

# PHONOHOLISM- EPIDEMIC OF THE 21<sup>ST</sup> CENTURY



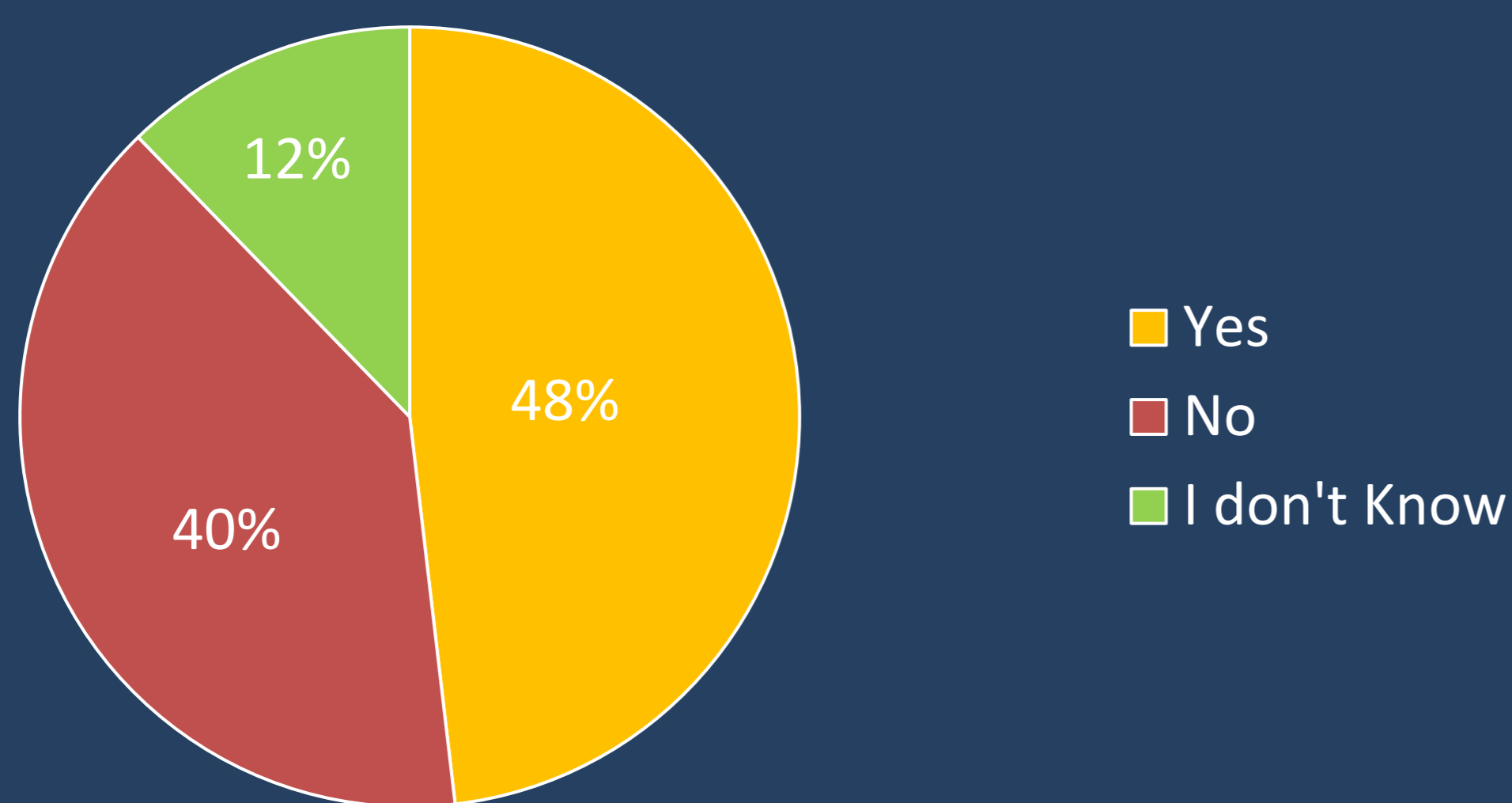
In recent years, we can observe the global technological development, which has become the main factor determining the civilization progress of modern society. Thanks to it, a new world was created, in which we currently live- the digital one. Currently, the smartphone can be connected to other devices and also used as, for example, a remote control or a door key. It is possible to use it to start a car, create your own music, check what is in the fridge or even control the vital parameters of seniors. We live in times when we can do many things with one device, so we rarely part with it, let alone turn it off. Does this make us slaves to our own cell phones and therefore addicted to using them?

**Objective:** Analysis of respondents' self-esteem in terms of the risk of phonoholism among adolescents and adolescents.

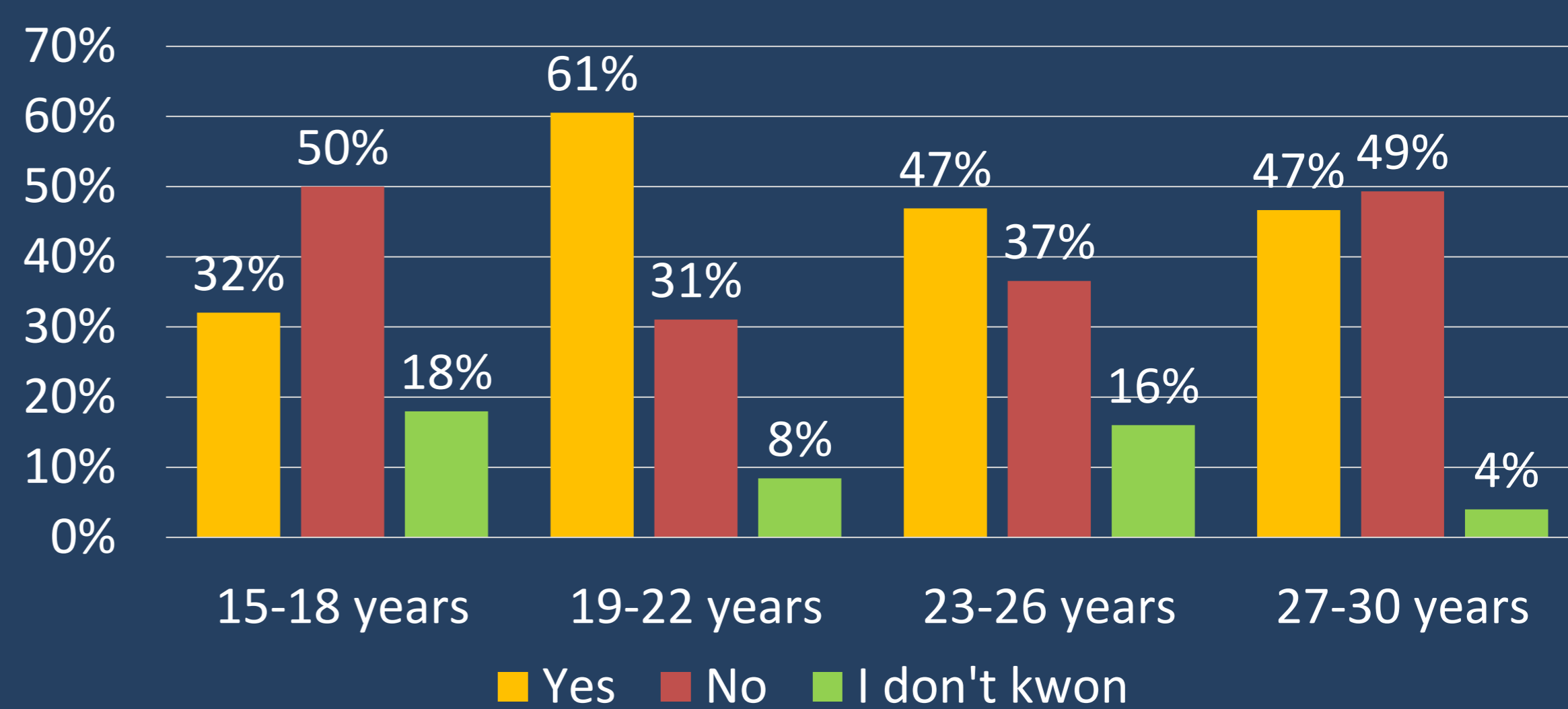
**Methods:** The study was conducted on the basis of the proprietary questionnaire in 2020 using the CAWI method. Responses were obtained from 538 people aged 15-30.

The research shows that as many as 83% of respondents noticed symptoms of addiction to phones, including the importance of having and using a mobile phone. In addition, almost half of the respondents (48%) were dependent on being addicted to a mobile phone. Most of the respondents (54%) unfortunately pay great attention to owning and using telephone.

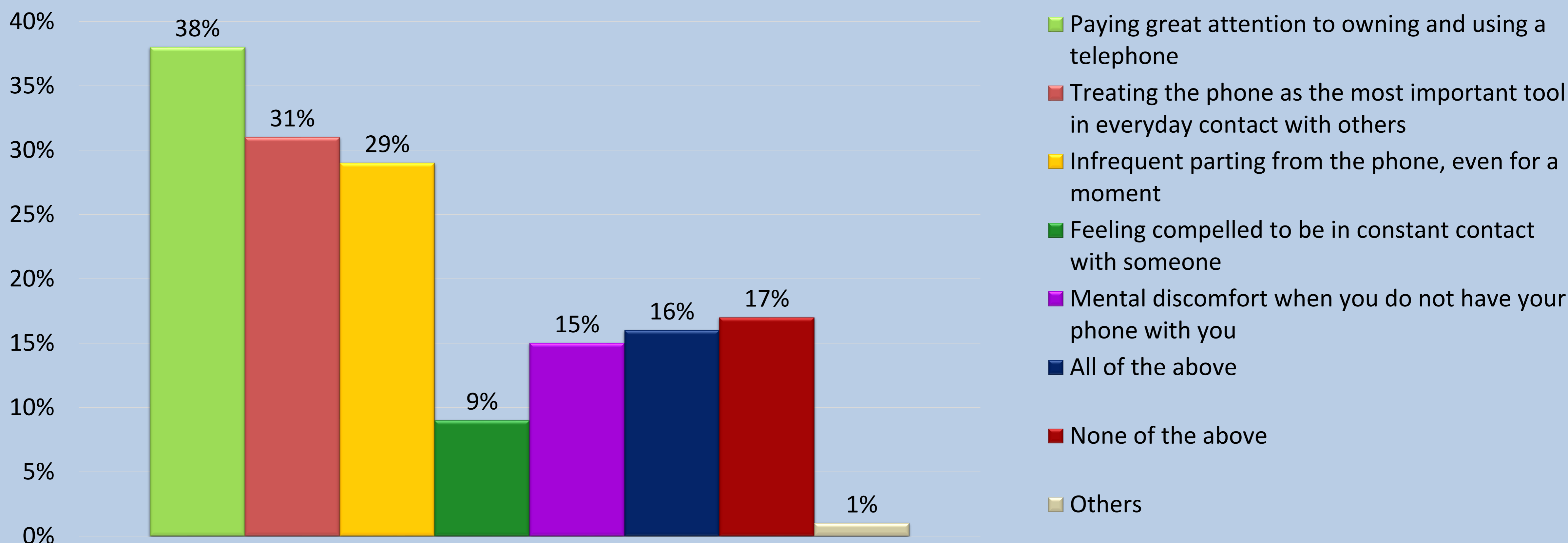
Do you consider yourself addicted to a mobile phone?



Respondent's answers to the question „Do you consider yourself addicted to a mobile phone?” depending on their age



Symptoms of phonoholism noticed by the respondents



**Conclusions:** The results suggest that, young people are aware of the risk of phonoholism. The abuse of mobile phones may affect their mental health (addiction, depression, mental problems), but also their somatic health (back pain, arthritis, deterioration of eyesight) and social health (weakening of interpersonal bonds).