There are multiple reasons why we stay on our devices. Addiction, worrying about our self-image, monetization, Artificial Intelligence and human weakness, and polarization. However, Addiction seems to be one of the worst reasons why we are attached to our screens.

Addiction is a cause of way more things than just our devices. Drugs, alcohol, etc. Our devices however seem to be always near or in our hands. The main causes are stress, anxiety, wanting to know what is occurring online, etc. After some time on a phone, it becomes a main aspect of our life. People used to socialize in real-time, but now everyone is on their cellular devices. This changes how people react in life everyone loses control, people want to change how they look, people use it to escape reality, compulsive checking, excessive use, etc. False info is a reason why violence occurs. Examples of false info include propaganda, conspiracy theories, hoaxes, etc. Algorithms and paradigms interpret how you perceive things. Social media and any other sort of apps manipulate you into thinking or acting upon false info, or accusations. Causing crimes, acts of violence, riots, etc. Social media companies do such actions mainly for money but they do not want to cause any harm to anyone. People act on such occasions because of what they are told or heard.

Addiction causes many obstacles, types of violence, riots, etc. Perception changes everything on Earth. Powerful social media companies plan to help others. However, many people on social media perceive info from others as misinformation. Addiction uproars many types of violence. Powerful companies should eventually change what happens on their apps. Changing the way the world works. Such actions can change many things in the world. The world would be a better place for everyone.