

Addiction to Smart Phones

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Agenda

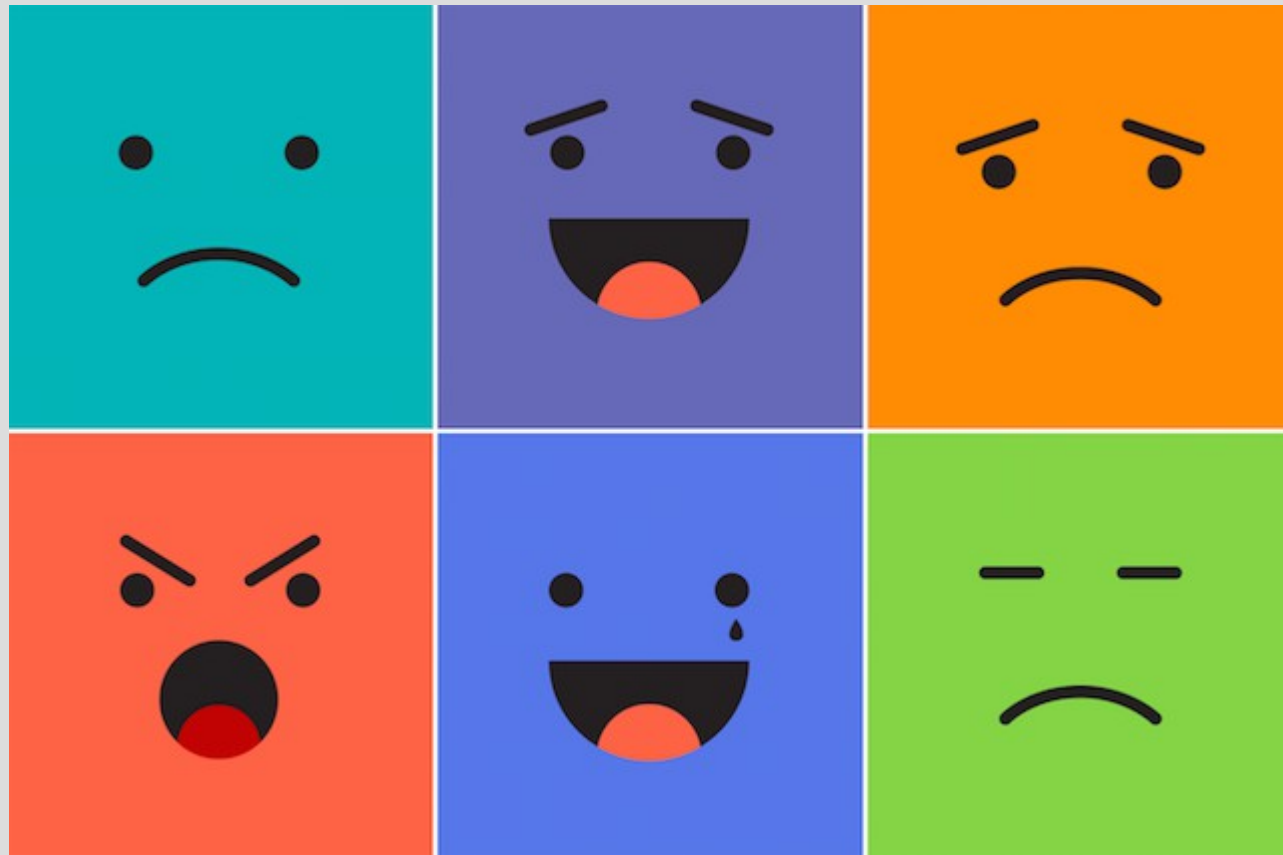
- Causes of smartphone addiction
- Generation most susceptible to smartphone addiction
- Ways to control smartphone addiction

Causes of smartphone addiction



Self-esteem

Causes of smartphone addiction



Emotions

Causes of smartphone addiction



Imitation

Causes of smartphone addiction



Family problems

Causes of smartphone addiction



Boredom

Generation most susceptible to smartphone addiction



Teenagers

Ways to control smartphone addiction



Insight

Ways to control smartphone addiction



ACCEPT REALITY

Accepting the reality

Ways to control smartphone addiction



Changing the behavior

Summary

- Looked at causes of smartphone addiction
- Talked about generation susceptible to addiction
- Discussed the ways to control addiction