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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.*

1. INTRODUCTION

The evidence that the Internet is addictive is growing, with an increasing number of people being treated for Internet Addiction Disorder. According to estimates, addiction prevalence rates in the United States and Europe may reach 8.2 percent. Other research suggests that youth are especially susceptible, citing longitudinal studies of Hong Kong high-school students with prevalence rates as high as 26.7 percent. It is no surprise that market analysts have said that the Internet is driving us insane. The Internet not only keeps us hooked to our screens, but it also has an impact on our intellect and capacity to focus. According to neuroscience studies, while utilizing information technology such as a smart phone, dopamine is produced in the brain,

causing a habitual feedback loop. The mobile smart phone increases the habitual feedback loop by providing people with internet access 24 hours a day, seven days a week. Many people have admitted to sleeping with their smartphones. People experience health effects as a result of increasing screen time through smart phones, including stress, anxiety, phantom ring syndrome, FOMO, neck issues, hand problems, withdrawal from social situations, and others. Addiction and other negative health effects have an impact on one's quality of life;therefore,it is important to look at the individual characteristics and behaviours that influence this connection[1]–[5].

This study aims to learn more about how young people are trapped in an online addiction cycle, as well as how this expresses itself in specific use and health behaviours. The degree to which users use their phones mindlessly, or their level of awareness, is thought to explain the differences in addictive behavior between young and older smart phone users.Mindfulness has been used to help people break thoughtless behaviours. It is described as "the awareness that emerges from paying attention on purpose, in the present moment and nonjudgmentally". It has been proposed as a strategy for counteracting the negative impacts of other addictive behaviours, including smart phone addiction, in addition to helping people overcome stress-related illnesses like mindless eating.The purpose of this study is to see whether a degree of mindlessness (a lack of mindfulness) may assist explain variations in smart phone addiction.

To summarize, the primary goals of this study are to get a better knowledge of how the mindlessness characteristic affects how individuals become trapped in a smart phone addiction loop, and how this vicious cycle leads to specific smart phone use and health effects. In order to accomplish so, an online poll of customers between the ages of 18 and 70 was performed, comparing young and elderly smart phone users. 35 interviews with young people were performed to further enrich our empirical study, which, when combined with the literature analysis, defined the empirical model[6].The results indicate that mindlessness has an effect on smart phone addiction behaviours in general, as well as in various ways depending on age, with younger customers being more affected. There are also variations in health outcomes depending on how the smart phone is utilized.

The remaining parts of the article are:

- Background
- Grounded research framework
- Conceptual model, premises and hypotheses
- Empirical study
- Results
- Discussion and implications.

1.1 Usage of Smart/Cell Phones:

Smart phones (also known as mobile phones) are increasingly being used for a variety of tasks ranging from communication (phone calls and texting), to social networking and web browsing, to task-oriented activities such as online banking. According to Simmons market research, people of all generations use mobile phones for a variety of purposes, with the younger

generation utilizing them more often. Aside from the many applications, the frequency of usage indicates a significant risk of addiction. According to Gallup data, 72 percent of people claim to check their smartphones at least once each hour. Young people aged 18 to 29 check their phones every few minutes, compared to 12 percent of those aged 30-49, 6% of those aged 50-65, and 3% of those aged 65 and above.

In the fields of health, medicine, psychology, business, and law, mindfulness has been researched. Mindlessness is the root of consumption-induced issues, who state that modern consumers "sleepwalk through a cloud of urges, habits, addictions, compulsions, and decision biases". They also point out that mindfulness practice is an antidote to empowering people to change their purchasing habits. Mindfulness entails paying attention to things as they are rather than reacting to them. As a result, it has been demonstrated to enhance people's ability to self-regulate. It has also been said to assist counteract the automaticity and responsiveness of the marketplace. Indeed, "disengaging people from automatic thoughts, routines, and harmful behavior patterns" is a key advantage of mindfulness. Mindfulness has been utilized in the medical sector to help people overcome addictions.

Mindfulness methods are five times more successful than conventional smoking cessation programs. Mindfulness training may aid in the overcoming of habitual patterns by enabling the practitioner to substitute healthier self-regulatory actions for unpleasant thought and body experiences. Given this degree of effectiveness, it is no surprise that mindfulness has been proposed as a strategy for overcoming other addictions, such as Internet addiction, which may have a similar psychological mechanism to nicotine addiction.While mindfulness has been proposed as a possible cure to smartphone addiction, there is little evidence of its effectiveness. Instead, most of the mindfulness advice has been on

- Utilizing smartphone applications to overcome addiction issues
- embarking on a digital detox
- Altering existing habits.

Smart phones may be used in a variety of ways to help people practice mindfulness, promote healthy behaviours, alter tech habits, remain on target, and express appreciation. Digital detox programs are becoming more popular, including both formal getaways and website restrictions. Mindfulness has also been proposed as a method for controlling phone use, such as by turning off the phoneperiods, turning off alerts, limiting the amount of applications, and so on.

It is necessary to develop the mindfulness characteristic in order to change one's smartphone use habits. However, there is no scientific evidence that the mindfulness characteristic may help people overcome their harmful smartphone addiction. The process of behavior modification is aided in part by the brain's ability to remodel itself via neuroplasticity, enabling the person to better self-regulate. Both mindfulness and smart phone usage impact the brain through neuroplasticity, and the existence of a mindfulness characteristic may be able to counteract the detrimental consequences of smart phone use. Despite the theoretical connection between mindfulness and smart phone addiction based on neuroplasticity, there has been little actual research on the subject[7]–[10].

An online poll was performed with a total of 403 Amazon Mechanical Turk online panelists to explore our conceptual model. Those who did not pass the attention check questions were not included in the following analyses, leaving us with 339 survey respondents who could be used.

1.2 Measurement

1.2.1 Mindlessness:

Brown and Ryan designed and validated a 15-item Mindfulness Attention Awareness Scale (MAAS) to assess mindlessness (2003). Individual variations in mindfulness characteristic are measured by MAAS. On a six-point Likert scale (1=almost never, 6=almost often), participants were asked to evaluate how frequently they participate in each everyday experience (e.g., "I find it difficult to remain focused on what's occurring in the present", "I find myself doing things without paying attention"). The elements are arranged in such a way that they quantify mindlessness, or the lack of awareness. Despite the fact that MASS was designed as a single-factor scale with acceptable psychometric characteristics, exploratory factor analysis employing maximum likelihood estimation indicates that this is not the case. Instead, a two-factor solution was discovered, accounting for 49% of the overall variation. The items whose factor loadings are below raise concerns about poor indicator reliability as well as weak convergent validity. The notion of assessing smart phone addiction is a relative one. When it comes to smart phone addiction, is not yet classified as an addiction in the Diagnostic and Statistical Manual of Mental Disorders. It does follow symptoms comparable to gambling in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), according to psychGuides.com.

- In order to get the intended impact, the smart phone must be used more often.
- Repeated efforts to use smart phones less frequently fail.
- Preoccupation with the usage of smart phones
- Uses a smart phone to cope with negative emotions such as worry or sadness.
- Excessive usage leads to a loss of sense of time.
- Excessive smartphone usage has jeopardized a relationship or a career.
- Requirement for the most recent phone or application.
- Withdrawal if the phone or network is down.

Interviewees mentioned many of these symptoms, and survey findings revealed that young people had statistically significantly greater levels of smart phone obsession than older ones. The study findings show that thoughtless conduct has a negative effect on smart phone usage and health consequences in both younger and older people. Mindlessness was shown to enhance bad health experiences, psychological health problems, and a substantially worse quality of life by dramatically increasing the hours spent on undesirable behaviours such as utilizing social media. According to the qualitative study, mindless behavior is triggered by contextual cues that drive smart phone users into a habitual habit and obsession with their phones. Increased usage leads to physical health concerns as well as psychological ones such as social anxiety and a sense of not being included or measuring up to others' virtual lives. Time spent on negative activities on a

smartphone deprives consumers of better, real-world social connections, which may enhance one's health and quality of life.

The findings indicate that younger people are especially susceptible to the technologies' addictive nature. Given that, younger people were more careless in general; this has an impact on their future phone use. Indeed, younger people were more preoccupied with their phones, experienced more psychological health problems, and used their phones in ways that are more inappropriate. While changing cultural conventions, such as switching from phoning to texting, may make it harder to change habits, initiatives to increase young consumers' levels of mindfulness may be feasible.

2. DISCUSSION

It is necessary to assess indicator reliability (factor loadings), criterion related (composite reliability), convergent validity (AVE), and discriminant validity for reflective components (preoccupation, mindfulness, and quality of life, in our model). Factor loadings, composite reliability, and AVE all exceeded the suggested criteria.The author has used criteria to determine if the aforementioned notions conceptually vary from one another (i.e., discriminant validity). Each reflective construct's AVE is greater than its squared correlation with the other two constructs, as seen in Table 6, showing acceptable discriminant validity. Because of the aforementioned analyses of the measurement model assessment, we can confidently state that the model satisfies validity and reliability requirements and is appropriate for structural model analyses. Hair and his colleagues' (2012) criteria for evaluating the inner model were utilized for structural model assessment.

The amount of explained variation of the endogenous constructs in the model is the primary criteria for inner model assessment. The R2 value shows a model's explanatory capacity, and acceptable R2 values vary depending on the study setting. The following are the R2 values for each endogenous variable in the model: obsession, quality of life a total of 196 hours were spent on pleasant activities. A total of 191 hours were spent on unpleasant activities.I have had a bad health encounter. The problems with mental health, as well as the usage of a cell phone in an improper manner.We next investigated the hypotheses, which was more directly related to the study goal.

Technology, ironically, may also be a part of the answer. Young individuals who want to start practicing mindfulness may utilize online programs and applications to incorporate it into their hectic schedules. Marketplace applications like Buddafy, Headspace, and Simple Habits provide systematic methods to learning mindfulness abilities like meditation. Consumers may keep track of their mindful development using applications like Insight Timer. Such assistance is required since mindfulness must be practiced in order to reap its advantages.Finally, various forms of social reinforcement may aid in the retraining of customers to be more aware and less reliant on their phones. National disconnect days, as well as designating specific times of day or public spaces as no-tech zones, may all be part of the answer. Again, public service announcement (PSA) marketing may play a part here.

In conclusion, this study provided a qualitative and quantitative look at young people' smart phone usage. The findings show that thoughtless conduct is a major contributor to the addiction.

One approach that may help you overcome this issue is to practice mindfulness. There are limits to this study, like with any research, that must be addressed when interpreting the results and planning future research. The qualitative study focused only on college students, but it may be extended to include other young people or even young smart phone users, as the age of the first smart phone continues to decrease, currently standing at 10.3 years. In addition, the nationwide survey conducted via Amazon Mechanical Turk should be repeated and extended to include other people and cultures.

3. CONCLUSION

The author has concluded about the smart phone addiction and mindfulness, The authors of this research examine the smart phone drug cycle and its health implications in young and old individuals through the lens of their mindfulness features. That according qualitative and quantitative study, the lack of mindfulness, defined as a thoughtless feature, is substantially related to smart phone obsessions, as well as economic and quality of life repercussions. Mindlessness and smart phone-related health effects vary between younger and older consumers. Younger individuals had a more negative impact on their quality of life than older persons. The study suggests encouraging mindfulness training and utilizing marketplace apps to combat addiction. The prevalence of smart phone addiction is increasing, and this essay contributes to a deeper understanding of the problem as well as societal alternatives for its resolution. The Online not only keeps us glued to our screens, but it also affects our intelligence and ability to concentrate. Dopamine is generated in the brain when using telecommunications such as a smart phone, according to neuroscience research, resulting in a habitual feedback loop. By giving individuals with internet access 24 hours a day, seven days a week, the mobile smart phone enhances the habitual feedback loop. Many individuals confess to sleeping with their phones in their hands. Stress, anxiety, phantom ring syndrome, FOMO, neck difficulties, hand problems, withdrawal from social settings, and other health consequences are common because of increased screen time through smart phones.

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