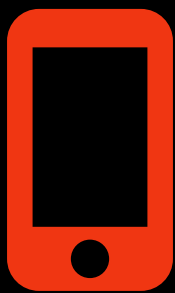


# You're Addicted to Your Phone.

TECHNOLOGY AND SOCIAL MEDIA IS GROWING AND WITH IT OUR DEPENDENCY GROWS. ARE YOU ADDICTED TO YOUR PHONE? ALL SIGNS POINT TO YES.



**89% OF UNDERGRADUATE STUDENTS**

experience phantom vibrations. This is the perception of vibrations from a mobile device that isn't vibrating. People crave receiving notifications so much that they start imagining them.

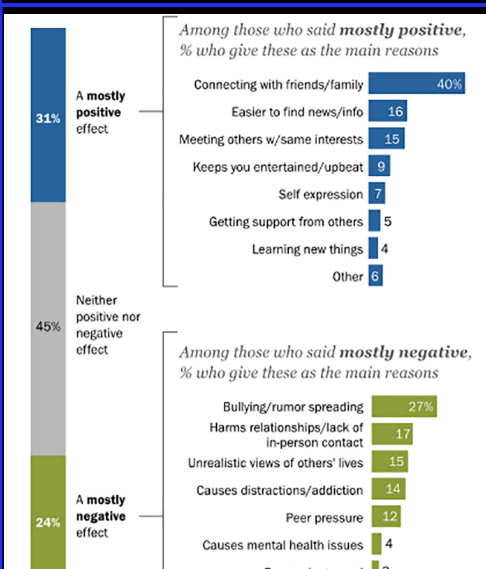


**94%**

OF PARTICIPANTS OF A STUDY CONDUCTED ON SOCIAL MEDIA ADDICTION

of participants reported feeling troubled when they didn't have their phone. 80% were jealous when someone else used their phone, and 70% expected to feel depressed, panicked, and helpless if their phone went missing or they couldn't find it.

PEOPLE TALK ABOUT THEMSELVES AROUND 30-40% of the time in person. On social media, people talk about themselves 80% of the time. So when they receive a notification of positive feedback, they feel a positive sensation from dopamine.



## PUBLIC OPINION



The graphic provided to the left shows the percentage of teens that view social media as having a negative effect, those who believe the impact is positive and those who stand neutral.

## DOS AND DONTs

### DO:

- Use social media to connect yourself with your loved ones
- Get outside! Study in new locations, change your surroundings
- Try to limit your time spent on social media and using technology, instead spend time with loved ones, pick up new hobbies!

### DONT:

- Use social media to compare yourself to others
- Rely on your phone to get you through things, try putting it in your bag or back pocket for awhile.
- Hold social media a technology to such a high standard. (Its not that deep!)

## INFORMATION SOURCE

<https://etactics.com/blog/social-media-and-mental-health-statistics>

[https://www.pewresearch.org/internet/2018/05/31/teens-social-media-technology-2018/pi\\_2018-05-31\\_teenstech\\_0-03/](https://www.pewresearch.org/internet/2018/05/31/teens-social-media-technology-2018/pi_2018-05-31_teenstech_0-03/)

