

DESEASES CAUSED BY EXCESIVE SMARTPHONE USE AND HOW TO PREVENT THEM

*Tsytsyliuk A. V., student (gr. IP-61, VPI Igor Sikorsky Kyiv Polytechnic Institute);
Shaverskyi I. A., student (gr. IP-61, VPI Igor Sikorsky Kyiv Polytechnic Institute);
Prahovnik N. A., Ph.D. (IEE, Igor Sikorsky Kyiv Polytechnic Institute)*

Abstract. This article will show an analysis of disorders and psychological diseases that have arisen as a result of the massive use of the Internet, the popularization of smartphones and their abuse. Some basic rules for protecting against these diseases and addictions are also presented.

Keywords: internet, smartphones, disease prevention, online.

АНОТАЦІЯ. У цій статті буде показано аналіз розладів та психологічних захворювань, що виникли внаслідок масового використання Інтернету, популяризації смартфонів та їх зловживання. Також представлені основні правила захисту від цих захворювань та залежностей.

Ключові слова: інтернет, смартфони, профілактика захворювань, онлайн.

Introduction. Today, almost everyone in our society has their own smartphone and uses it every day. On the one hand, it gives a lot of opportunities like reading news websites or playing online games. But, on the other hand, it is the main reason for a lot of our emotional and physical problem.

Analysis of the question. Serious lack of information and recommendations on that theme is present in the media sphere. Also, a lot of shocking statistics is available about some of these diseases.

Objective. Explore the negative effects of smartphone abuse and provide precautionary measures from them.

Materials and results. This article sums up all the studies on that topic and gives the list of the most common new psychological illnesses.

1. Nomophobia – fear of being left without a mobile phone. It develops people’s dependence on mobile communications. The disease affects users who carefully monitor the development of the industry and devote more than two hours a day to their mobile phone. In the absence of access to a mobile phone, patients experience anxiety. In the clinical case of the disease, a person without a phone runs into a real panic.

In total, almost 99% of active smartphone users suffer from nomophobia in the United States. To prevent the disease, psychiatrists recommend reducing the use of a smartphone to the required minimum - calls to relatives. Mail and news reading do not fall under the definition of “necessary minimum”.

2. Phantom ringing syndrome – person can suddenly think that someone calls him on the phone, but actually that did not happen.

According to the research of Dr. Larry Rosen, who studies the impact of mobile technology on the human psyche, 70% of people who call themselves

inveterate fans of modern technology feel at least once an hour that the phone vibrates in their pocket - even if phone is on the table.

3. Cyber Disease – person throws up when he uses a phone.

The fact is that modern screens imitate the surrounding reality too well and as the result that disorientates the brain. Accordingly, the higher the picture quality, the greater the likelihood of this problem. Today, about 90% of Americans are affected by this disease - researchers cannot yet give an exact figure due to the spread of brands of mobile devices.

However, the overwhelming majority of test participants complained of nausea and dizziness after prolonged use of the smartphone.

4. The Google Effect - the brain simply refuses to remember information due to the fact that it is at the distance of a click.

Today in the United States, about 40% of adolescents under the age of 25 suffer from that disease. In the long run, the seemingly harmless “Google effect” is fraught with the development of sclerosis and Alzheimer's.

5. Facebook depression - that condition is expressed by the fact that people are depressed from contacts in the social network or their absence.

Psychologists explain this by the fact that on social networks, people usually post only photos and news about themselves that put them in a favorable light. Thus, the user has the impression that friends and acquaintances have a better, brighter and richer life than they do.

Researchers at the University of Michigan note that the percentage of young people suffering from depression is directly proportional to the amount of time they spend on a social network. In general, the disease is recommended to be treated with the same means as conventional depression. In addition, psychologists advise taking a desperate step by modern standards, and simply retire from social networks.

6. Internet addiction – people always need to have-access to the Internet.

The desire completely crowds out any needs and forces you to abandon work and personal life. That kind of dependency is about to be equated with drug addiction.

Researchers note that Internet addiction in the long term produces a strong inferiority complex in people, coupled with low self-esteem. In addition, addiction is fraught with the degradation of social skills, up to the inability to call an ambulance.

7. Cyberchondria - patients with cyberchondria believe they have a disease they read about on the Internet.

As a result of this disease, a healthy person who simply has a headache can convince himself that he has serious problems.

Here a serious role is played by a kind of “crooked mirror of the Placebo effect” – a person begins to convince himself at a subconscious level that he is terminally ill. The brain actively collects information from the perceptual organs, and the person begins to notice all the minor changes in himself that he had not previously paid attention to. Constant nervous tension, ultimately, leads to the appearance of all kinds of diseases.

8. Schizoid disorders – avoidance of emotionally intense relationships, closure in oneself and in one's fantasies. In fact, young people often dive headfirst into the game space and virtual worlds, completely detached from reality..

9. Attention deficit disorder and hyperactivity – the excess of information consumed every day on the Internet, makes it impossible to cover it or highlight something important. The assimilation of information is becoming increasingly fragmented and fragmentary. This leads to the fact that in everyday life the user suffers from distracted attention and inability to concentrate on one lesson for a long time.

10. Narcissistic personality disorder – a recent study showed that the most avid users of social networks show signs of narcissistic personality disorder, expressed in an overly high sense of self-importance, the constant need to talk about oneself and the need for someone else's approval and admiration. In other words, people develop an addiction to likes, the lack of which in turn causes stress.

11. Mental decline – many American teachers are seriously concerned about how the constant need of students to look at Wikipedia on any more or less difficult question reduces their ability to learn. Just like drivers who are accustomed to relying on GPS-navigators, stop thinking about the route and lose their orientation skills in space.

The main guidance for everyone is to minimize their time online and with gadgets. A lot of studies were provided about that and now we can offer how to prevent wasting time on technology.

One of the first general recommendations is to keep your phone at the distance – so it will be harder to get it. Also, you should clean all notifications that are not important to you and you can check others in the free time or whenever.

Try to make passwords longer: choose a long set of numbers or a complex pattern to unlock the screen, set long, complex and diverse passwords in different social networks.

Evaluate how much vibration and sound you need. It is much more productive to temporarily turn off sound effects and calmly get down to business. There are other options – for example, turn on do not disturb mode or night mode, which allows you to receive calls only from your favorite contacts (so you'll be sure that you don't miss anything really important), or temporarily turn off notifications for the most active chats

Conclusion: Based on the analysis we can conclude that the excessive amount of time spent on smartphone use has a terrible effect on the psychological health of a person, increases the level of depression and worsens the immunity. It is worth reducing time that people spend with their gadgets to lower the risk to health and life in general.

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