
Gaming, Smartphone, and FaceBook Addiction

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Smartphones, who doesn't have one?

Smartphones have made it convenient to access games, entertainment, social media and even to use for work.



Gaming!

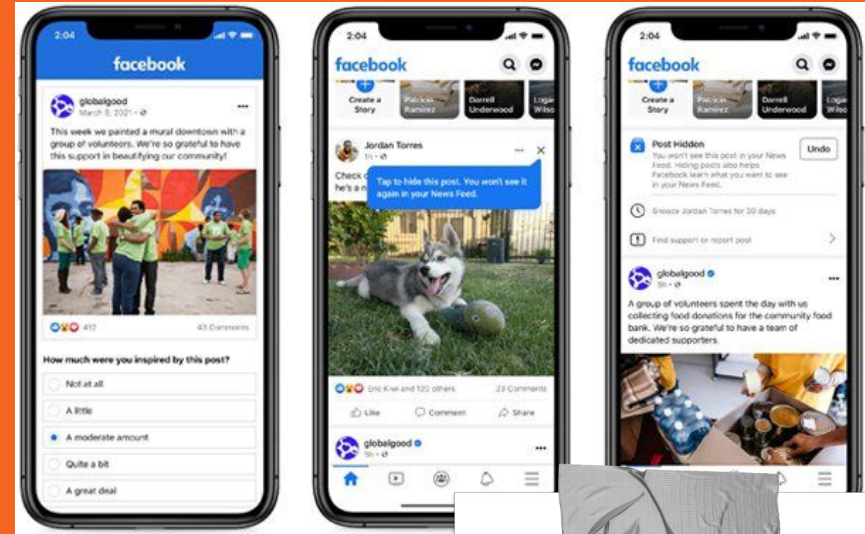
With the help of your smartphone, gaming has become more accessible and makes up for the lost time we don't get to play at home.



Play it!

Games are designed so you don't want to put them down!

Watch a video or scroll
through the news feed.
Have you caught up with
your **Facebook** today?



Did you know?

- Over 2.27 billion active users
- Over 300 million users are in India
- Visited more than 3 times a day
- 76% male users
- 24% female users
- Average 60 minutes daily



Easy Access

Smartphones allow us to do everything wherever we go:

- **Gaming**
- **Catch up on social media**
- **Watch a movie**
- **Send an email**

Addiction





Did you know?

Most adults and children own smartphones and use them on an average of 3 hours and 15 minutes per day.

- **Newer and Improved**
- **Make workload easier**
- **Mini computers**

Time Spent on Smartphone	Average Amount of Times Per Day	Percentage of Daily Pick Ups
Less Than 2 Minutes	40	69%
2 to 10 Minutes	15	26%
10+ Minutes	3	5%

Rank	Country	Continent	Time Spent on Smartphone per Day	Comparison to Average	Comparison to Average (%)
27	US	North America	3 hours 30 mins	- 13 mins	↓ 6.2%



Did any of the numbers surprise you on the number of times a phone is picked up by a person on a daily basis?

The addiction

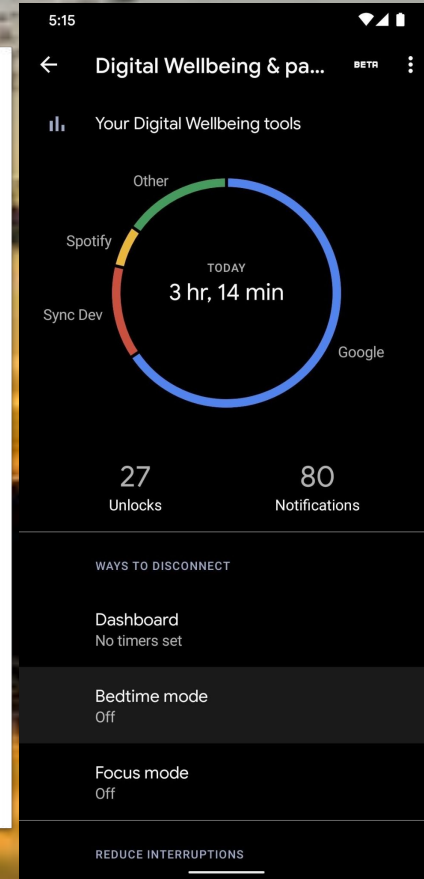
Gaming distort our perception of time and even reality. Used as self-medicating.

Create bad sleep, squandered intimacy, social anxiety, depression and loniless.

Smartphone and Facebook addiction demonstrated a higher score of substance abuse disorders, depression, and anxiety disorders.

Solution

- **Set time limits**
 - Especially during family time
- **Be consistent**
 - With kids, especially during school nights and school time
 - Be a role model!
- **Strive for healthy balance with other activities away from devices**
- **Use the Digital Wellbeing setting**
 - Set a bedtime mode





Thank you!

If My Phone Could Talk...



HCFT

loldwell.com



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LEE

Scratch project link:

<https://scratch.mit.edu/projects/764138375/editor/>