

## PSYCHOLOGICAL EFFECTS OF SMARTPHONE ADDICTION

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## ПСИХОЛОГИЧЕСКИЕ ПОСЛЕДСТВИЯ ЗАВИСИМОСТИ ОТ СМАРТФОНА

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## SMARTFONGA QARAMLIKNING PSIXOLOGIK OQIBATLARI

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**ANNOTATION:** This article highlights smartphone addiction and psychological problems that smartphone addiction can lead to.

**KEY WORDS:** addiction, psychological disorders, depression, relationship issues, obsessive using, sleep deficit, technology, communication, compulsive overusing, anxiety, cognition, insecurity, concentration, stress, heart palpitations, social media, inadequacy, isolation, conversation, melatonin.

**АННОТАЦИЯ:** В этой статье освещается зависимость от смартфона и психологические проблемы, к которым может привести зависимость от смартфона.

**КЛЮЧЕВЫЕ СЛОВА:** зависимость, психологические расстройства, депрессия, проблемы в отношениях, навязчивое употребление, дефицит сна, технологии, общение, компульсивное злоупотребление, тревога, когнитивные способности, незащищенность, концентрация, стресс, учащенное

сердцебиение, социальные сети, неадекватность, изоляция, разговор, мелатонин.

**IZOH:** Ushbu maqola smartfonga qaramlik va smartfonga qaramlik olib kelishi mumkin bo‘lgan psixologik muammolarga urg‘u beradi.

**KALIT SO‘ZLAR:** qaramlik, psixologik buzilishlar, depressiya, munosabatlar muammolari, obsesiv foydalanish, uyqu tanqisligi, texnologiya, aloqa, majburiy haddan tashqari foydalanish, tashvish, idrok, ishonchsizlik, diqqatni jamlash, stress, yurak urishi, ijtimoiy media, yetishmovchilik, izolyatsiya, suhbat, melatonin.

Smartphone addiction is a disorder involving compulsive overuse of the mobile devices, usually quantified as the number of times users access their devices or the total amount of time they are online over a specified period. Compulsive smartphone use is just one type of technology addiction.

While many people joke about being addicted to smartphones, this addiction is an actual affliction. In the past decade or so, phones have evolved from being tools for communication to an all-in-one digital device, and our entire worlds can now be accessed with just a few taps on the screen. This makes them incredibly useful but also creates a powerful draw that many people find hard to resist. It is important to manage digital literacy in an ever-growing digital world with healthy boundaries.

People who suffer from smartphone addiction often find themselves unable to put the device down. They may also experience anxiety and irritability if they cannot use their phone for an extended period or if their access is restricted. Common signs of smartphone addiction include obsessive checking of phone notifications, losing track of time while using the device, and neglecting other activities or people in favor of time spent on a smartphone.

Phone addiction may lead to some psychological problems like sleep deficit, lower concentration, creativity blocks, aggravated add, anxiety, reduced cognition, stress, loneliness, insecurity, impaired relationships, poor grades, psychological disorders.

There is an alarming association between the overuse of smartphones and various mental health issues, including:

**Increased Anxiety Levels.** When people become addicted to their phones, they often develop what is known as “digital detox anxiety” from being separated from their phones for too long. This type of anxiety usually manifests itself in physical

symptoms such as sweating, shaking, and heart palpitations when someone goes without their phone for an extended period. This same type of anxiety can also occur if someone does not receive a text or email quickly enough or miss out on a social media post or notification.

Smartphone addiction can also lead to higher anxiety levels due to the distortion of social media — the comparison between one’s life and the seemingly perfect lives portrayed on social media platforms. When people compare themselves to others online, it can lead to feelings of inadequacy and insecurity, leading to increased stress and anxiety levels. People who are addicted to their smartphones may find themselves spending more time scrolling through social media posts than engaging with other people in person, leading them to feel isolated and disconnected from reality, further fueling their anxieties.

**Difficulty Sleeping.** The light emitted by a cell phone screen can interfere with natural melatonin production, especially when used within two hours of bedtime. Melatonin is the hormone that helps regulate our sleep-wake cycle, so when it is disrupted, it can lead to difficulty falling asleep or staying asleep throughout the night. This can lead to poor sleep quality, daytime fatigue, and increased mental health symptoms.

Another factor contributing to disrupted sleeping patterns is the tendency for people to keep their phones next to them while they sleep. Not only does this make it more likely that people will be woken up by phone notifications, but studies have also shown that having a phone nearby increases stress levels and decreases feelings of relaxation before bedtime.

**Isolation from Social Interactions.** Smartphone addiction can lead to a decrease in real-world social interactions with friends, family, and peers. When people constantly check their phones for updates or notifications, they spend less time engaging with the world around them. This reduces the chances of forming meaningful relationships or having healthy conversations with people in person, leading to feelings of isolation and loneliness.

**Depression.** When people constantly compare their lives to what they see on social media, it can lead to increased feelings of worthlessness and inadequacy, which can eventually turn into depression. Research has shown that prolonged exposure to social media content increases depression in people, especially those prone to negative thinking.



In addition, the withdrawal symptoms from smartphone addiction can also be associated with depression. When someone is addicted to their phone and they go without it for an extended period, they may experience feelings of loneliness, frustration, irritability, and fatigue. This can lead to further feelings of depression, creating a vicious cycle.

**Decreased Performance at Work or School.** The overuse of smartphones can lead to decreased performance at work or school. When someone is constantly checking their phone for notifications or browsing social media, it takes away from the time they should spend on tasks related to their job or studies. This can lead to poorer work performance, lower grades in school, and increased stress levels due to the pressure to perform.

**Relationship Issues.** When someone is addicted to their phone, it can harm their relationships with family or partners. Constantly checking one's phone while in the presence of others can make them feel ignored and neglected, leading to tension and conflict within the relationship. Spending more time interacting with people online than having real conversations with their partner can also lead to a decrease in closeness and intimacy within the relationship.

Fortunately, there are steps providers can take to help reduce the impact of smartphone addiction on themselves and their clients:

For yourself:

**Set limits.** Set a specific amount of time each day that you're allowed to spend on your phone and stick to it. Make it inaccessible. Put your phone in another room or turn it off when you need to focus on something else. Be mindful of notifications. Turn off notifications and alerts that can distract you from your work. Be intentional. Unsubscribe from email lists and social media accounts that don't bring value to your life.

For your clients:

**Encourage breaks.** Encourage the client to take regular breaks away from their phone when needed, such as during meals or when working on other tasks. **Set goals.** Help the client create achievable goals regarding time spent on their phone and how often they check notifications. **Talk openly.** Have honest conversations with clients about their smartphone usage and encourage them to be honest about their struggles so that you can work together to find solutions. **Practice coping skills.** Teach the client coping skills and techniques to manage their urges when they need to check

their phone constantly. Help find alternatives. Help the client identify activities they could do instead of being on their phone, such as talking to friends or family, doing yoga, or going for a walk.

Smartphone addiction can have a detrimental impact on relationships and work performance. By recognizing the signs of addiction, providers can help themselves and their clients take steps to manage it effectively. With some effort and dedication, it is possible to reduce the effects of smartphone addiction and create a healthier balance between technology use and real-world activities.

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