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Addiction to Smart Phones.

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.We will address in this research the topic of smart phones addiction, and we will learn during this research about some of the reasons for that addiction, and we will also learn about the most addictive age group as we will learn how to control that addiction, and get rid of it.

1-Reasons of this Addiction:

. Smart phones addiction is mainly due to some of the main causes of addiction, and we will discuss some of them below:

A-Self-esteem: Smartphones make a person feel a strong self-esteem by making him control a virtual world inside a game or otherwise, but this effect does not last. Once the addictive behavior is complete, feelings of distress and tension return to the addict again, from which he escapes to addictive behavior, so one of the main reasons for getting addicted is lack of self-esteem and feeling weak. (*Brewster. Simon and Davies. Paul and Rogers. Micky:2009*).

B–Emotional needs: person is also addicted to smartphones because of his feelings of emotional emptiness and loss of identity, so he turns to addiction, which satisfies this desire temporarily. The addiction to the smartphone makes the individual addicted to other things such as social media, in which a group of people with whom the addict communicates or follows them, the addict feels instant enjoyment Which quickly passes away and the feeling of pain and remorse remains, which in turn makes smartphone addicts vulnerable to depression and mental illness due to the disparity between reality and what it finds in the virtual world. (*Svanberg.Jenny:2018*).

C–Simulation: A person may become addicted to smartphones, too, because one of his parents or friends is addicted to this addiction. A person always seeks to emulate the role models he sees in his community, especially when he is young. (*Svanberg.Jenny:2018*).

D–Family problems: Family problems put a person in a state of tension, distress, and anxiety, which causes him to resort to addictive behavior, such as smartphones addiction, to reduce this distress and pressure, but when the addictive behavior ends, he finds that his problems are not solved, so he feels distress, anxiety and more pain For not being able to prevent addictive behavior or making solutions to his problems. (*Diclemente. Carlo. A :2018*).

E– Free time: Free time is one of the main causes of addiction. When a person sits without doing anything, he is vulnerable to addiction because he searches for something in which time is wasted and busy so that he does not feel bored and smartphones eliminate boredom in the presence of games and the availability of the Internet Which makes him vulnerable to addiction if he does not occupy his time. (*Diclemente. Carlo. A :2018*).

2–The generation Addicted Most to Smart Phones: Adolescents are the most smartphones addicts, as they are going through an age stage that is characterized by turmoil, anxiety, and volatility of feelings and emotions. Some studies conducted at a university showed that the most students who own smartphones are from the age group that falls from the age of 20 to 25 years and comes second Students less than 20 years, and this shows that adolescents are the most vulnerable to smartphones addiction due to the availability of the addiction tool, as this study showed that most addicts are single and we know that most adolescents, but all of them are single and this makes them more vulnerable to addiction and this explains the effect of the age And the social situation to fall into addiction. (*Kibona.Lusekelo and Mgaya. Gervas:2015*).

3–How to Control This Addiction:

A–Understand the problem: In order for an addict on smartphones to control this addiction and quit it, he must know the reason for this addiction, are it psychological reasons or the existence of free time or what, because understanding the problem is the first step to solving the problem and this will need the addict to monitor his addictive behavior and know when there is a desire It is urgent to practice this behavior. Therefore, a smartphone addict must record his actions and feelings when practicing his addiction, so that he can know the causes of this addiction, then encourage him to stop this addiction. *(Diclemente. Carlo. A :2018).*

B–Reality change: An addict to smartphones must change his reality and surroundings because addiction is related to stimuli present in the human environment so that he can overcome this addiction he must change anything related to his mind in this addiction, for example, when he feels distress or boredom he must do any useful behavior to remove this feeling instead of Escape for addictive behavior, then makes him prevent addiction behaving. *(Diclemente. Carlo. A :2018).*

C–Behavior replacement: Eliminating addictive behavior requires replacing this behavior with other beneficial behavior. The human brain is characterized by neuroplasticity as it can reshape new bonds that work in the place of old

addictive bonds, but this will take a great time for this change to happen.

Smartphones addict must replace his addictive behavior with another useful behavior such as reading books, exercise, and relaxation, because these activities help reduce stress and anxiety, so this can keep away from addictive behavior, and stop addiction working. (***Pollan. Michael :2018***)

Sources.

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