

**MOBILE PHONE DEPENDENCE – REVIEW ARTICLE****Mr. Velladurai N.^{1*}, Dr. Devi CG²****Abstract**

Mobile phone dependence is a disorder involving obsessive overuse of mobile devices that is causing mental health issues, decreasing academic performance, and causing nomophobia in adolescents. All age groups are affected by mobile phone dependence, but adolescents are affected more. The first cause of mobile addiction is the internet. It is easily accessible at any time of the day or night. In young adolescence, it causes mental health issues, poor academic performance, and nomophobia. Mobile phone dependency affects all age groups, but adolescents are particularly vulnerable. There are some Tips to handle mobile phone addiction.

Keywords: Mobile phone dependence, nomophobia, Mobile addiction, Adolescents.

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Introduction

Our lives have greatly improved as a result of the introduction of new technologies. Cell phones and smartphones are examples of innovations that have altered our way of life. But the question is whether cell phones are a boon or a curse. Cell phones are unquestionably beneficial to us, but are they utilised appropriately. This is an important factor to remember. The development of Android, iPhones, and other mobile devices has expanded internet use and availability. As a result, the widespread usage of mobile phones in our everyday lives has raised certain concerns. Cell phone addiction refers to this addiction to cell phones/smart phones. According to a survey, 90% of individuals in the United States possess a mobile phone. The widespread use of mobile phones, which has become a habit for some people, is an issue that has to be addressed in today's environment. People will become more reliant on their phones if they use them excessively. Cell phone addiction has a big impact on destroying relationships. The majority of young people are glued to mobile phones. If adolescents are not cautious while using mobile phones, this might cause a slew of difficulties in their lives.

Mobile Phone Addiction

One of the most common disorders in the twenty-first century is known as nomophobia, which is an acronym for "no-mobile-phone-phobia." It is also known as "mobile phone addiction," a psychiatric disease in which individuals are afraid of being without a phone or cellular service. In other terms, mobile addiction is a disease characterised by compulsive usage of mobile devices. It is often calculated as the frequency of mobile access and the overall length of online activity over a certain period. Mobile phone addiction in today's global is causing mental health issues, decreasing academic performance and nomophobia in adolescents.

Statistics report on mobile phone addiction

Students reported an average of

- 94.6 minutes a day texting
- 54.6 minutes on social networks
- 45.66 minutes playing games
- 35.9 minutes listening to music
- Women average 10 hours a day on their phones
- Men spend an average of 8 hours every day on their phones.
- In general, college students work 9 hours per week.

- Nomophobia, or the dread of being without your phone, affects 66% of the population
- 60% of college students confess to being glued to their phones. 68 % of people suffer from phantom vibration syndrome
- More than 78% check their smartphone when they wake up
- 76% check their smartphone before they sleep
- 72% of teenagers and youngsters feel the urge to immediately respond to texts
- 44% of adolescents believe they spend too much time on their mobile phones.
- 38% spend more time on their smartphone than talking to friends
- 37% admitted they were addicted to their smartphones
- With more than ¼ adults admitting to being addicted to their smartphones, it can be an alarming problem for adolescents
- Cell phones are responsible for 26% of automobile accidents, and drivers may be hooked to their phones.

Addiction to mobile phones is widespread.

- Most pronounced in younger generations of Students
- Adolescents and kids
- Young adults

The Causes of Smartphone Dependence:

Internet:

The internet is the initial source of smartphone addiction. It is readily accessible at all hours of the day and night. This makes it simple to utilise whether you're free or stress on the internet, a lot of information is available. Because anything could appear in your search history, especially if there have been previous triggers. The mobile device itself has its own set of applications and games. These can lead to addiction because they require little effort from the user. These continue to entertain them for a few minutes at a time.

Achievement-Oriented Behaviour :

Another factor that contributes to cellphone addiction is achievement-based behaviour on social networking sites. These websites are similar to Facebook. This is where others can see how frequently one person posts in comparison to another. This is because they want to get recognized more by publishing many times every day. Social networking sites also foster the need to keep up with what everyone else is doing to avoid missing out. If they are unable to publish anything, this might make them feel lonely.

Notification Awareness:

The awareness of having something new arrive every few minutes or seconds improves as technology advances and allows for applications that need less time for updates. It then develops into an addiction. This is because consumers want their phone displays to be always lit up. Even if it doesn't apply to them at all times of the day. It may be difficult to refrain from checking texts immediately away. This is true even if no one is present. Now that social media allows you to see your friend list online, you can easily determine whether or not they are available.

Social media platforms:

Likes are introduced by social media sites such as Instagram, Twitter and Facebook. That is why you want more than your buddies to notice what you publish. It's because you feel horrible about yourself if it doesn't receive enough attention.

Functionalities:

Cell phones provide consumers with a broad range of functions or features. When there is no vibration or ring on their phone, most individuals check it for messages and calls, which is referred to as addiction.

Gaming:

Video games accessible on mobile phones or smartphones tempt consumers to play them more often. In today's mobile phone/smartphone advertising, gaming is portrayed as a vital function of the phone that has the potential to addict consumers.

Risk Factors of Phone Addiction:

- low self-esteem
- low impulse control
- being highly extroverted
- constant thoughts of using a mobile phone
- aggressive repulsive behavior towards switching off the phone when constrained to
- Seeking a mobile phone as a source of comfort during times of emotional distress and loneliness
- Delay in arrival to committed tasks, due to prolonged usage of phone in unnecessary situations
- Your brain releases a chemical called dopamine when it feels rewarding.
- Dopamine is released in the brain in response to positive social cues, and certain phone applications are intended to keep you going back again and again.
- GABA (gamma aminobutyric acid) and dopamine are two forms of neurotransmitter

that play a significant role in the issue of digital usage and screen time disorders. Before you check your phone's alerts again, you should read this.

Negative Effect of Phone Addiction

The effects mobile addiction can cause someone are:

Anxiety & Fear of Missing Out (FOMO)

Are you nervous about not checking your phone for a few hours? One effect it has on individuals is that you may overlook something. People grow so connected to their phones that they refuse to leave them alone or turn off notifications. This promotes a persistent demand to check throughout the day. It causes fear of missing out. It's when there hasn't been anything new in a while yet you're still browsing social networking sites online. It is instead of going directly onto them from the app. This gives the impression that everyone else's life is in order except for theirs.

Health Problems

Another effect of mobile addiction is health problems. This is because it causes people to stay inside more and not get any exercise by using their phones. This is instead of going somewhere and doing something, thus there is no need to utilize the app. People who sleep with their phones beneath their pillows may wake up in the middle of the night. It is for checking for new updates, even though nothing has come through since before sleeping hours started. This then makes someone tired during school if they aren't able to go back asleep quickly after waking up too early from notifications coming through. This also keeps people awake at all times throughout the day.

Relationship Issues

Relationship problems are another side consequence of mobile phone dependence, as people continue to disregard their relationships more and spend less time together. This occurs when a couple spends more time on their phones than with each other, making them feel ignored by the person they care about the most in the world if they don't spend enough time together or even converse via phone conversations. They may also feel envious of how much someone else's lifestyle looks to be compared to their own on social networking sites, which makes it appear as though everyone has something intriguing going on at all times while you hardly get anything done during the day.

Stress & Anxiety

A further outcome of mobile phone addiction is tension and anxiety because individuals get more anxious about their lives when they don't feel like they're doing enough. When you feel the urge to continually check your phone for updates, it makes you worry that there is something more exciting going on someplace else or that everyone else has some form of activity going on at all times, which can induce a mental overload. It also generates tension when someone misses a notice and keeps checking internet sites seeking new updates instead of watching films with family or spending time outside without anything to distract them from what's going on around them during daily activities.

Impact on Society & Family Life

Since technology has made individuals more distracted, they are no longer able to concentrate on one subject at a time without their brains wandering off somewhere else. If this continues, it may lead to difficulties when individuals need to focus in school or at work, for example, and instead of focusing on the job at hand, they're wondering what everyone else has been up to while paying no attention to anything going on around them during class. They also have fewer conversations with family members because there is always something better going on online through social media sites like Twitter and Facebook, making people feel bad if they don't get home from work quickly enough after seeing pictures of where their significant other went later in the day.

Symptoms of mobile phone addiction

The primary indications of addiction are:

- Declining grades or difficulty in college
- Poor performance at work
- an inability to stop using a substance even though it may be causing health problems or personal problems, such as issues with employment or relationships
- Profound changes in appearance, including weight loss and a noticeable abandonment of hygiene
- Acoustic neuroma is not a cancer. It is attached to the acoustic nerve in the ear
- Stressed or in an uncomfortable situation when checking our phone more frequently
- We lose sleep checking sites/watching videos, or texting others /waiting for a reply
- Obsessive compulsive disorder
- Social & Behavioural effects- Attention deficit hyperactivity disorder
- Tactile hallucination
- Nomophobia
- You reach for your phone the moment you're alone or bored.
- Your phone use has caused you to have an accident or injury.
- A visible loss of energy in everyday tasks • An appearance of defensiveness when asked about substance use • Users feel anxiety/withdrawal symptoms if their phones are not there
- You wake up several times during the night to check your phone.
- You become nervous, agitated, or irritable when you can't reach your phone.
- You spend an increasing amount of time on your phone;
- Your phone use interferes with your job performance, academics, or relationships.
- People around you are concerned about your phone usage habits.
- When you try to limit your usage, you soon relapse.
- Trusted phantom vibrations Source the sensation that your phone is alerting you when it isn't
- Hearing capacity decreases and Tinnitus (ringing in the ears) ear drum damage
- Increases risk of chronic pain – text claw, elbow, tingling numbness, tendonitis , text neck /i posture
- Worry (Turned off the mobile phone)
- Damage to skin
- Cancer (Glioma and acoustic neuroma, meningioma)
- Damage to the reproduction system (vibration mode)
- Low self esteem
- Memory loss (listening, reaction time, speed)
- Disturbs other people a lot (speak loudly)
- Cardiac problems – palpitations
- Increases the risk of infection (incessant touching of your mobile)
- Electromagnetic interference (pacemaker, implantable defibrillators, hearing aid, aircraft electronic)
- Phantom packet vibration syndrome
- Cyber bullying
- Restlessness
- Anger
- Irritability
- Difficulty concentrating
- Obesity
- Risk of life
- Neck and back pain
- Peritendinitis
- Dull skin & Dermatitis
- Numbness of fingers
- Allergies

- Cyber bullying
- Blackberry Thumb - It is medically known as de Quervain's syndrome. This results in tenderness or soreness in the area near the joint at the base of the thumb.
- Text Claw - It is sometimes called tendonitis and is caused by constant use of smartphones. It can cause wrist pain, aching, numbness and loss of strength in the hands. overuse of phones
- Thinking your phone is ringing, but it is not having dinner with the phone on the table having a large (often unaffordable) mobile phone bill.
- Mobile phone functions that allow users to control their phones from a distance may limit radio frequency exposure. The usage of a hands-free headset directly attached to the mobile phone, the speaker phone feature, and carrying the phone at least one inch away from the body are all safeguards.

Management of Mobile phone dependence

These are some advice for overcoming a dependence on mobile devices.

Put your phone down:

One piece of advice is to never carry your phone with you. Because they won't be able to find it if it's not in sight at all times, this will encourage people to stop constantly checking their phones for updates.

Leave your phone off:

The second piece of advice is to keep your phone off when you're attempting to get some rest. Because they won't be able to check their phones to see if anything new has arrived that might keep them awake longer than necessary, this will help people break the habit of checking their phones before or after going to bed.

Set a time limit:

The next piece of advice is to give yourself a weekly time restriction for using social media platforms like Facebook, Twitter, and Instagram to prevent squandering too much time there without realising it. On their smartphones, users may disable notifications so that they aren't continuously alerted to new updates until someone tags them explicitly, which prompts everyone else to go outside and see what occurred.

Spending time with family:

The fourth piece of advice is to step away from technology by spending more time with your

family and friends and refraining from using gadgets or engaging in technological activities like playing video games. This will teach people to value the time they spend together rather than always checking their phones to see what could be occurring online, which detracts from family life.

Time Spent Outside:

The sixth piece of advice is to spend more time outdoors without having to constantly be on your phone. This may let people realise how much more is going on in life than what someone online may be exhibiting via images or updates, which makes everyone else believe that their own lives aren't as exciting. This can help people not feel as horrible when they're away from their gadgets.

Live in the Present Moment:

The final piece of advice is to keep in mind that nobody is perfect and that it's okay to occasionally get distracted. However, if you spend the entire day thinking about your phone rather than being present at the moment, there may always be something better going on elsewhere, such as something that someone else has posted or updated on their social media sites.

Mindful respiration:

You may regulate mood swings and concentrate your attention on your breath by using this relaxing technique.

Physical activity:

Your health, your stress levels, and your mood may all be improved by exercise.

Quality Sleep:

Lack of sleep may make moodiness, irritability, and other symptoms worse. Every night, you should get seven to nine hours of sleep to recharge your body and mind. Exercise-induced endorphins may also improve the quality of sleep.

Acquiring a passion:

Give yourself 10 to 15 minutes each day to consciously avoid using your smartphone and engage in something new. Activities include reading, gardening, and birdwatching, which, according to Audubon, has become a popular pastime among many who have taken up the activity since the outbreak.

Neck and shoulder exercises:

Instead of once or twice an hour, exercise your head, neck extension, neck rotation, and chest expansion 10 to 20 times at a time. When you're

fatigued, use this to ease neck fatigue and relax your neck muscles.

Looking up to the farsightedness:

When walking outside, look up to the sky consciously, and appreciate painting and calligraphy photos hanging in the room during working and resting time. This helps with many activities by relieving eye strain, relaxing the neck muscles, and lubricating the intervertebral joints. It also relaxes the mind.

Create areas devoid of screens:

Relationships suffer when people check their phones a lot, for instance during meals, family trips, and social occasions. In these circumstances, establish and adhere to screen usage restrictions.

Counselling for Smartphone Dependence:

If the aforementioned behaviours prevent you from reducing your smartphone usage, you most likely have a serious smartphone addiction. Speak with a therapist in this situation. Your therapist will offer you a variety of therapy to help you overcome your addiction.

In individual counseling:

The counsellor will collaborate with you to pinpoint any underlying issues or persistent mental illnesses that could be influencing your mobile phone usage.

CBT stands for Cognitive Behavioural Therapy

The goal of this treatment is to transform your manipulative thoughts, attitudes, and behaviours into good ones.

Speaking for Encouragement:

In this kind of treatment, the therapist will assign you activities that don't entail using a mobile device, including playing games or working out.

Parents would be wise to monitor their children's smartphone use, since mindless scrolling and watching may take up a lot of time and interfere with everyday activities. Families may create digital diets that are suitable for every member of the family by setting reasonable boundaries and having regular talks about them.

Addiction Treatment is highly individualized and often requires the help of the patient's family or community.

The course of treatment may be difficult and lengthy. Chronic addiction has a variety of psychological and physical side consequences. Various management strategies may be needed for each substance or behaviour.

Introspection and coping:

People may take a variety of actions to assist lessen the symptoms of depression. Regular exercise helps many individuals feel better about themselves and elevates their mood. A good diet, regular quality sleep, and avoiding alcohol (a depressive) may all help lessen the symptoms of depression.

There is treatment for depression, which is a serious condition. The great majority of depressed persons will recover with the right diagnosis and care. Consult your family doctor or a psychiatrist as soon as possible if you're showing signs of depression. Discuss your concerns and request a thorough evaluation. This is how your mental health needs are being met.

Drug therapy:

An individual's brain chemistry may contribute to their depression and may influence how they are treated. Depression medications can therefore be prescribed to help change one's brain function. None of these drugs are sedatives, "uppers" or tranquillizers. They do not become habits. Antidepressant drugs often don't have any stimulating effects on persons who aren't depressed.

The full effects of antidepressants may not become apparent for two to three months after starting treatment, however, they may start to show some improvement within a week or two. After many weeks, if a patient has made little to no progress, the patient's psychiatrist may adjust the medication's dosage or add or remove another antidepressant. Other psychotropic medications might be beneficial in certain circumstances. If a drug does not function as expected or if you suffer any negative effects, you should inform your doctor right once.

After symptoms have improved, psychiatrists typically advise patients to take their medication for another six months or longer. For certain individuals at high risk, longer-term maintenance therapy may be advised to reduce the risk of further episodes.

Tips to handle cell phone addiction

- Discussion around realistic expectations
- Restriction on screen time (specific boundaries)
- Involvement in physical activities, games and sports
- Use online platforms for learning such as YouTube, Udemy, Coursera, etc.
- Watch documentaries to enhance your knowledge
- To develop happy, healthy, friendly and responsible adolescent
- To develop religious harmony and peace
- Designate free cell phone time
- Make meals and family time cell phone free
- Check in and keep an eye out for signs of despair or nervousness
- Face to face communication with their peers
- Modeling cell phone free behavior is extremely important
- Self-care and using cell phones in moderation with help battle the negativities associated with mobile phone dependence
- Delete social media and apps you don't use
- Advice counselor necessary
- Implement a strict no mobile phone policy in classrooms.
- Avoid using your mobile device before to sleep or right after waking up.
- Tune off unnecessary notifications, such as likes from Facebook, Instagram, Snapchat, twitter, Tik tok, Whatsapp, telegram, Share chat, Moj, etc.
- Leaving your phone out of the bedroom, to get better quality of sleep
- Turn off the vibration mode
- Turn on airplane mode while driving
- Never crossroad while talking on a mobile phone
- Check your phone only during free hours
- Try to keep your phone in a bag
- Can plan for mobile free days/trips
- Use mobile phone education purpose
- Stop using mobile phones for entertainment
- Give your self-empowering reasons
- Ability to focus on hard tasks
- Incased self-motivation
- Improved emotional regulation
- Stronger self-control
- Greater life satisfaction
- A real sense of fulfillment
- Stronger self confidence
- Having the right priority
- Turn your phone black and white
- No phone in the bathroom
- Try leaving the phone at home
- Be smart on your smartphone
- Use an actual alarm clock
- To prevent finger deformities, hold your phone differently and take a break in resting your phone on a single finger. You can also stretch your thumb, wrist, fingers and arms.
- Straighten up and learn proper posture. Arch back to stretch your neck and shoulder muscles. You can raise your device to eye level to avoid strain on the neck.
- Before going to bed, put the device 15 feet away from you to make sure you don't use it excessively.
- Do not let you use a cell phone when the signal is weak
- If one is available, using an actual telephone phone
- Keeping your mobile phone calls short

Preventing Mobile Dependence:

Cell phone addiction harms a person's whole way of life. Simple steps to avoid being addicted to a mobile phone include:

- Ensure that your phone is completely off.
- Uninstall any extra applications that are bothersome or encourage you to use your smartphone more often.
- Using phones in the toilet is one of the strangest behaviours seen among young people. Keep your phone away from the restroom.
- Avoid using your phone as much as possible in the bedroom.

Summary:

Finally, mobile phone dependence has an impact on everyone around a person or who that person is friends with when it comes to relationships and social life because of how distracted people have become from daily activities without always having something better going on. You may undo this by permanently removing your phone. This is because, after reading this piece on the effects of being attached to your gadget all day, it may feel essential.

Conclusion:

Overall, the smartphone is a useful device for every life and can bring convenience to us. However, being addicted has many adverse effects on us. With self-control and choosing to put social interactions before smartphones, we can continue to have a social life outside of the smartphone. The smartphone is issued to aid us

and not break us. There are a lot of individuals who don't think mobile phone addiction is a major deal, and there are even more who don't realize it's an issue. Our generation will go down in history as the pinnacle of human misery. The younger generation, in particular, has to learn to put down their phones more often and enjoy life more fully. They are losing out on opportunities for bonding with relatives during special occasions.

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