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Screen Addiction: Cause And Control By Swapnil Gupta Hello! Take your eyes off this magazine and glance around for a moment; what do you observe? Yes, you would see people are using their mobile phones, laptops or other electronic gadgets, with their eyes set on the screens. This phenomenon is known as screen usage, and it has become an essential part of our lives. The world is at our fingertips. Be it information, entertainment, fun, or food; whatever you can imagine, you can get it just by a couple of taps on your gadgets. In spite of the fact this use of screens is advantageous in many prospects, it evidently has some major side effects too. According to [scientificamerican.com](#), most adults spend more time on their screens than they do in actually contemplating things. Let's just observe when people are actually on a screen; when they are bingeing on their favourite shows or working on a project, or while playing games or browsing e-commerce websites for shopping and talking with people. We are regularly killing most of our time looking onto a screen. This is the precise definition of what we call "Screen addiction" and with the internet easily and economically available to all; it is becoming predominant with each passing moment. This has reached a point where we have acknowledged that it is normal and can't seem to identify the humongous problem which it is becoming. Nowadays, we do not even try to remember things we actually might know: facts, celebrity names, important dates, etc. What we do is whip up our phones or laptops and do a quick search to get answers to our questions which, as convenient as it sounds, is making us dumb by each search query. Social media and entertainment apps /sites play another important part in this ever-increasing screen fetish among people. Nowadays, almost everyone is using at least one social media website or application. Content provided by these are endless, and according to a person's preferences, he/she can watch a large number of shows, movies, web series and what not. You all must have said to yourselves at least once , "One more episode, kya hi ho jayega." Besides providing the entertainment they are supposed to, they are making us procrastinators, lazy and addicted to screens. Instant messaging apps, like Facebook Messenger, or WhatsApp have their users eyes glued up to the screens. Though they are useful and have brought the world much closer, they are causing many problems too. Our dependency upon our friends and family have increased so much that it is dwindling our problem facing and solving ability. Since it is much easier to reach our people than ever, we don't take a moment to figure how we can tackle our little stresses on our own and hence are becoming more and more vulnerable to problems and stress caused by them. Recently a woman from Taiwan, was found to have 500 holes in her cornea due to excessive use of phone on maximum brightness. There are various other cases through which the extent of phone addiction can be described; such as, in a recent survey by Huwawei conducted in Australia, it was found that running out of battery is literally ruining the lives of the subjects. The extent of FOBO i.e fear of battery obliteration can be seen in some of us getting palms sweaty or getting anxious when our phones die. It's not that just our eyes are at risk, checking our phones regularly especially when waking up, ruins our entire day and the brain too. Self control is first and foremost way to control screen addiction or any addiction whatsoever. TheTheThe app makers and operating system developers are also taking measures to counter this problem among people. For instance, PUBG(Tencent Corporation) and Google's Android is going to take measures to control the screen addiction in their users. Tencent corporation, which is the developer of player unknown battleground famously known as PUBG has observed the player's addiction addiction addiction to the game and has promised to take measures to control this addiction by adding some features in the game itself. They have taken input from user's parents, educationists and behavioural psychologists to plan the measures. Google has been providing the statistical data on app usage to the users, so that they can track their usage and observe their behaviour. YouTube application has added a feature using which users can see how much time they have been using the app. Also, latest version of Android will be providing an app called "Digital Wellbeing", which will remind the users to take breaks time to time from the screen. For older versions of Android and IOS there are third party apps available which can be be be used to prevent phone addiction. Such apps or softwares are available for computers and smart TVs as well. Apart from using apps and tools for limiting our phone usage, there are some psychological tricks which can be used to do so. To stop the urge to touch gadgets, turn off all the useless notification alerts, use the do not disturb mode, set some ground rules for your phone usage. Replace the time spent in using phone with some other activity, such as reading or taking up any other hobby. The modern technology has provided with a wide range of gadgets which have opened a seamless world of information and entertainment for us, but at the same time, misuse and overuse is leading to various health and psychological problems amongst the users. Its upto us to use the technology carefully and not get addicted to it.

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