

## Smart phone addiction, is it true?



**Background:** Cell phones have become such powerful and versatile tools that, for many people, they feel literally indispensable. While a smartphone, tablet, or computer can be a hugely productive tool, compulsive use of these devices can interfere with work, school, and relationships. When you spend more time on social media or playing games than you do interacting with real people, or you can't stop yourself from repeatedly checking texts, emails, or app, even when it has negative consequences in your life, it may be time to reassess your technology use. And, over the past 5 years, Google Trends indicates that

searches for "cell phone addiction" have likewise been rising. Pathological phone use has given rise to a raft of new terminology, such as:

- **Nomophobia:** Fear of going without your phone
- **Textaphrenia:** Fear that you can't send or receive texts
- **Phantom vibration:** Feeling that your phone is alerting you when it really isn't

### How dopamine is connected with usages of smartphone?

Dopamine is a happy hormone, it is secreted when you are in rewarding situation. Some people feel good in social virtual environment. When they use certain social platform frequently, they feel good because of dopamine secretion. Some apps are designed in a way that force us to keep checking them and leading to an addiction behaviour.

### How smartphone can have a negative impact in your life?

- **Increasing loneliness and depression:** Excessive use of smartphone and less involvement in real environment, comparing your life with peers on social media platform can lead to loneliness, depression, anxiety, etc.
- **Diminishing your ability to concentrate and think deeply or creatively:** Persistent and frequent usages can distract you from important work. Always being online can interrupt your creativity level, because your thoughts will not get time for any analytical thinking.
- **Disturbing your sleep:** Excessive smartphone use can disturb your sleep, which can have a serious impact on your overall mental health. It can impact your memory, affect your ability to think clearly and reduce your cognitive and learning skills.

**Symptoms:** There is no specific amount of time spent on your phone, or the frequency you check for updates, or the number of messages you send or receive that indicates an addiction or overuse problem. Some warning are mention below,

- Trouble completing tasks at work or home
- Isolation from family and friends
- Having a "fear of missing out"
- Feeling of dread, anxiety, or panic if you leave your smartphone at home

**Withdrawal symptoms:** Some people feel withdrawal symptoms mention below:

- Restlessness
- Anger or irritability
- Difficulty concentrating
- Sleep problems
- Craving access to your smartphone or other device

### Self-help tips for smartphone addiction:

- Recognize the triggers that make you reach for your phone
- Understand the difference between interacting in-person and online
- Build your coping skills
- Recognize any underlying problems that may support your compulsive behaviour
- Strengthen your support network

### Source:

Healthline  
HelpGuide



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### Smart phone addiction...

Cell phones have become...



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