

The Dangers of Smartphone Dependence and How to Break Free

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Definition of smartphone addiction

A condition in which being absorbed in the Internet or playing games interferes with daily life and health.

Cause

Social media and gaming have become more accessible to people.

- interests and concerns are stimulated
- seek further enjoyment
- unable to limit their own use of smartphones

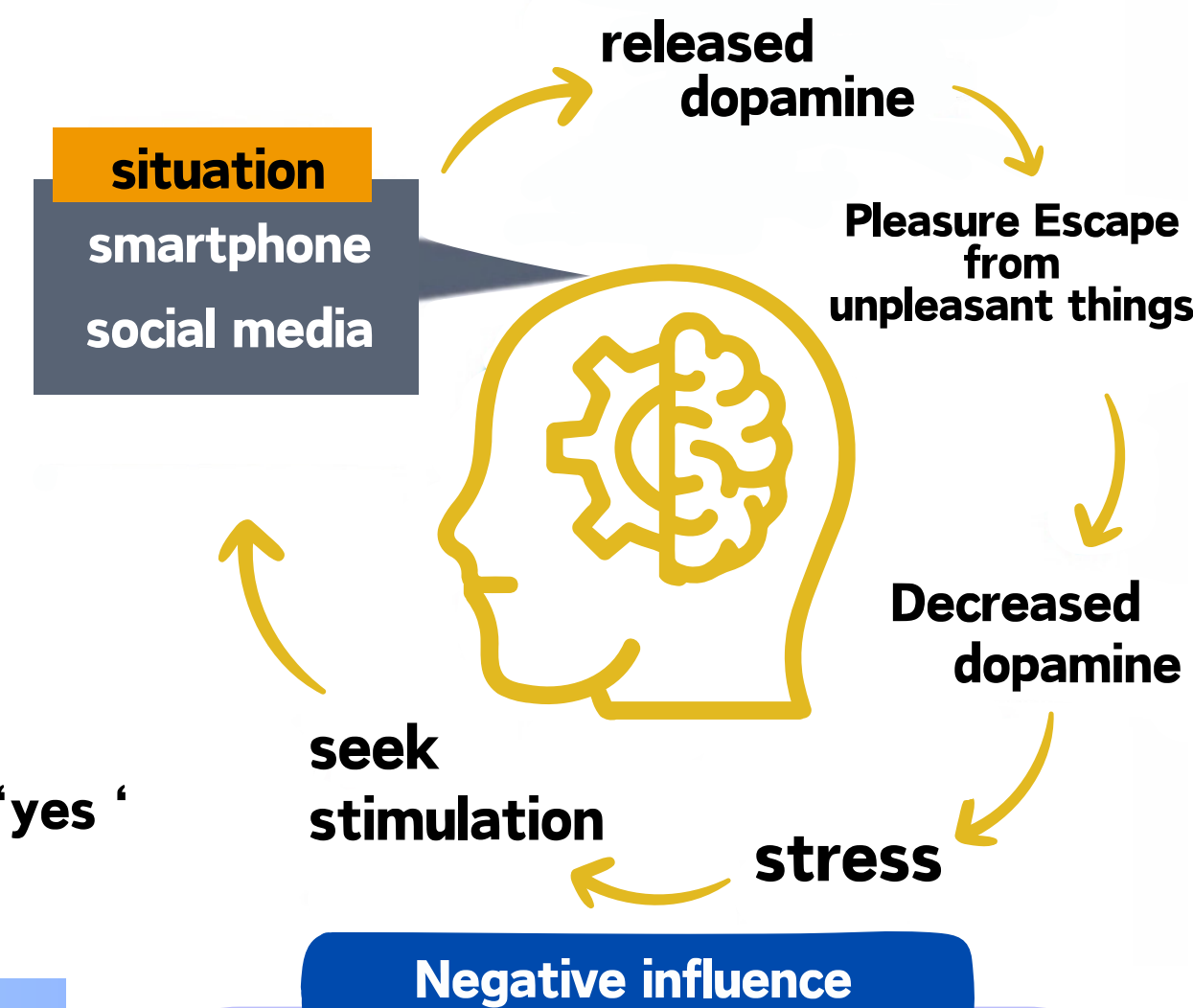
Research method: survey

A survey was conducted on 400 students from our school

Percentage shows how many students out of 400 people answered 'yes'

Survey questions and Results

- time passes without notice while engaged in smartphone activity 92.5%
- texting social media, use and email more than talking in real-time 29.3%
- checking Smartphones even if no need 82.5%
- bringing a smartphone into the bathroom while taking a bath 37.3%
- sometimes talking to people while looking at the smartphone screen 49.3%
- sometimes touch smartphone while doing tasks that require concentration, such as studying 69.3%
- can't stand a day without smartphone use 62%
- use of smartphone in free time 81.8%



Negative influence

- negative information, higher rates of stress problems, cases of depressive-like symptoms.
- loss of self-esteem, dissatisfaction with self-image, mental health.
- wakes up the brain and suppresses the secretion of the hormone melatonin, also delays it by 2~3 hours, thereby lowering the quality of sleep.
- phenomenon-Google effect or digital amnesia, adigital dementia may result.

Consideration

Young people.....

- tend to care about the latest trends
- and are motivated to keep up with them through the use of competitive content applications.

Staying home due to the coronavirus outbreak may have also had an impact ... ?

Solutions

- Do light exercise to increase heart rate and reduce stress
- Monitor your smartphone use to check how much time you are wasting.
- Turn off push notifications to prevent distractions

References: