

## ARE WE ADDICTED TO OUR SMARTPHONES?

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Smartphone use has become multilateral over the past five years. There has been anxiety that actual high levels of smartphone use may be the result to a behavioral addiction. According to the latest studies [1, 2], 64% of respondents have a high risk of smartphone addiction, 6% of respondents have addiction, and 2% can not control smartphone use. A research in universities between students, which use their smartphone more over than six hours per day, showed a decrease in efficiency of academic performance, and increase in the risk of depression among students using smartphones more than eight hours per day. Moreover, 34% of respondents have frequent headaches, apathy and distracted attention. Meanwhile, students which use smartphones for academic purposes do not have an addiction. However, the surprising fact is that 56% of office workers have the smartphone addiction, which is attributed to the prohibition on the use of Social networks on computers. A challenge to the psychologists is to develop a methodology to overcome the addiction. A therapy which was proposed by psychologists consists of five steps. First, do not use your smartphone first 30 minutes after awakening. Second, reject using smartphone in a car. Third, do not use smartphone while eating. Fourth, exclude using smartphone as an alarm clock. And finally, focus on reality. These days smartphones become a regular part of our daily life, many of us can not imagine their lives without a smartphone. That shows that more and more people become addicted. The world statistic demonstrates that 6% of whole world is smartphone addicted. Every month this number increasing and soon, without close attention and prevention, that can become a global problem.

### **References:**

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