

A REVIEW ON SMARTPHONE ADDICTION: STATISTICS, SYMPTOMS, AND SOLUTIONS

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DOI No. – 08.2020-25662434

Abstract

Smart phones are requisites for many young adults, but such devices may negatively affect their mental health and well-being. Rapid development in mobile phone technologies provides a rich selection of features and improved portability that increases the prevalence of mobile phone use, especially among young adults. They often develop attachment toward mobile phones, seeking the proximity of mobile phones and experiencing distress on separation. A multitude of studies have documented that mobile phone addiction would bring about negative impacts on physical and mental health as well as social adaptation such as academic problems, interpersonal problems, health issues, depression, anxiety, and even suicidal ideation

Keywords: Smartphone addiction

INTRODUCTION

Smartphone are essentially highly-portable computers that can offer a wealth of benefits, like helping us stay connected and providing information at our fingertips. But there's a darker side to Smartphone use. The average time spent on smart phones is increasing and evidence shows Smartphone addiction is linked to serious issues, including mental health problems and [distracted driving](#).

With more than one in three people across the globe and more than four in five Americans owning a Smartphone, it's important to address the issue of Smartphone addiction. By learning how to spot the signs of an overuse problem and discovering the resources available to help, you and your family can continue reaping the benefits of smart phones without the negative consequences of overuse.

SMARTPHONE ADDICTION

Define Smartphone addiction as overuse of one's device to the point that it causes damage or disruption to one or more areas of one's life. Impact of Smartphone addiction might include damage to relationships, decreased productivity at work, home, or school, or damage to physical or mental health.

CAUSES OF SMARTPHONE ADDICTION

- People with or have previously suffered from mental health problems, such as anxiety and depression
- People who are lonely or isolated
- Children and teenagers, as their brains are still forming and vulnerable to addictive processes and substances
- An addiction that a smart phone enables, such as gambling or shopping
- People with or who have had an unstable home life
- Any occupation that requires constant access to the internet
- People with a stressful work environment.

SMARTPHONE ADDICTION STATISTICS AND FACTS

To give you an idea of the extent of the problem and who it is affecting, here are some facts and statistics surrounding Smartphone addiction:

- There are 8 billion mobile connections in the world.
- The number of mobile devices is forecast to reach 16.8 billion in 2023
- 33% of teens socialize more online than face-to-face.
- People spend 3 hours and 13 minutes on their phones every day.
- The US has a smart phone penetration of 81%.
- 60% of Americans ages 18 to 34 admit to smart phone overuse.
- 41% of teens feel overwhelmed by mobile notifications.
- 43% of workers turn off their phones during work.
- The average time spent using the mobile internet for American adults in 2019 was around 3 hours and 30 minutes per day, up 20 minutes per day as compared to 2018. ([Vox](#))
- Mobile traffic accounted for 53.3 percent of all internet traffic in 2019, a 222 percent increase compared to 2013. ([Broadband Search](#))
- 95 percent of teens have access to a Smartphone. ([Pew Research Center](#))
- The risk of Smartphone addiction is highest in young people, especially females. ([NCBI](#))
- One in four youth is dealing with problematic Smartphone usage. ([BMC Psychiatry](#))
- Smartphone addiction is more common in users who are less emotionally stable. ([University of Derby](#))
- Problematic Smartphone use is linked to lower self-esteem. ([NCBI](#))
- Americans check their smart phones 96 times per day. ([Asurion](#))
- More than one in five teen drivers involved in a car accident were distracted due to smart phone use. ([Carsurance](#))
- One in four adults wakes up at least once during the night to check their smart phones. One in three teens does the same. ([Common Sense Media](#))

SYMPTOMS OF A SMARTPHONE ADDICTION

- Experiencing feelings of anxiety or irritability when away from your phone
- Regularly relying on your mobile device to kill boredom
- The urge to use your phone when you shouldn't, for example, while driving
- Spending an increasing amount of time on your smart phone
- Other people mentioning how much time you spend on your device
- Noticing that your phone use negatively impacts your work or relationships
- Having difficulty cutting down on your device use
- Experiencing phantom vibration syndrome (you think your phone is vibrating or ringing when it's not)

HOW TO OVERCOME A SMARTPHONE ADDICTION

- ✓ Assess the extent of and reasons for the addiction
- ✓ Decide where you want to cut back
- ✓ Don't use your phone for everything
- ✓ Focus on other activities
- ✓ Use the tools available
- ✓ Seek professional help
- ✓ Work to change policies around smart phone use
- ✓ Self in-charge & Do Assign Task

- ✓ Turn Off Notification
- ✓ Calm Your Mind & Breath
- ✓ Delete all social media apps from your phone
- ✓ Need to change these habits for a better life
- ✓ Keep your phone in the next room
- ✓ Schedule a time slot to limit your usage to within this span.
- ✓ Develop productive habits to combat loneliness.
- ✓ Explore new avenues in life; seek physical presence of friends and family.
- ✓ Stop replacing phones as means of entertainment.

CONCLUSION

Smart Phone addiction is a highly secretive disease that's affecting many phone users these days. The purpose of a phone since its invention has changed a lot and the now cellular devices that we call smart phones are widely hailed as one of the best inventions of this century 21. But as we incline towards introducing technology into every activity of our life, we become more and more dependent. This dependency leads to addiction.

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