

Is the Problematic Smartphone Usage Adversely Affect the Day-to-Day Life of Youth?

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Abstract

Problematic smartphone use is a severe public health concern among the young generation today. Using a smartphone repetitively to the extent of causing various types of physical, psychological, or social impairment is problematic for smartphone use or addiction. The widespread use of smartphones has raised concerns about the detrimental consequences of problematic smartphone use, particularly among younger people. In this article, we discuss some adverse effects of problematic smartphone usage. Extreme problematic use severely disrupts people's daily lives, especially among young adults. A review of recent studies on problematic smartphone use is given in this article. Articles were exposed in the PUBMED and GOOGLE SCHOLAR databases using related keywords.

Keywords: Problematic smartphone usage; Day-to-day life; Youth; Adversely affects

Introduction

Smartphone addiction is defined as compulsive and problematic usage patterns, a lack of control over the use of smartphones, an increase in tolerance with continuous use, the occurrence of withdrawal symptoms when unable to use the smartphones, and functional impairment [1,2]. Scholars have consciously defined various smartphone addiction subcategories [1]. Arguably, using a smartphone has the potential to turn into an addictive habit that interferes with daily life, similar to gambling [3]. Possible Smartphone Use (PSU) poses severe risks to adults everywhere. It can negatively affect the well-being and cognitive, behavioral, and emotional levels [4]. Overuse of smartphones has a variety of behavioral addiction symptoms which can have several adverse effects on the young generation [5]. While not a formal diagnosis, the traditional addiction symptoms, such as loss of control, preoccupation with the smartphone, withdrawal symptoms, and professional and personal adverse impacts on our lives, are applicable in the context of smartphone overuse [3].

Problematic smartphone usage

Smartphones are widely accepted touch-screen devices with a wide range of applications that can provide communication easier, but repeated and problematic smartphone use may have devastating psychological effects [6]. Sociologists, psychologists, and healthcare professionals are concerned about smartphone addiction and problematic use. Smartphone use and the perceived quality of daily life of young adults were related [7]. The frequent night time smartphone can cause sleep disturbances and adversely affect day to day life of the user [8]. The excessive and problematic use of smartphones can cause cognitive and behavioral problems [9]. The concerns concerning complicated or addicted phone use among youth can negatively impact their overall health [10]. Smartphones spread far and wide over the past 20 years, and their ancillary devices have expanded in popularity and accessibility across the globe. Problematic smartphone usage or smartphone addiction may cause sleep disturbance and daily dysfunction, which are interrelated [6]. Additionally, excessive smartphone use is related to several adverse effects, including poor sleep [11,12].

Problematic smartphone usage and young adults

Previous research suggests that Problematic smartphone usage can cause depression, sleep problems, poor academic performance, physical issues, and social withdrawal [11,12]. Therefore, it is essential to handle smartphone dependence so young people can use them properly and wisely. Especially among youth, the constant availability of smartphones has significant distracting potential and may result in problematic usage behavior. Identifying the causes of excessive smartphone dependence and investigating a mechanism for its prevention is essential [11].

Problematic smartphone usage and its adverse effects

Due to the fast advancement of communications and information technologies, smartphone use among young people, especially college students, has increased significantly in recent years. While having a smartphone has made our lives more convenient, there are side effects on users' health. In the international literature, for instance, there has been a strong relationship between sleep issues and smartphone addiction and a variety of problematic smartphone use indicators, such as prolonged smartphone use, late-night smartphone use, bedtime smartphone use, and excessive smartphone use [13,14].

Impaired cognitive function, eating disorders, physical pain and emotional imbalance

Excessive and problematic smartphone use has been associated with low self-esteem, social networking addiction, shyness, cognitive impairment, impulsivity, and difficulties with cognitive-emotion regulation. Health and education professionals should consider the medical issues associated with excessive smartphone use, including psychiatric, cognitive, emotional, and medical changes to the brain. These include sleep issues, unhealthy eating habits, decreased physical fitness, migraines, pain, reduced cognitive control, and changes in the brain's gray matter volume [15]. According to Kim NH et al. [11]. Problematic smartphone usage has an adverse effect on users, especially young adults' lives, by decreasing in-person interactions and increasing loneliness. Problematic smart phone use also impacts cognition [16]. According to Domoff SE et al. [10]. and his companions (2020), problematic smartphone usage among youth was associated with emotion regulation, uncontrolled eating, restrained eating, food addiction, and a higher risk of obesity. Excessive and problematic smartphone use has been associated with poorer low self-esteem, shyness, depression, anxiety, and social anxiety [17,18]; low psychological and mental well-being [15]; and shyness and low self-esteem [19,20]. Addictions in young adults have been emotional regulation, impulsivity, impaired [21].

Problematic smartphone usage and poor sleep

Long-term smartphone use can compete with and hinder sleep, leading to a downward trend in sleep quantity and quality [22]; excessive smartphone use also negatively affects students' sleep patterns [23]. One of the emerging severe issues is bedtime smartphone use among young adults, which can threaten the sleep health of the young generation. Sleep issues due to excessive smartphone usage have attracted plenty of attention. Problematic

smartphone usage reduces sleep duration and quality which has endangered the life of young adults [24]. Smartphone dependence or problematic smartphone usage can influence people's sleep and cause poor sleep quality [25]. According to the survey in the UK, approximately 61.6% of participants looking at the relationship between problematic smartphone usage and poor sleep quality admitted to having trouble putting their phones down before bed [25]. A possible mechanism could be that the light from a screen suppresses melatonin secretion, delaying the onset of sleep [6]. Reducing Rapid Eye Movement (REM), slow-wave sleep, and sleep efficiency problematic internet use have been reported to impact sleep quality [26]. Environmental factors and lifestyle changes are having an increasing impact on sleep quality. Poor sleep hygiene and problematic smartphone usage are common issues among college students. People who use their smartphones right before bed or look at them while trying to sleep may have less effective sleep patterns and longer sleep intervals [27,28].

Conclusion

Smartphone usage and adoption are constantly growing. For young adults, using smartphones excessively has become a problem. The current mini review elucidates the negative impacts of problematic smartphone usage in young people's daily lives. Excessive smartphone use impairs cognitive abilities and causes physical problems, particularly sleep disturbances and mental health issues. The prevention of problematic smartphone usage may include a well understanding of the adverse effects of problematic smartphone use. Early intervention is also very helpful in managing the long-term, widespread negative effects of problematic smartphone usage among young adults.

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