

NOMOPHOBIA

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Abstract: This article is devoted to the effects of the phone on human health. The main points of homophobia, as well as health disorders caused by prolonged use of the phone, are considered and the prevention of telephony is given.

Key words: homophobia, phone, addiction, information.

Introduction. The term appeared not so long ago and originates from the English phrase "no mobile phobia". Experts use it to indicate a state of anxiety, often amounting to panic, that occurs in an individual who has lost the way to keep in touch through a gadget. At first glance, these seem to be common manifestations when charging goes down, communication is lost or funds are on balance. 53% of people who are addicted to the phone are afraid of being alone. Every second person does not turn off their device for a second, and the tenth is always in touch due to their profession.

Comparing nomophobia with alcoholism is real: after all, deprivation of a gadget provokes withdrawal syndrome. And despite the fact that subordination to a smartphone does not pose a health risk, its impact on everyday life is quite significant.

Manifestations of addiction. It's a shame that you have to listen to the teacher at lectures, and not communicate on social media.social networks, or that you can be left without your favorite game at work, is not a sign of illness. A phobia is an irrational reaction to specific events. So, addicted people start to panic if there is no device nearby. They cannot concentrate on activities, become irritable, feel uncomfortable and lost. In case of illness, all these characteristics are expressed quite vividly. There are also other signs: sweating, chills, confusion in thoughts, rapid heartbeat. A few more manifestations:

- Dependence on the appearance of the device. I would like to decorate my smartphone in a special way, purchase a new model and, thus, emphasize my position in society or stand out from the masses.
- The desire for information. The individual turns the bag upside down, looking for a gadget so as not to miss a new message or news.
- Sound hallucinations. It begins to seem as if a call is being heard, although in fact it has not been received.

In addition, nomophobia can be called a condition when even the thought of losing an electronic friend can cause a panic attack. Therefore, the division of the disease into degrees is known: from mild to severe.

Signs of dependence on the phone

- You don't put your device down for a second, take it even when going to the store. You feel safer when your smartphone is in sight or in your pocket.
- The gadget is constantly in your hands. You spend a lot of money on buying various updates and programs.
- When you sleep, the device lies directly under the pillow or on the table next to the bed.
- Device communication is more important than meetings.

- Unlike conversations on the phone, during a conversation with your own eyes, there is stiffness, words are lost.
- You are afraid of loss, constantly checking whether the gadget is nearby.
- It takes a lot of time to take selfies, post on Instagram and other social networks. You think it's important for people to see that you are presentably dressed, have done the perfect makeup, even if in reality the appearance is not so good.

If these symptoms have already appeared, it is necessary to make efforts to overcome the dependence on the phone, as it has already begun to gain momentum.

The reason for this is not the desire to have fun. This is a way to relieve stress, cope or distract from pressing problems: loneliness or the inability to make your life better. It doesn't matter how a person copes with internal stress: whether they play games or resort to drugs. From the point of view of physiological factors, behavioral and narcotic subordination have quite a lot of similar features.

The frenzied rhythm of the day, a huge number of cases and tasks create a stressful state. The phone, as it seems to most people, saves from this. He comes to the rescue when we are sad or bored. Nevertheless, this is an unhealthy method to cope with negative emotions, because over time the problem becomes deeper and deeper, and the question of how to stop being dependent on the phone becomes more acute.

Causes of occurrence

- Fear of loneliness. The Internet and the device create the appearance that a person is needed. They give you confidence and allow you to feel your own indispensability.
- Intrusive advertising. Messages about the appearance of new models, social networks, networks and applications are everywhere. And if adults can still filter out this information, then it is much more difficult for a child to do this. He, like a sponge, absorbs such data and really begins to consider smartphones the most necessary items.
- Communication with the outside world. Today, many people are surprised how even some 20 years ago people lived without the opportunity to call or write to a loved one at any time or communicate with him almost around the clock. But before there were more reasons for meetings, whereas now part of the relationship is transferred to correspondence.
- Operating mode. With the advent of professions such as a programmer or an advertiser, it takes much more time to work in these areas. Some people work almost around the clock, while they don't have a minute left for their personal life. Because of this, they are forced to sit at the phone to compensate for this loss.

Recommendations

- It is obvious that you can get rid of gadgets only if you stop using them. It sounds pretty simple, but in fact it will take a lot of effort. Psychologists recommend to start by stopping wearing the device at least at home.
- An easy way to wean yourself off the phone is to put it in an inaccessible place, for example, on a closet. Try to turn it on only when really necessary.
- Use your computer to access the Internet. After all, you won't turn it on to check social media alerts. networks, it will take too long.
- When going out for a walk or to the store, leave the device in the apartment, visit an area where there is no WI-FI.
- Help yourself to stop. So you log into Telegram to reply to a message, and you don't notice that it's been an hour and a half. While we are flipping through the updates, new emails are arriving. And so on in a circle. This is a "game loop", because usually this condition occurs while playing on

entertainment machines. Therefore, set a timer, and when the alarm rings, put aside the device of methods on how to deal with phone addiction

I suggest a number of simple manipulations that help reduce the amount of time spent with the device.

Set the device to silent mode. Often people can't fully concentrate because of the alerts. Audio signals make you reach for your smartphone, which takes a lot of time away from the main tasks. If you don't want to stay at work until the night, turn off the sound. For important calls, turn on the "Do not disturb" function so that the right person can reach you, and save the rest for later.

According to statistics, one in seven people in a country with a developed civilization is dependent on mobile phones. For many people, it's a disaster to forget a mobile phone at home. A discharged phone or a lack of communication causes great stress. Let's look at the causes of mobile addiction in adolescence. Isolation from the outside world, fear of helplessness. Thanks to a mobile phone, a person has a connection with friends and family. It is possible to call for help if necessary.

The availability of a calendar, clock, calculator and other options in the phone. The influence of advertising. The child's psyche is very susceptible to what is shown on TV. They strive to get everything they see in advertising. Fear of loneliness. The mobile phone allows you to communicate with a lot of people by calling or sending messages, to find out news from their lives. The illusion of impunity, sociality. On smartphones, you can sit on forums, chat on social networks, despite your complexes and problems, and find a lot of friends. In my son's class, probably almost all children have a mobile addiction. They don't part with their phones even in class. Instead of listening to the teacher, they play or sit on social networks. Characteristic signs Four children are sitting and looking at their phones. If a teenager is addicted to a mobile phone, then this can be detected by the presence of the following symptoms. Lack of other interests. The whole life is around the device. Loss of interest in favorite activities, such as playing football. The constant desire to hold a mobile phone in your hand, an argument with your parents if it is taken away or not given. A teenager looks depressed when he does not have the opportunity to touch the phone and happy when he is given it. It can deceive parents about the amount of time spent on the phone. When a child loses his mobile phone, panic, anger, and approaching hysteria overwhelm him. The feeling of anxiety arises after ten minutes without a phone. After all, during this time, someone could have called or texted. A person constantly checks their messages, even while in class or at the cinema. The teenager is constantly updating content on his device. The child calls more than five times a day. The conversations last more than 15 minutes.

Leave the device in a remote location. When he is always at hand, attention is involuntarily drawn to him. During work or meetings with loved ones, put it away from yourself so as not to succumb to a fleeting desire to find out what is happening in the lives of your friends.

Record the hours spent in front of the screen. Try to use the device consciously. Record where, when and for how long you went.

At the end of the day, analyze the result to assess the scale of the problem and understand how much effort it will take to wean yourself off phone addiction. It's much easier for iPhone holders in this regard. The developers provided for the possibility of analyzing time costs and made a screen time function. Every week, a report is sent on which services the owner visits most often and how long he stays there.

Change your habit. Not the easiest advice for adults on how to get rid of phone addiction, but it is quite effective. Instead of trying to escape from the desire to look at the tape, take a book. Arrange them around the apartment so that they are always at hand at the right moment. Gradually you will get used to reading. Also try installing useful applications, such as an electronic library.

Set aside a specific time for the Internet. Create a schedule with the periods when it is most convenient for you to read the messages and watch the news. It can be 30 minutes in the morning, several times throughout the day and half an hour in the evening.

The child is isolated from the outside world, which can lead to the development of a number of abnormalities in health and psyche. Fatness. The child leads a sedentary lifestyle instead of actively moving, for example, playing football with children. Obesity, in turn, can lead to problems of the cardiovascular system, arthritis and diabetes mellitus. Aggressiveness. Children who often play violent games on their phones begin to behave aggressively towards their peers and treat teachers impolitely. Sleep disturbance. Children can even exchange SMS messages under the covers at night. Lack of sleep leads to impaired concentration, memory impairment, and decreased academic performance at school. Problems in relationships with peers. The teenager begins to move away from family and relatives, friends, and cannot make new acquaintances. In addition, it is also necessary to take into account the influence of electromagnetic radiation: memory problems; deterioration of immunity; irritability; headaches; visual impairment; pressure drops; sleep disorders.

A space without a gadget. Choose a place in the apartment where you will not touch the device. Let it be a rest room. This is a good way to take your mind off the phone and pay more attention to your family and hobbies.

Set complex passwords. The more thorny the path to services and account will be, the more likely you will think: is it necessary? Come up with complex access codes or drawings to block. This method is perfect for those who find it difficult to pull themselves together.

Feedback. The loss of time is more related to the unconscious. To remove the dependence on the phone, go to the other side. Scroll through the tape, realizing what you are doing now. Think about whether this distracts from important things. Suddenly, deadlines are already on your heels, and you are not dealing with more pressing issues than a new photo of a friend on Instagram.

Conclusion. So, I told you what the disease is called when there is dependence on the phone, what are its symptoms and how to cope with it. Such ailments often appear in the presence of a life problem. And the craving for devices becomes a bell that it's time to change everything. Otherwise, communication with a loved one will help to get rid of this bad habit. Therefore, if you are reading an article from your smartphone right now, write a message to your loved one. Let me know what you think of him. Make an appointment. And put your gadget away.

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Do not allow a teenager to carry a phone with him when he moves around the apartment. Do not allow the child to take a mobile phone with him when going to bed, put it under the pillow. Let the teenager find out all the news in person with friends, he uses his mobile phone only in rare cases when he needs to find out something urgent, for example, to ask what lessons were given. During active recreation, such as playing with a ball, it is necessary that the phone is turned off, allowing you to relax. Go on some trips with your child more often to places where there is no mobile connection. If it is vital for a teenager to be constantly in touch, it is important that he takes breaks for active recreation.

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