


The Growing Problem Of Smart X +

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The Growing Problem Of Smartphone Addiction

By Brenda Priddy, Guest Contributor to TechAddiction



We are so dependent on our smartphones that we often joke about being addicted. One in ten smartphone users now admit to using their phones in the shower and during sex. The same figures even show that half of people use it while driving. [...] Some find it difficult to function without their phone by their side. Approximately [72% of people said](#) they are rarely more than five feet away from their handset at any time. This is what is known as nomophobia (an abbreviation of no mobile phobia). [...]

The consequences of smartphone addiction

Smartphone addiction, particularly among children, is altering the way we interact with one another. The consequences of this are very serious. Human interaction helps a child to develop emotionally and behaviourally in a way that communicating over smartphone cannot. It allows a child to see a person's emotional reaction and distinguish between what are good actions and bad actions. Texting, talking or social networking over a smartphone cannot accomplish this.

Adults are no less likely to become addicted to their smartphones though, and the costs are no less destructive. Staring at a screen, for instance, prevents the brain from releasing something that is called melatonin, our natural sleep chemical. As a result, our bodies don't register that we are tired. Overuse of smartphones therefore leads to interrupted sleeping patterns and means that we do not function as well throughout the day, affecting our abilities to work.

Questions about the text :

1) Read the text.

Give a title to each paragraph (donne un titre à chaque paragraphe)

2) Paragraph 1 :

- How many statistics are there in the paragraph ?
- Rephrase them with percentages.
- Find a synonym for « mobile addiction »

3) Paragraph 2 :

- Underline the most important information
- This paragraph is a comparison between _____ and _____
- Make 2 columns, and take notes.

4) Paragraph 3 :

- Highlight the consequences

(Regarde la vidéo en même temps que tu réponds aux questions, tu auras davantage d'explications)