

Lecture title:	Lecture 2B: Smartphone addiction amongst university students
<p>Margin notes</p> <p>judicious (adj) = having, showing, or done with good judgment or sense.</p> <p>dopamine (n) = brain chemical giving feeling of reward</p>	<p>Contents</p> <ul style="list-style-type: none"> • Positive smartphone use • Negative smartphone use & addiction • Strategy 1: Mindfulness • Strategy 2: Other activities <p><u>1. Positive smartphone use</u></p> <ul style="list-style-type: none"> • convenience: information, payment • entertainment • staying in contact with friends & family → good for mental health • study: course materials, email, study groups, dictionaries • 2019 study: judicious use → improved academic performance <p><u>2. Negative smartphone use</u></p> <p>- impact on mental health → affect studies → stress</p> <ul style="list-style-type: none"> ○ distraction (e.g. games, shopping) → loss of concentration + affect study time → affect sleep quality, exercise, diet, face-to-face talking time • lead to poor academic performance <p>- addictive (= repeated behaviour)</p> <ul style="list-style-type: none"> • similar effect as alcohol/ narcotics • dopamine (rewarded for doing something you like doing) <ul style="list-style-type: none"> ○ reinforces beneficial behaviour ○ dysfunctional if reward is achieved too easily → results in addiction • 2019 study: 75% Chinese students – problematic use of smartphones <ul style="list-style-type: none"> ○ many SS accept they use smartphones too often → affect academic performance <p><u>3. Strategy 1: Mindfulness</u></p> <p>mindfulness = self-regulation</p> <ul style="list-style-type: none"> - can make people less susceptible to addiction - used to treat addiction <p>basics of mindfulness:</p> <ul style="list-style-type: none"> • think about your behaviour <ul style="list-style-type: none"> ○ how much time spent working and how much on phone? ○ turn off phone and turn it on later as a reward • mindful bed time <ul style="list-style-type: none"> ○ poor sleep if you play on phone before bed <ul style="list-style-type: none"> ▪ switch off phone 30min before sleep ▪ mindfulness app - Headspace

	<p><u>4. Strategy 2: Other activities</u></p> <ul style="list-style-type: none"> • read a book • coffee with friends (chat) • exercise – moderate intensity (no phones during exercise)
Summary	<p>Smartphones affect students' lives greatly. While some obvious benefits make life more convenient, connected, and efficient, smartphones can have a range of harmful physical, mental, and social effects. Because of the convenience and good feelings produced, smartphone use tends to be addictive and affect student effectiveness negatively. The negative effects of smartphone addiction can be lessened by practices such as mindfulness and short alternative healthy behaviours.</p>