

Local Spotlight

CELLPHONE ADDICTION



By Muna Al-Fuzai

muna@kuwaittimes.net

Dr Hisao Ishii of Japan conducted a very interesting study about cellphone addiction among teenagers. "Teenagers can be seen taking advantage of every spare minute to touch base with their friends," he said, adding that the addiction of children to their mobile phones can threaten the very fabric of society. Although his study was based on children in Japan, the same trends apply in Kuwait and many countries around the world. Teenagers' habits are nearly similar everywhere.

Go to any cafe or mall here and you will not find a single boy or a girl without a mobile. It also takes me by surprise that most of them hold their mobile in their hands as if it is their only link to stay connected and be accepted in the social circle of their friends! Dr Ishii's research warned: "Genuine conversation will be driven out by superficial communication, leading to deterioration in the quality of relationships. Indeed, the very fabric of society may be threatened."

Even with all reports warning about the negative impacts of mobiles on teenagers' behaviors and ties with family and friends, many kids take their mobiles with them to school.

Teenagers today are shaping relations with the power of the mobile and its apps like WhatsApp, Snapchat, etc. So, when they meet someone for the first time, they start checking how active he/she is on social media, and of course the number of their followers, and want to stay in touch several times a day. Teenagers are spending too much time on their mobiles, exchanging text messages rather than direct and physical contacts.

Although the study focused on teenagers, many people are now addicted to their mobiles for different reasons. Some are using social media to make a living, like selling food and clothes. Some are young people who are also addicted to their mobiles because they want to stay connected with their friends, chat, read the latest news, play games and pass the time gossiping.

Texting and driving is another matter of concern, and it is common to see young people do this in the middle of the road. Social media has turned stupid and uneducated people into rich and popular figures around the world. There is a threat of presenting wrong models to young people - like a Ms X who never made it through school, but has made more money than what an educated person can make in his/her lifetime!

Sociologists have warned that the popularity of emailing and playing games on mobile phones is affecting other important activities such as recreational reading and studying. I fully agree. Even with all reports warning about the negative impacts of mobiles on teenagers' behaviors and ties with family and friends, many kids take their mobiles with them to school. Some schools manage to take the mobiles from their students, but not all schools do so. This issue needs to be taken into consideration by specialists. If this addiction cannot be controlled, at least let's be ready for what to do next.

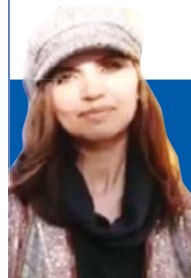
PHOTO OF THE DAY



A Kuwaiti wooden ship used in pearl diving. — Photo by KUNA/Ghazy Gaffaf

In my view

A LOVE LETTER TO MAN FROM WOMAN



By Nejouad Al-Yagout

local@kuwaittimes.net

**Note to Reader: This letter is the beginning. What is to come in due time is an article I wrote about the unconditional love of the Divine, prompted by a male friend of mine who believes strongly in gender equality. This letter, too, is inspired by his appreciation for women and his humanitarianism. His faith in women has propelled me to write this letter to all men, in the hope that those with me will speak out more and those against me will learn how to love me as I love them. To be continued...*

Dear Man,

Why is your love conditional on what we wear or do;

what we love or who we love, for that matter? How would it be any different if you were born a female in this region? Did you ever try to put yourself in our shoes or abayas? I am not writing this letter out of spite, but because of a profound love I have for you, we have for you. And many of you are on our side, but the few of you who view us as property seem to be guarding the status quo fiercely. I invite you to let go. I promise you that we can make heaven here on Earth. Together. As one. There is something so beautiful about masculine and feminine energies coming together. This is the way it should be. It is no longer about patriarchal rules or segregated schools. These are antiquated systems that no longer work. They stunt our collective awakening and potential for universality.

Tell me, what is it about us that you fear? Why do you erroneously believe that you cannot control your desires around us? We are not objects of lust, dearest brother. If that is how you view us, then perhaps it is a call from your soul to ignore the thoughts within you that tell you this is the case, rather than get us out of your way to avoid temptation. Our consciousness on this planet is finally evolving, so let us collaborate to transcend this antagonism toward one another. Since you hold the power, we await your cue to ascend. We do not want to fight you. We want to become enlightened. With you.

Do you know that when we walk alone in the streets, we are not afraid of being attacked by stray dogs, but are terrified of being assaulted by you? And the most painful thing to hear is that we deserved it because we were unveiled or not accompanied by a male. This stems from conditioning, from a deep-rooted belief

that women are on Earth to sate a man's desire. We know that many of you have discarded such beliefs, but for those who haven't, I invite you to transform age-old matrices so that we can raise our frequencies; so that we can embrace each other and cross the threshold from fear into love.

I am writing this letter, because I know many brothers and sisters agree with me that it is time to shed the skin of outdated gender biases that divide us and come together for the sake of our children and generations to come. Oh dear man, please tell me that you are way grander than the way we perceive you. Hold my hand. I am not dirty. I am you.

Love,
Woman

Nejouad Al-Yagout
www.nejouadalyagout.com
Instagram: @nejoud.alyagout