

## Phone addiction

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### Abstract

### Review Article

The reason for the rapid and significant development in educational technology in the past years has emerged as a result of modern media for social communication, education and games, which have worked to change the daily patterns of individuals' lives, as they have increased addiction to mobile phones and have a health, social and economic impact. You must remove the applications that consume your time from your phone and try to access them on a device that you do not carry with you all day. Also, change your phone settings to cancel annoying notifications and alerts. Set your screen to gray scale to prevent it from waking you up at night. Leave your phone far away from you and charge it somewhere beside your bedroom. Develop hobbies that nourish your soul and replace games and social media apps with realistic activities such as meeting friends, playing sports, or doing humanitarian work.

**Keywords:** Phone, addiction, educational technology.

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## INTRODUCTION

Addiction can be defined in general terms as the psychological and physical inability to control oneself from using a specific substance, such as; Chemicals, legal and illegal drugs, or working with a specific activity and behavior, especially when that leads to compulsive or obsessive pursuit of something regardless of the consequences, even if it causes the person psychological and physical harm, and the reason for this intense desire in the person is due to an imbalance in the brain system concerned with acquisition, stimulation and memory. There are some opinions among physicians and mental health professionals about whether excessive mobile phone use is truly addictive or the result of an impulse control problem. However, the Diagnostic and Statistical Manual of Mental Disorders acknowledges a single behavioral addiction with this action similar to a gambling addiction. Although excessive use of smartphones is not currently recognized as a formal clinical disorder in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) or International Classification of Diseases (ICD-10), many aspects of the behavior appear to share similarities with other recognized behavioral addictions [1]. An increasing number of studies have focused on the most important body of behavioral addictions today – the Internet, videogames, and cell phones. Historically, Internet use could present as either a global addiction or interaction with addictive contents and activities. In this sense [2].

It is worth noting that one possible reaction to stress might be the increased use of the Internet. Since smartphones offer Internet access and are more often than not in people's possession it seems worthwhile to investigate the association between perceived stress (also in terms of attitude towards commuting) and Internet use while commuting [3]. The cell phone today is a lifeline for many. It is estimated that around 4.5 billion people use the cell phone worldwide. And it comes as no surprise that a huge chunk of this quantity consists of the youth. The cell phone is more of a necessity for them than a luxury. Umpteen number of surveys conducted on the youth worldwide have figured out that they consider cell phones an integral part of survival and some have even gone to the extent of saying that they would rather go without food for a day than without their cell phones. With constant texting, calling, listening to music [4]. And excessive use of the smartphone and the Internet may lead to problems that may affect significantly the personal and social lives of its users, and may appear to be excessive use. Smart devices have evidence that the user has a problem, and symptoms of the problem may appear just as the symptoms of addiction, the mobile phone user may feel depressed, and emotionless Euphoria, withdrawal, loss of control, and anxiety [5]. The author added that smartphones and tablets cause neck problems and spine pain, mainly due to the permanent bending of viewing the screen, and the muscles of the hands and arms have a share of these negative effects,

as the user can develop carpal tunnel syndrome, which occurs due to excessive pressure on the nerve. The median is at the base of the wrist. Overuse of these devices can reduce user activity and cause obesity.

### Symptoms of mobile addiction include

1. Increasing the number of hours of using the mobile phone to exceed the periods set by the individual for himself.
2. Extreme stress and anxiety in the event of any obstacle to the Internet connection may reach the point of depression.
3. Neglect of social, family and job duties.
4. Frequent talk about mobile phones in daily life
5. Loss of social relations and being late for work.

### Negative Effects of Using Smart Phones

That modern technology especially smartphones, has brought about a revolution in the world of communication. Despite the many advantages of the smartphone, it affected social relations and ways of communicating with the family and those around them, as well as its negative, psychological and social impact on boys and girls, that there are negative effects of children's use of smartphones represented in the loss of privacy and social isolation [6]. The Internet era began in the whole world and linking countries together in 1991 and it was the first time that the term web appeared in the world, but now everything in daily life has become communications, education, business and health, as its benefits are numerous, but it is accompanied by Internet issues and problems [7]. The Internet explicitly propagates and implicitly spreads western democratic values [8] in Figure 1. The figure shows the addict's attachment to the mobile.



Fig-1

### RECOMMENDATIONS

Open the (Settings) application on your phone.

- Click on the option (Screen Time), a graph will appear that shows the rate at which you use the phone during the day.
- To get more data, click on the See All Activity option below the graph.

Here you can see the apps you have opened, the websites you visited, and you can also set limits for the most frequently used apps.

If you are using an Android phone, you can use the Digital Wellbeing feature, which provides you with a dashboard that shows you the amount of time you use each application by day and week.

### CONCLUSIONS

Following these steps will reduce the high percentage of addiction:

- Remove apps that consume your time from your phone and try to access them on a device that you don't carry with you all day.
- Change your phone's settings to cancel annoying notifications and alerts.
- Set the screen to gray scale to prevent it from waking you up at night.
- Set yourself some limits on phone use. For example, you can create lock screen questions along the lines of "Why now?" And why?
- Leave your phone far away from you and charge it somewhere besides your bedroom.
- Develop hobbies that will nourish your soul and replace games and social media applications with realistic activities such as meeting friends, playing sports or volunteering.

Overall, reducing mobile phone use is part of your drive towards healthy use, but don't expect to get it right away, rather you will learn from every experience. Using a smartphone too much can harm our bodies, our minds, and even our feelings

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