



(REVIEW ARTICLE)



Smartphone: A frightening technology: Mini review

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Abstract

Smartphones have become an integral part of everyday life, and are present in almost every household in the world. Used wisely, these devices offer many advantages. However, their excessive and recreational use poses major problems, particularly for children. Parents are very concerned about this phenomenon. This concern has been confirmed by a large number of studies pointing to the negative effects, but strategies for mitigating them are often less talked about. This study recognizes these concerns and stresses the importance of a balanced perspective, taking into account both real problems and exaggerations or misinformation. It also emphasizes the need to implement measures to reduce the impact of this complex situation. The correct application of these precautions will enable the benefits to be reaped while minimizing the potential drawbacks. It is essential not to demonize smartphones, but to recognize their usefulness in modern life, while encouraging responsible and constructive use.

Keywords: Concerns; Smartphone; Trade-off; Challenges; Precautions

1. Introduction

In a world marked by rapid technological progress, Smartphones have become an indispensable part of modern life. These devices have gone beyond their utilitarian origins and have become vehicles of communication, information, entertainment and even influence. While the proliferation of these devices has undeniably led to transformative changes, their effects are multiple and deserve to be analyzed in depth.

This technology has undoubtedly brought many benefits, but it has also contributed to overuse and the problems that come with it. Studies of this overuse have both similarities and differences in their findings, methodologies, and implications.

Numerous studies suggest that excessive Smartphone use is linked to negative effects on mental wellbeing, such as increased stress, anxiety, depression and feelings of loneliness [1-5]. While mobile phones offer numerous advantages in terms of communication and convenience, they can also have effects on the neurological system [6]. Excessive use can affect relationships by reducing face-to-face communication and neglecting those around us, including friends and family [5].

Excessive smartphone use is a complex challenge that requires increased vigilance due to its impact on relationships, well-being and overall quality of life. The key lies in finding a harmonious balance that allows us to reap the benefits while avoiding the many potential pitfalls. However, achieving this balance is a difficult task that requires not only perseverance but also active intervention, especially from parents, to counter this scourge that affects us all.

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2. Parents' concerns

Parents' concerns about the overuse of smartphones are both legitimate and understandable. While these devices, now ubiquitous in our daily lives, offer many benefits, they also pose potential risks, especially for the younger generation. This growing misuse of smartphones is attracting the attention of researchers and increasing concern among parents. Parents have many reasons to be alarmed, and it is essential to examine closely the issues that justify these concerns in order to better understand the issues they face.

- Excessive screen time, often associated with Smartphone use, can lead to a sedentary lifestyle, sleep disturbances [7-9] and increased risk of obesity. Prolonged exposure to screens can also tire the eyes and lead to digital eye strain [10].
- A reduction in face-to-face social interaction, which can impact the child's ability to develop important social skills and maintain meaningful relationships.
- Child safety in the digital world, which parents view as a hostile place and where children may face cyber bullying or harassment through their Smartphones.
- Easy access to a wide range of content, some of which may not be suitable for children, particularly explicit or harmful content.
- The risk of data breaches, as children do not always understand the importance of protecting their personal information and privacy online.
- Fear of poor academic performance due to excessive use which may prevent them from concentrating on their homework [11].
- The development of addictive behavior [12] related to the use of this compact, which may interfere with the daily life and responsibilities of children.
- The impact of smartphone abuse on students' academic performance [13].

Understanding the intricacies of this modern dilemma requires knowing how to create a safe and nurturing environment for children's growth and development. It is essential to recognize the importance of parental involvement and guidance in managing this multifaceted challenge.

3. Strategy to combat unnecessary cell phone use

The excessive use of smartphones poses serious problems for the well-being, development and safety of young people. To remedy this, it is crucial that parents play an active role in guiding their children to maximize the benefits of technology while minimizing its negative impacts. As each individual is unique, the solution that works for one may not be suitable for another and there is no one-size-fits-all solution. It is important to approach this issue with empathy and understanding, encouraging gradual rather than abrupt changes. An effective strategy must therefore be based on a benevolent approach, enabling lasting adjustments to be made in the use of smartphones. Based on long experience, the correct application of the following recommendations will at least alleviate this scourge:

- Setting a good example

It's a well-known fact that children often imitate their parents' behavior. So if parents adopt a balanced use of smartphones, their children will be more inclined to do the same.

- Show the importance of a balanced digital lifestyle

Establishing a balanced digital lifestyle is not only crucial for mental and physical health, it also plays a vital role in maintaining the quality of social relationships and productivity.

- Encourage outdoor activities and screen-free hobbies

It is the duty of parents to encourage their children to engage in offline activities, such as physical exercise, hobbies, and face-to-face interactions.

- Cultivate mindfulness and meditation

Parents have a responsibility to help their children become more self-aware and better able to control their impulses.

- Use digital wellness apps

Parents can play a key role by exploiting wellness apps and educational **programs** to monitor and manage their children's screen time.

- Implement parental control

Parents have a responsibility to keep their children safe online by using parental controls on devices and applications. This not only helps to protect children, but also guides them in developing responsible digital habits.

- Encourage participation in offline communities and activities

Parents have a vital role to play in encouraging their children to engage in activities and communities outside the digital world, particularly those that match their interests.

- Show patience and understanding

It is the responsibility of parents, especially the head of household, to show patience and understanding, as each child is unique and has different support needs. By recognizing the particularities of each child and adapting their approach, parents can better support them in their development, both digitally and in their daily lives.

- Seek professional help if necessary

Parents have a responsibility to recognize when professional help is needed, particularly in cases of excessive dependency or problematic online behavior in their children.

- Raise awareness and educate about smartphone use

Parents have a responsibility to inform their children about the benefits and dangers associated with the use of smartphones. It is essential to explain to them how these tools can be beneficial. However, it is also crucial to discuss the potential dangers.

- Protecting privacy

Parents have a responsibility to ensure that their children's privacy is protected when using smartphones. They must be careful to use security and confidentiality settings to protect their children's personal information.

Reducing excessive phone use in the home can be a challenge, but it can be achieved by adopting intentional behavior and strategies.

4. Conclusion

Overall, the evolution of smartphone technology has been marked by rapid advances in all areas. It is undeniable that this technology, from its inception to the present day, has not only captivated young people but also amazed adults. There is no doubt that the rapid evolution of these devices has brought a whole host of benefits, but it has also contributed to an increase in excessive use and the problems associated with it.

It is important to note that this technology has its drawbacks, many of which can be mitigated by responsible use and adequate awareness, without creating an overly restrictive or authoritarian environment. Pending everyone's contribution against this scourge, parents should first and foremost strive to strike a balance that encourages responsible use of devices rather than strict control. In the digital age, the allure of smartphones has its pros and cons; as guardians of this technology, we need to move forward with caution, recognizing the pitfalls while harnessing the benefits for a balanced and connected future.

Compliance with ethical standards

Disclosure of conflict of interest

The author declares that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

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