

Problematic Usage of Smartphones is a Worldwide Issue Today: A Review

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Abstract

Excessive or problematic smartphone usage is widely spreading all over the world. The negative consequences of the unhealthy use of smartphones are affecting different populations in various fields. Uncontrollable usage of smartphones disrupts daily life functions and leads to many biopsychosocial problems. In this research study, we discourse problematic smartphone usage as a worldwide issue and try to get the awareness of its consequences. In this article, we review recent studies on Problematic smartphone use. Articles were exposed using related keywords in the Google Scholar and Pub-Med databases.

Keywords: Problematic usage; Smartphone; Worldwide issue; Consequences

Introduction

Today in the technological era, many screen time behaviours are necessary for surviving in an increasingly digital society. The impact of overusing technological devices, especially smartphones, and its relationships with negative physical, mental, emotional, and social health outcomes are widely concerned. Early childhood populations worldwide have access to digital devices and engage in screen time activities Brodersen [1]. The smartphone is a good example of technology with negative use consequences when smartphones disrupt daily life Busch & McCarthy [2] and Olson [3].

Due to the rapid development and popularity of information and communication technology, the usage of smartphones is spreading worldwide. According to Olson [3], the percentage of smartphone users has increased over the past ten years, reaching at least half of the world's population. The use of excessive smartphone in the young is of major concern with relevance to phone addiction. Abi-Jaoude [4], Parasuraman [5] and Wacks & Weinstein [6].

Compulsive smartphones use that affects daily functioning, including productivity, physical health, and social relationships, is referred to as problematic smartphone use. Smartphones are changing how people communicate, consume information, pass the time, and complete tasks. Even though having constant access to a multipurpose internet-enabled device has many advantages, problematic smartphone usage has been identified as a trending public health concern Horwood et al. [7]. Overuse of smartphones can lead to many harmful consequences Şimşek [8].

Global Problematic Smartphone Usage

Problematic smartphone usage or Smartphone addiction is currently multiplying Park et al. [9]. Recent research shows 6.65 billion smartphone users worldwide Niu [10]. Inappropriate smartphones use patterns seriously affect a child's future due to the early childhood usage of smartphones. The study by Abdulla [11] . reported the world employs over 6.65 billion smartphone users, and 83.07 % of the world's population is a smartphone user. Between 2016 and 2022, the number of smartphone users nearly doubled. In 2025, there will be projected 7.33 billion worldwide smartphone users.

Smartphone addiction is another name for problematic smartphone use Sun [12]. additionally, excessive smartphone use is a behavioural addiction similar to Internet gaming and gambling Rho [13]. Behavioural addiction may coexist with mental health issues like depression, anxiety, loneliness, fatigue, low self-esteem, and Attention Deficit Hyperactivity Disorder (ADHD) of the impulsivity type Park [9].

Problematic Smartphone Usage and Consequences

According to Abdulla [11], Pre-schoolers with PSU have been found to have various physical and mental health problems, including emotional instability, a lack of control, aggression, depression, body imbalance, and a lack of brain development. Problematic smartphone use is daily, and college-age youth are at an exceptionally high risk of experiencing its harmful effects Dai [14]. Generalized and specific problematic Internet and smartphone use are problematic online behaviours that are high risk to the young generation Sánchez-Fernández et al. [15].

Excessive and problematic smartphone usage has many negative consequences and possible dangers for the younger generation Panova et al. [16]. The various factors which can increase the risk of Problematic usage of smartphones worldwide in different populations in different countries are higher family socioeconomic status, duration of use, social networking and gaming, impulsivity, loneliness, neuroticism, depression, anxiety, and general psychopathology Kuss [17]. Unhealthy smartphone use can be seen as a type of behavioral addiction similar to Internet or gaming addiction Fischer-Grote [18].

Conclusion

The current article highlights problematic smartphone use as a global problem and raises awareness of the harmful effects of excessive smartphone use, even in young children. The various effects of smartphone addiction have a dangerously negative impact on daily life in multiple ways. It's essential to prevent smartphone addiction and unhealthy smartphone use. More practical research studies and interventions assist in reducing uncontrollable or problematic smartphone use. Preventive measures must be taken immediately to protect the entire generation from the dangerous effects of problematic smartphone usage.

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