

The Effect of Smart Phone Addiction on Physical and Mental Health of Adolescents : A Review

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Abstract

Introduction : Smartphones play a vital role in expanding human-machine interactions, with numerous advantages. Although, the rise in popularity of smartphone use has result to smartphone overuse and addiction. This review aims to comprehensive overview the effect of smartphone addiction on both physical and mental health of adolescents.

Keywords : Smartphone, addiction, physical health, mental health

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How to cite this article : Choudhary P, Tyagi H. The effect of smart phone addiction on physical and mental health of adolescents: - A Review. Glob. Nurs. J. India 2023; 6: III: 563-564.

Submitted : 02/12/2023, Accepted : 27/12/2023, Published : 12/01/2024

Introduction

Smartphones are one of the outstanding gifts of technology in the 21st century, which is most prominent among adolescents. Today, Smartphones have infinite resources that have numerous benefits and applications. Its immoderate use may influence adolescents in the form of behavioral changes and diminish the academic performance. This study explores the relationship between mobile phone usage with behavioral modifications and educational achievement among adolescents. This study concluded that mobile overuse changes adolescent's behavior along with decrease of their educational achievement due to the more use of the smartphone.¹

In the past few years, the term "addiction" has been expanded beyond substance dependence to include non-substance-related behaviours that cause problems and impairment. Proposed "process" or "behavioural" addictions have included such varied themes as shopping; exercise;

gaming; and forms of web-enabled behaviour such as internet games, interact through social platform, and numerous types of sexual behaviour.²

There is a substantial discussion on addiction and abuse to Smartphone among adolescents and its consequent effect on their health; not only in a universal context, but also specifically in the Indian population; considering that Smartphone's, extensively occupy more than 50% of smartphone market and more precise assessment of the related problems is major to facilitate grasp in this field. Smartphone dependence/misuse/abuse is one of the forms of compulsive use of "a mobile phone" by adolescents over the world. A advance type of health disorder in this category among adolescents, "smartphone's dependence/misuse/abuse " is now demanding health policy makers universally to think on this promptly emerging issue. Indian adolescents are also affected by this high smartphone engagement.³

Adolescents are defined as young people between the ages of 10 and 19 years as per WHO (2014) criteria.⁴

Today, 20% of people persons in the world are adolescents, constituting 1.2 billion people worldwide. Nearly, 243 million adolescents live in India as per the UNICEF Report (2011).⁵

Smartphone more connected with other types of behavioral pattern like emotional dependence and also negative impact on health after the overuse of smartphone.⁶

Extreme use of smartphone phone transforming public health concern that require more study to identified the relation between positive and negative effect of technology use.⁷

Use of smart phones has rapidly increased all over the world. Also, the concern on the possible health hazards of electromagnetic fields (EMF) induced from samrtpones.⁸

This study shows that excessive or overuse of smartphone was associated with uncertainty;wakeup late at night; disturb parent-child relationship; impaired academic relationships; psychological problems such as behavioural dependence like compulsive buying and pathological gambling, mournful, nervousness and uneasiness,free time boredom, and observable problems, among which most prominent relation was observed for agitated followed by conduct problems and emotional symptoms.However smartphone phone use helps in maintaining social relationship, smart phone addiction among children and adolescents needs urgent attention.⁹

Conclusions

Our findings suggest that there are consistent associations between smartphone addiction and physical and mental health. Social and parenteral awareness, campaigns about smartphone addiction and its impact on physical and mental health, activity-basedlearning, maintain a strict smartphone schedule and active supervision are needed.

Financial support and sponsorship : No

Conflict of Interest : There are no conflicts of interest

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