

Gaming, Smartphone and FB Addiction
CSCI 70700 - Ethics in CS
Patti (Patricia) Elfers-Wygand
Vanessa (Qianhui) Zhou

Gaming and SmartPhones have become the fastest growing pastime activity in the past several years. Most adults and children own smartphones and use them on an average of 3 hours and 15 minutes per day. (<https://explodingtopics.com/blog/smartphone-usage-stats>). It seems that with the ever exploding market on newer and improved smartphones, these statistics keep growing. Here are some statistics that may surprise you from amount of times the phone is picked up by a person daily::

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%

And here are global statistics that may even surprise you more noted on the table at the end of this paper.

With this rapid growth of Smartphone use comes the reasons for use. Although intended to make the work load easier, people are not only using them for work, but for play and entertainment as well. From watching videos, use of social media such as: Facebook, Instagram, SnapChat, video game playing, texting, and the list goes on, it's not surprising that these devices have become an object of addiction. Although convenient for many things, these devices can disrupt everyday living when addiction sets in.

Usually we begin by using our smartphones for checking time, texting, making calls, until we find the benefits of these mini computers. We see the pleasure aspects of gaming on these

devices and see that these games are designed so that you don't want to put them down. They distort our perception of time and sometimes reality. The bright colors and hypnotic sounds are no accident as explained in an article in Better by Today of NBC news (<https://www.nbcnews.com/better/lifestyle/why-mobile-games-are-so-addicting-how-reclaim-your-time-ncna1031266>). People also become addicted to meditation apps. The first sign of becoming addicted is that you are rationalizing the addiction. But risks to addiction include, bad sleep, squandered intimacy, and gaming as self-medicating, according the NBC New article. You can get your mobile game use under control in a number of ways. Track how much screen time you use daily and set limitations. If you are having trouble minimizing or quitting, it may be time to seek some help.

Besides addiction, this leads to a number of other disorders that can affect your daily living which, in fact, may lead to the need of counseling. In a study done with adolescents, gaming addiction may lead to social anxiety, depression and loneliness. The study included the use of a Child Social Anxiety Scale, Child Loneliness Scale and a Child Depression Scale. It was found that mobile game addiction was positively associated with social anxiety, depression and loneliness (Wang, J. L. ., Sheng, J. R, & Wang, H. Z., 2019, <https://www.frontiersin.org/articles/10.3389/fpubh.2019.00247/full>).

Facebook is very popular and continues to grow. It has “over 2.27 billion monthly users and 1.15 billion daily active users.” Amongst those users are over 300 million users in India. Facebook is visited more than 3 times a day and average user can “spend 60 minutes, log in 2-5 times daily” (Thipparapu Rajesh, Dr B. Rangaiah, 2020, <https://www.sciencedirect.com/science/article/pii/S2405844020300293>). Adding smartphones to the use of Facebook, increase of addiction becomes another serious problem. There appears to be a lower level of social support than one might think with Social Media. Students between the ages of 18 and 35 were studied in a convenience sample to several different Social Media Questionnaires: Brazilian Smartphone Addiction Inventory (SPAI-BR), the Bergen Scale for Facebook Addiction, the Barrat Impulsivity Scale 11 (BIS-11), the Social Support Satisfaction Scale (SSSS), and the Brief Sensation Seeking Scale (BSSS-8). After completing the questionnaire, the interviewer conducted a Mini-International Neuropsychiatric Interview (MINI). The results included, (Facebook Addictions FA, substance abuse disorders, major depressive disorder, anxiety and disorders. The group with Smartphone Addiction (SA) and FA demonstrate a higher score of substance abuse disorders, depression, and anxiety disorders when compared to the group with SA only. This shows that there only seems to be more problems with adding Facebook Addiction to the equation with Gaming Addiction (Khoury, J. M., André Augusto Correa de Freitas, Michele Ralil da Costa, Frederico Duarte Garcia, https://www.researchgate.net/publication/338732906_Smartphone_and_Facebook_addictions_share_common_risk_and_prognostic_factors_in_a_sample_of_undergraduate_students)

So then what can we do? Well according to “Metro Family,” we need to consider our technology use, how the adults are using tech and the children also. As a family, we need to set time limits, especially during family time. With kids, you must be consistent with rules, especially during school nights and school time. We need to strive for a healthy balance with other activities such

as sports, family time, reading, arts, board games, puzzles, even yoga and exercise. Make sure that devices are put away for the evening and kept there until needed for school, homework, or freetime. And finally, adults need to follow the same rules as the students. They need to be aware of their use and take the time to spend with their children without the devices present. Adults are the role models, and if their devices are constantly present, this just leads the children to think the same thing. In order to keep up with the ever changing technology use, we need to keep a balance between the tech and a healthy lifestyle to be able to live healthy and well balanced lives.

Table on Global Smartphone Usage

Ran k	Country	Continent	Time Spent on Smartphon e per Day	Compariso n to Average	Compariso n to Average (%)
1	Philippine s	Asia	5 hours 47 mins	+ 2 hours 4 mins	↑ 35.7%
2	Thailand	Asia	5 hours 28 mins	+ 1 hour 45 mins	↑ 32%
3	Brazil	South America	5 hours 25 mins	+ 1 hour 42 mins	↑ 31.4%
=4	Colombia	South America	5 hours 9 mins	+ 1 hour 26 mins	↑ 27.8%

=4	South Africa	Africa	5 hours 9 mins	+ 1 hour 26 mins	↑ 27.8%
=6	Argentina	South America	5 hours 4 mins	+ 1 hour 21 mins	↑ 26.6%
=6	Nigeria	Africa	5 hours 4 mins	+ 1 hour 21 mins	↑ 26.6%
8	Indonesia	Asia	4 hours 56 mins	+ 1 hour 13 mins	↑ 24.7%
9	Malaysia	Asia	4 hours 49 mins	+ 1 hour 6 mins	↑ 22.8%
10	Mexico	North America	4 hours 37 mins	+ 54 mins	↑ 19.5%
=11	Saudi Arabia	Asia	4 hours 35 mins	+ 52 mins	↑ 18.9%

=11	UAE	Asia	4 hours 35 mins	+ 52 mins	↑ 18.9%
13	Ghana	Africa	4 hours 34 mins	+ 51 mins	↑ 18.6%
14	Egypt	Africa	4 hours 25 mins	+ 42 mins	↑ 15.8%
15	Turkey	Europe/Asia	4 hours 16 mins	+ 33 mins	↑ 12.9%
16	Taiwan	Asia	4 hours 12 mins	+ 29 mins	↑ 11.5%
17	India	Asia	4 hours 5 mins	+ 22 mins	↑ 9%
18	Kenya	Africa	3 hours 51 mins	+ 8 mins	↑ 3.5%

-	Global Average	-	3 hours 43 mins	-	-
19	Romania	Europe	3 hours 41 mins	- 2 mins	↓ 0.9%
20	Russia	Europe/Asia	3 hours 39 mins	- 4 mins	↓ 1.8%
21	Singapore	Asia	3 hours 38 mins	- 5 mins	↓ 2.3%
22	Morocco	Africa	3 hours 35 mins	- 8 mins	↓ 3.7%
23	Portugal	Europe	3 hours 34 mins	- 9 mins	↓ 4.2%
=25	Vietnam	Asia	3 hours 32 mins	- 11 mins	↓ 5.2%

=25	Hong Kong	Asia	3 hours 32 mins	- 11 mins	↓ 5.2%
26	Israel	Asia	3 hours 31 mins	- 12 mins	↓ 5.7%
27	US	North America	3 hours 30 mins	- 13 mins	↓ 6.2%
28	China	Asia	3 hours 6 mins	- 37 mins	↓ 19.9%
29	Ireland	Europe	3 hours 5 mins	- 38 mins	↓ 20.5%
30	New Zealand	Oceania	2 hours 59 mins	- 44 mins	↓ 24.6%
31	Poland	Europe	2 hours 58 mins	- 45 mins	↓ 25.3%

32	Sweden	Europe	2 hours 55 mins	- 48 mins	↓ 27.4%
33	Canada	North America	2 hours 51 mins	- 52 mins	↓ 30.4%
34	Australia	Oceania	2 hours 49 mins	- 54 mins	↓ 32%
35	Spain	Europe	2 hours 48 mins	- 55 mins	↓ 32.7%
36	South Korea	Asia	2 hours 46 mins	- 57 mins	↓ 34.3%
37	Italy	Europe	2 hours 45 mins	- 58 mins	↓ 35.2%
38	UK	Europe	2 hours 41 mins	- 1 hour 2 mins	↓ 38.5%

39	Greece	Europe	2 hours 37 mins	- 1 hour 6 mins	↓ 42%
=40	Austria	Europe	2 hours 29 mins	- 1 hour 14 mins	↓ 49.7%
=40	Switzerland	Europe	2 hours 29 mins	- 1 hour 14 mins	↓ 49.7%
42	Netherlands	Europe	2 hours 22 mins	- 1 hour 21 mins	↓ 57%
=43	Belgium	Europe	2 hours 19 mins	- 1 hour 23 mins	↓ 60.4%
=43	France	Europe	2 hours 19 mins	- 1 hour 23 mins	↓ 60.4%
45	Germany	Europe	2 hours 14 mins	- 1 hour 28 mins	↓ 66.4%

46	Denmark	Europe	2 hours 13 mins	- 1 hour 29 mins	↓ 67.7%
47	Japan	Asia	1 hour 39 mins	- 2 hours 4 mins	↓ 125.3%

Resources Used:

<https://explodingtopics.com/blog/smartphone-usage-stats>

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<https://doi.org/10.3389/fpubh.2019.00247> The Association Between Mobile Game Addiction and Depression, Social Anxiety and Loneliness

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The Effects of Smartphone and Internet Gaming Addiction on Eating Attitudes among University Students (Omek, B. Y. & Gundogmus, I.)[Psychiatry Investig.](#) 2022 Jan; 19(1): 1–8.

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https://www.researchgate.net/publication/338732906_Smartphone_and_Facebook_addictions_share_common_risk_and_prognostic_factors_in_a_sample_of_undergraduate_students

Smartphone and Facebook addictions share common risk and prognostic factors in a sample of undergraduate students. Julia Machado Khoury,^{1,2} Maila de Castro Lourenço das Neves,^{1,3} Marco Antônio Valente Roque,³ André Augusto Correa de Freitas,³ Michele Ralil da Costa,³ Frederico Duarte Garcia^{1,2,3,4}

Trends in Psychiatry and Psychotherapy

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<https://www.metrofamilymagazine.com/plugged-in-families-the-art-of-balancing-technology-in-your-family/>

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Facebook Addiction and Personality