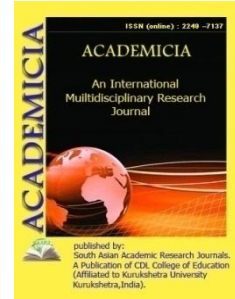




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SMART PHONE ADDICTION AND MINDFULNESS: A REVIEW

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ABSTRACT

The addictive nature of smart phone technology is especially dangerous for young people. The authors of this study look at the smart phone addiction cycle and health consequences of young and elderly people through the prism of their mindfulness characteristics. The absence of mindfulness, assessed as a thoughtless characteristic, is significantly linked to smart phone addictions, as well as health and quality of life consequences, according to qualitative and quantitative research. Younger and older customers have different levels of mindlessness and smart phone-related health consequences. Mindlessness had a larger detrimental effect on quality of life in younger people than in older ones. To counteract addiction, the paper recommends promoting mindfulness training and using marketplace applications. Smart phone addiction is on the rise, and this article adds to a better knowledge of the issue as well as social solutions for its resolution. This is the first empirical study to look at the link between a thoughtless characteristic and smart phone habits, as well as the health consequences.

KEYWORDS: Behaviour, Internet, Mindfulness, Smart Phone, Technology.

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