SMARTPHONE ADDICTION, ATTENTION DECLINE, AND CHANGES IN EMOTIONAL STATE

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In recent years, the deep integration of smartphones into everyday life has led to the emergence of new psychohygienic problems associated with their excessive use. Smartphone addiction has been confirmed by numerous epidemiological and clinical studies to be associated with reduced attention, emotional instability, and increased anxiety and depressive symptoms.

The rapid development of information and communication technologies has encompassed almost all spheres of human activity. Smartphones have quickly become the primary tools for communication, education, professional activity, and leisure. However, behind their convenience and constant availability lie significant psychological and neurocognitive risks.

In the scientific literature, the concept of "smartphone addiction" is interpreted as a form of behavioral addiction, characterized by impaired attention control mechanisms and disrupted emotional regulation processes. According to the World Health Organization (WHO), excessive use of digital devices is considered an independent risk factor negatively affecting mental health. Children, adolescents, and young adults are particularly vulnerable to this phenomenon.

Epidemiological data indicate that the global prevalence of smartphone addiction varies by age and socio-demographic factors. Studies conducted in Asian countries report smartphone addiction rates of 25–40% among young people, whereas in Europe and North America this prevalence ranges from approximately 15–30%.

Findings related to attention decline show that individuals who use smartphones for more than four hours per day exhibit significantly lower levels of selective and sustained attention. Neuropsychological studies demonstrate that constant notifications and frequent screen switching overload prefrontal cortex activity, leading to fragmentation of attentional resources. Meta-analyses examining emotional outcomes have identified a moderate positive correlation between smartphone addiction and anxiety as well as depressive symptoms. Some studies have also found statistically significant associations between high levels of smartphone use and emotional lability and impulsivity.

The analyzed scientific evidence confirms that smartphone addiction exerts both direct and indirect effects on attention and emotional state. In this process, sleep disturbances, social isolation, and continuous information flow act as key mediating factors. Declines in attention lead to reduced efficiency in academic and occupational performance, while emotional

instability accelerates the development of psychological fatigue and psychosomatic symptoms. Therefore, smartphone addiction should be regarded not merely as an individual behavioral problem but as a broader socio-hygienic phenomenon.

Smartphone addiction is widespread in modern society and represents a factor with a substantial impact on mental health. Epidemiological data demonstrate a reliable association between smartphone addiction and reduced attention. Changes in emotional state, including anxiety and depressive symptoms, are frequently observed in the context of high smartphone use. Preventive strategies should emphasize digital hygiene, limitation of usage time, and enhancement of psychohygienic literacy.

Overall, rational use of smartphones is not only a matter of technological culture but also a crucial condition for maintaining mental health.

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