Reading Journal 3: The Unappealing Side of Smartphones

# Source: textbook Unit 9 reading

According to the International Telecommunication Union, there are 6 billion mobile phone

service subscriptions active worldwide. In developed countries, close to half of the cell phones being used are smartphones. Although these devices are great for many things, they are also the source of several problems.

Turning on phones, and turning off manners

Etiquette experts agree that smartphones are taking their toll on modern manners. In the past, giving one's undivided attention to others when meeting was the norm. Now, checking social networking sites via a phone while mid-conversation is a regular occurrence .In fact ,eight out of ten smartphone users state that they have no qualms about using their phones at least occasionally in social settings. When these users are indifferent about how they could be affecting others, it can be unpleasant for people in their vicinity. The competing sounds of numerous smartphone games being played simultaneously on

public transportation is becoming all too common, as is having a darkened movie theater illuminated by people who can't wait to answer their texts.

The birth of new disorders

Social interactions aren't the only things suffering; a number of new mental issues are being attributed to the widespread use of cell phones, too. One of these is Nomophobia, an

overwhelming fear of being out of mobile phone contact .For people with this phobia, the idea of being unable to use their cell is more frightening than a trip to the dentist; therefore, they often own multiple phones in order that they are safeguarded from ever being without one. In the US and UK, around 40％ of smartphone owners are estimated to have at least a mild form of this.

Phantom Ringing Syndrome, sometimes referred to by its colloquial name Ringxiety, has also become quite common. When people receive calls, texts, instant messages, and other alerts frequently, their brains are in a state of constant anticipation. This sometimes causes one to imagine that he or she hears a phone ringing or vibrating when it really isn't. Studies show that over 60% of cell phone users experience this, and the likelihood of it

happening increases with the amount of time spent on one's phone.

Can't put it down

Smartphones have become such an integral part of modern life that 80% of users

believe they couldn't live without them. In one survey, almost a third of the people

interviewed said they wouldn't give up their devices for a single day even if they received

monetary compensation. Additionally, in an online questionnaire 22% of those who responded said they would give up their toothbrushes over their smartphones. Although

smartphone addiction is a relatively new concept, there is evidence that some users could

be greatly affected by it.

While it can't be denied that smartphones provide many benefits to their users, it would be wise for everyone to monitor their own usage to prevent any significant problems from developing.

Summary: smartphones are now cause several problems, one of them is smartphones are taking their toll on modern manners, the example of it is watching the phone while mid-conversation is a regular occurrence. And the other is Nomophobia, for people with this phobia, they will feel uncomfortable without their phones. Smartphones have become such an integral part of modern life that 80％ of users can't live without them. We can't denied that smartphones provide many benefits to us, but we should prevent to be addicted to them too much.

Reason : I was first attracted by the title of the article, because I always thought smartphones were interesting and I was wondering what is unappealing side of smartphones.

Opinion: It is indeed a time that almost everyone has smartphone, but I still think it is not the thing we should do which we watch the phone while mid-conversation, it could cause people feel unhappy and think you are not listen to them. Although I look at my phone

Very often, but I can tell if the time is right that can look at the phone. I see the problem of smartphone addicted that people who can't wait to answer the messages light the darked movie theater, and some people can't live without their phones. I think me that I am addicted to my phone, too. But I'm not addicted to it so much like that. Last I want to say, although smartphones are so convenient, but we should be careful and not be control by the phones.

Today I will talk about my opinion of this article which in the textbook.The article was about smartphone's widespread makes many things so convenient,but also makes inconvenient,and it affects people a lot.When people feel bored, they often play with their phones.I have seen many people playing with the phone when they were walking.The article also talk about the Nomophobia,which caused by smartphone's widespread.People who have this disease must spend much time on playing with the phone ,that's why they Will feel uncomfortable when the phone were not at their sight，one of my friends also have this symptom.And I think I have a little symptom of Phantom Ringing Syndrome,I thought my phone have new message and I grab my phone to see after a second, but actually my phone have no new message.This thing has happened many times.But I thought that I should control the time I play with the phone to decease,which may prevent to get addicted to it so much.