescents May Predict Self-Harm/Suicidal Behavior: A Prospective Study*. The Journal of Pediatrics website apan September 29, 2022 a teisawn - [https://www.jpeds.com/article/S0022-3476\(18\)30070-2/fulltext](https://www.jpeds.com/article/S0022-3476(18)30070-2/fulltext)

¹² Twenge, JM. (2018). *Decreases in Psychological Well-Being Among American Adolescents After 2012 and Links to Screen Time During the Rise of Smartphone Technology*. American Psychological Association website apan September 29, 2022 a teisawn - <https://psycnet.apa.org/record/2018-02758-001>

¹³ Krasnova, H., Widjaja, T., Buxmann, P., et al. *Why Following Friends Can Hurt You: An Exploratory Investigation of the Effects of Envy on Social Networking Sites Among College-Age Users*. ResearchGate website apan September 20, 2022 a teisawn - https://www.researchgate.net/publication/281964917_Research_Note-Why_Following_Friends_Can_Hurt_You_An_Exploratory_Investigation_of_the_Effects_of_Envy_on_Social_Networking_Sites_among_College-Age_Users

Hiai thubulsuutna mah ah *mobile phone* nakzatluatna in lungsim lamang leh ngaihtuahna heikawitheia, ningkitelna leh lungsim a cimtakhuaisakna tun ut mahmah ahihdan muhsuah ahi¹⁴.

US ah kumsim a *survey* kibawl khat a bulsuutthakna uah 2011-2013 kum kiimlak apan tuailai ihmut khamzoulou pung petmah ahihdan muhkhiak hi a, tuate lak ah 40% bang zaan khat a dakkal 7 nuailam ihmu a muhsuah ahi.

Hiai thubulsuutna in niteng a dakkal 2 sang a sawtzaw *screen* vanzatte (*mobile phone, tablet* leh adangdangte) zatgigena leh ihmut khamlounhna kizom ahihdan pholhsuah hi. Ontario, Canada a siamsin 5,242 lak ah thubulsuutna a neihna uah zong tuadan dinmun mah ahihdan muhsuah in om hi¹⁵.

Lupkuan a *mobile phone* zatna in ihmut hun kiamsak, ihmutlimna buaisak, leh sun hunte ah lusuktha suaksak ahihdan zong muhsuah kia hilou in, lupna pindan sung a *mobile phone* tel a *screen* nei vanzat himhim i koih in zong i ihmutlimna peibuaitheia ahihdan zong muhkhiak ahi¹⁶.

Ihmut khamlounhna in mihingte cidamna toh kisai saaupi sawkkha a, tua mah in lungsim ngaihtuahna lam zong nakpitak in nawkkha leh thuzohpha a theih ahi. Tuate ban ah, *mobile phone* i zat ciang in hun saaupi pai man ahihlam bang kimangngilh khatheia zeel a, tua hun sung a lemtang hetlou a i tutdante leh i lupdante in i pumpi cidamna lam sawkkha theia, i mit mahmah zong buaisaktheia hi.

Siamsin Hinkhua

Lungsim ngaihtuahna lahemtheia leh kaikawitheia ahihna ah, *mobile phone* zat zongsatna in tuailaite a di' n siamsinna ah nawngkaina tampi tuntheia hi.

London School of Economics in siamsin naupangte lak ah thubulsuutna a bawl khat ah *mobile phone* zat kikkaamna siamsinna innte ah siamsinte'n *exam*-na ah *mark* sangzaw mu uh a, *mobile phone* zat khaam pen siamsin laisiamte sang in laisiamloute'n hamphatpih zawtham uh ahihdan mukhia uhi¹⁷.

Journal of Communication Education ah thubulsuutna kisuahkhia khat in *mobile phone* zanglou siamsinte'n lam tuamtuam ah hihhoih zaw uh ahihdan gen hi.

Mobile phone zang gige siamsinte sang in a zangloute'n sinsaktute' thugente a gelhkhia ciang un, thu 62% a tamzaw bang gelhkhia uh a, sinsaktute' thugente a tamzaw ciamteh theia in, *multiple choice test*-te ah *full-letter grade* khat-leh-alang bang a sangzaw mutheia uh ahihdan theihsuah in om¹⁸.

University of Chicago in thubulsuutna a suahkhia khat ah *mobile phone* pen mitsak (*off*) hiam, a *screen* a nuailam nga a dohkan tung a koih hiam, ahihke'h a kimulou di'a hepkhia in om mahleh, a zangtute'n, "Ka gei ah om ahi," cih kia a theihlel un zong thu adik-atang a ngaihtuahtheihna (*cognitive capacity*) kiamsaktheia ahihdan taklang¹⁹.

¹⁴ Dwyer, RJ., Kushlev, K., Dunn, EW. (2017). *Smartphone Use Undermines Enjoyment of Face-to-Face Social Interactions*. ScienceDirect website apan October 1, 2022 a teisawn - <https://www.sciencedirect.com/science/article/abs/pii/S0022103117301737>

¹⁵ Twenge, JM., Krizan, Z., Hisler, G. (2017). *Decreases in Self-Reported Sleep Duration Among US Adolescents 2009–2015 and Association with New Media Screen Time*. Europe PMC website apan October 3, 2022 a teisawn - <https://europepmc.org/article/med/29157587>

¹⁶ Carter, B., Rees, P., Hale, L., et al. (2016). *Association Between Portable Screen-Based Media Device Access or Use and Sleep Outcomes: A Systematic Review and Meta-Analysis*. JAMA Pediatrics website apan October 1, 2022 a teisawn -

<https://jamanetwork.com/journals/jamapediatrics/fullarticle/2571467>

¹⁷ Beland, LP., Murphy, R. (2015). *Ill Communication: Technology, Distraction & Student Performance*. Centre for Economic Performance, London School of Economics.

¹⁸ Jeffrey, HK., Scott, T. (February 12, 2013). *The Impact of Mobile Phone Usage on Student Learning*, Journal of Communication Education, Volume 62, Issue 3, pp.233-252.

¹⁹ Ward, AF., Duke, K., et.al. (June 23, 2017). *Brain Drain: The Mere Presence of One's Own Smartphone Reduces Available Cognitive Capacity*. Journal of the Association for Consumer Research, Volume 2, Issue 2.

Nektak Zonna leh Nasepna Hinkhua

Nektak zonna ah *mobile phone* phatuamtak a zattheihna tam mahmah a, himahleh pilvanhuai ahihna lam tampi zong om veve hi. Ngaihtuahna kaikawithei gige ahihna ah, thu poimoh kikupkhawmna hunte bang, ahikhe'h biakkhawmna hunte natan ah lungsim lakawithei ahihdan i tuahsa vek uh hidi'n ka gingta.

Mobile phone tungtawn in hunbi neilou in kithuzaktuahtheih a, hiai mah hunlem a la in mi khenkhat in ahun-aphat cih omlou in midangte houpiah leh *e-mail* peuh khak in, dawnna bang lamem pahpah mawk uhi. Tuabang seppih neikhate bang in nasep hunsung hiloute nasan ah a *mobile phone* uh ahong gin diing lauthawng den kawm a hun zang bang om uh a, tuabang lauhthawmna toh khosa dente a lungsim cidamna lam uh buaipahtheih hi.

Tulai in sepna pethi *Government department* leh *company* khenkhatte'n amau' kiang a sepna deih a min va thehluute *online* a a gamtatna uh suizui masak in nei zeel uh a, sepna zongnuamte a di'a pilvanhuai mahmah hi.

Tuailaite lak ah i *social media group* telnate uh kidong ni, ci le hang, *group* 10 vaal a tel kitam mahmah diing hi – innkuan *group*, lawmta *group*, saptuam *group*, khotang *group*, leh adangdang. Khenkhat bang i lunglut louh pipi, a *group* taisan hial di'a a hon theihsiamlouh di uh lauhna ziak kia lel a i tel geigeina bang om diing. Hiaibang *group*-te, leh i lunglut ziak a i va zop *group*-te ah, thu gina leh ginalou, zeldim thubawl, ciamnuh, thuthang, leh adangdang, ei a di'a phatuam taktaklou diing thute simna in hun manpha tampitak mansuah khazeel hi hang.

Na nasep tha-it kimlai tuabang thute sim zualna di'a minit 10 bang na beisak leh, lunglut tak a na nasep na sutzop kiknawntheihna di'a minit 10 dang khawng poimoh beh diing na hi²⁰. Hiaidan a na *WhatsApp message*-te na sim zoh teng a na nasep a leh a kikham di ahiehleh, ni khat in bangzang mahmah in a kiamzou di'a?

I *mobile phone* zatte'n tawlna hetlou a lungsim heikawithei leh lunglutna kaikawithei ahihdan, leh tua vanzatte ziak a i nektak zonna leh niteng hinkhua tanpha kaihuai a omthei gige ahihdan phawksuah thak ni.

Khalam Hinkhua

Sherry Turkle, Massachussets Institute of Khawlpilna (MIT) a sinsaktu in thubulsuutna khat a bawlana apan tulai mite *mobile phone* khoih zihzeh lou a om pen haksa sa, leh tuailai tam semsem in khat-le-khat kimaituah a houlimna kia hilou a, *phone* tungtawn a aw kizaktuah diing lel nasan zong nopmoh sa uh ahihdan musuah a, mi tam semsem toh kitheituah kawm a amaute toh gamlatak a om ut ciat uh ahihdan mukhia hi. Ama'n a thubulsuutna pan in *mobile phone khawlpilna* naktak a zangte lak ah midangte theihsiamna (*empathy*) tawm hiaihai ahihdan zong musuah hi²¹.

Mobile phone zat zongsat ziak a midangte theihsiamna neitawmte'n eite hon theisiam pumlum a, i sik-le-taang a hong thuak i Hondampa Jesu Khrist a diing in bang ci in gingloute lak ah palai nna kithalawptak in i semthei di'a, cih dottham cing suak hi.

Tawngak hun neilou a thu-le-la toh hon denkhum den i *mobile phone*-te un Laisiangthou a Pathian' Thute sun leh zaan a ngaihtuah ngiitngetna diing hun hon pe di'n i kinem hia? Laizang! Tua naksang in kidaam hetlou a zatna in mimal a hun thoveng a Pathian houpihna hun zat diing i cihte baihsam hetlou suaksak deuhdeuh zaw hi.

Tua kawmkal ah Khristian khenkhat in *mobile phone* tungtawn in YouTube leh *online platform* tuamtumte pansan in Pathian Thu gennate bang kingakna a zang kha in, Laisiangthou toh kituak gindan ahieh leh hihlauh bang cian masa sese lou in pom pahpah uh a, amau' Saptuam sung mahmah a pastor leh upate' thugen bang pomthelou leh pomtak sanawnlou bang zong ki-om hi. Tuabang ngaihdan pen i khalam a di'a cidamhuai pen hi khol hetlou diing hi.

²⁰ Srinivasan, R (2019). *Impact of Mobile Phones on Employee Productivity*. LinkedIn website apan October 2, 2022 a teisawn - <https://www.linkedin.com/pulse/impact-mobile-phones-employee-productivity-srinivasan/>

²¹ Turkle, S. (January 2011). *Alone Together: Why We Expect More from Technology and Less from Ourselves*. Basic Books, Inc. (HarperCollins).

Salam Hinkhua

2010 apan 2016 kum sungteng Korea a tuailai 2,064 lak ah thubulsuutna a bawl uh, Korean Children Youth Panel Survey ah *mobile phone* zatmunna leh mahni kithunun zohlouhna kitionkhawm ahidhan musuah uhi²².

Mobile phone leh *digital* vanzat tuamtuamte zang a *cyber* leitung ah hun i zat ciang in, a khoihtheih leitung a i omdan, i pilvandan leh i gamtat-khoheidan toh kibanglou in mihingte kigamta nak hi. Tua khawng theisiam kawm mah in, tu kum bul lam a UK gam a *inflation* hong kipat in, online a van i lei ciang a mahni kithunun haksa, sum zatdan ah kihangsan khengvaal pahpah, a cih ziak un mi tampite'n a sum neihte uh a poimohna kia ua a zattheihna diing un ATM ah sum tang in lakhia uhi.

Mahni kithununzohna dausakthei ahihna ziak mah in galkapte lak ah *mobile phone* tungtawn a amau mimal' lunggulhnate ziak a khemna a puk a, amau maban diing leh a gam uh maban diing nawngkaisak thei dinmun a om bang zong mi om zezeuh uhi.

Ei tuailaite lak ah ki-en le hang, *mobile phone* in i lungsim uah vual phazoulou hihdiing lauhna leh ki-ensawna i cihte bang mutkuang behbeh a bat hun om a theih in om hi. A muhmuhte bang a om sawmna in a muhte' dinmun tan leh ama' tup tan tung zoulou, cih bang omthei tham diing bang hi.

I tuahsa ngen uh, hilehleng ngaihtuahna i piak khollouh uh khat bel, Facebook, TikTok leh Instagram i khoih sung teng i gei a omte sang a i *phone* a i muhte i poimohngaihna lian zawtham ahi. Hiai zaw *mobile phone* ah *game* kimawlmawlte'n leng a theisiam mahmah diing uh. Hun paihatdan bang mangngilh zen khop a omtheih ahi. Ei mihingte bel kithuahkhop zaizai, ikiim-ikiang a i mihinpihte toh omkhawm leh khosakhawm di'a siam a om i hi ua, *mobile phone* zat zongsatna in tua teng kaibuai ahidhan i mu ciatta uhi.

Mobile phone leh *digital* vanzatte zat zongsatna in *Attention Deficit Hyperactivity Disorder (ADHD)* – thil khat hih kinken theilou, om kinken theilou, i cihte – neihtheihna di'a lauthawnghuaina 10% bang in pungsak zou a, hiai pen numeite sang in pasalte lak ah sangzaw lai a, tulai a *mobile phone* hahzat naupang leh tuailaite lak ah haidan omthei lua ahidhan muhsuah ahi²³.

Mobile phone i zat ciang a ei-leh-ei i kithununzohna kiam ahih ziak mah ahi diing a, *phone* ah i lunglut lam i et khak taktak ciang in, ikiim-ikiang a omte bang mangngilh in, hun pailiam tanpha theiphalou in ki-om thei hi.

Thukhupna

Laikhen khawl (*printing press*) a kibawlkhiaik tuung lai in, “Mipi lak ah thuthang kithehzaak tam law diing a, huai in buaina piangsak diing ahi,” ana ci ua, ana thawmhaau uhi. Thukizaakna (*newspaper*) sutkhiaik a hawmzaak ahih tuung lai in Khristian tampite'n hun hong paizeel diingte ah pulpit mun pen thuthakte zakna mun hikha nawnlou diing, ci in ana lungbuai mahmah nawn uhi. *Radio* leh *television* hong om a, hiai in siamsin naupangte' lai simtheihna buaizaaksak diing, ci in mi tampite ana lauthawng uhi.

Tu hun ah i etkik thak ciang in huailai a ana thawmhaauna, lungbuaina leh lauthawnnate uh bang a suakta a, cih i theisa uh ahi.

Laikhen khawl apan in Pathian' Thutak leh milem thaanghuaite sutkhiaik theih tuaktuak; a sutkhiaik diing leh sim diing pen mihing deihteelna ah kinga ahi.

Khrist' Sisan a tatsa tuailai khat na hihna ah, nang na *mobile phone* na bang ci zat a?

Na neih Jesu thu kupna leh thehzakna di'n na zang kha ngeita hia?

²² Kim, J., Oh, G., Siennicka, S. (2018). *Unravelling the effect of cell phone reliance on adolescent self-control*. Science Direct website apan October 4, 2022 a teisawn - <https://www.sciencedirect.com/science/article/abs/pii/S0190740917308381>

²³ McCarthy, C. (2018). *Can cell phone use cause ADHD?* Harvard Health Publishing website apan October 1, 2022 a teisawn - <https://www.health.harvard.edu/blog/can-cell-phone-use-cause-adhd-2018073114375>

Cihna diing tuan theilou, cimoh-mangbangte Toupa' thute a hehnepna di'n vanzat in na neikhata hia?

Na salam leh khalam hinkhua bawlphatna diing leh hatsakna diing, ban ah Pathian naihna diing in na zang kha ngeita hia?

Khristian tuailai khat in *Mobile Phone* pilvangtak a a zatheihna di'a amah-leh-amah a kidot zeel tuak khenkhatte: Laisiangthou in ahon sinsak bang a Pathian' deihlam toh kituak a zang ka hi hia? Hiai ka *mobile phone* zatna leh zatdan apan kei khalam leh salam ah bang phattuumna a omthei di'a? Kei leh ka innkuanpihte' khalam leh salam hinkhua ah bang phattuumna a tunthei di'a? Ka khotang, ka nam leh ka gam a di'n a phatuam hia?

Mobile phone pen a hoihna leh hoihlouhna om tuaktuak ahihna ah, a tung a i kikupnate uh pansan in ei Khristian tuailaite'n pilvan suah kawm a Laisiangthou' deihdan toh kituak a lei ci (*salt*) hi diing a lamette'n *mobile phone* tel a i vanzat tuamtuamte uh i zat diing uh i mohpuak uh ahihnam phawk thak ni.

I khoihtheih leitung ah i gamtatnate ah hi in, *cyber* leitung ah hun i zatna ah hitaleh, **Pathian' galvan kim a kivan** (Efesate 6:11) kawm a, **bangkim Pathian' thupina diing a hih** (I Korinte 10:31) a, i kalsuannte, i thu simte, leh i thu *post-te*'n ei leh i mihinpihte a di'a **Pathian naihsemna** (Jakob 4:8) lampi ahon tuttheihna diing in Khristian tuailaite'n hanciam thak a, tha la thak diing in kisa ni. (▶)

Hiai Kisinsakna Lai, a gelhtu in October 15, 2022 a Baptist Youth Fellowship Bungmual in EBC Tuailaite' Nipini a zatna hun ah tuailaite lak a kisinsakna neihna a zat di'a a gelh ahi.

NEST TOH KISAI TAMLOU

NEST kici, a khang a sim kinak-kiselna, hiamgamna leh khamtheih zatkhelhnate in a tuamkhum gam a khosa tuailai kipunkhawmte'n, **pangkhawm in, kalsuankhawm peuh le hang khotang leh gam leitung a di'a phatuam ding semkhetheih ding** i hi uh, cih upna leh lunggulhna lianpi toh hong kipankhia ahi.

Lamka Khopi sung a veng tuamtuam apan tuailai kipawlkhawmte'n neitu hihna la in, gamsung leh khotang a tuailaite leh minautangte'n thuhaksa pipi a maituahte uh theihiamna toh kalsuanpih a, houlim a, a detdou leh khantouthei pen ding a saikhiak ahihtheih nadi'a pan la a nasem ahi. Tualsuak pilna-siamnate zang a lunggeelna leh lungtupe tangtun ding tup a nei a, khotang a kituahna leh khantouhna lungput ci tuh ding ngim in nei hi.

NEST in khantouhna leh masawna di'a inn bubit, vasa bu ensak a, khangthakte a di'a lametna, lemna leh kiningcinna tuntheih nading, micih in khanpha-kanhoih a khang a, masawn nading hunlemtangte mu a, galmuang leh bittak a hinkhua a zatheih nading ensak hi.