

Smartphones are
taking over our lives



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These days wherever people who are using smartphone go, they must take a smartphone. As time goes by, more and more people want to use a smartphone and they are willing to be a smartphone user. Using smartphone changes peoples life to be more comfortable in many ways. Yes, it is definitely true. But change is not always good. People need to see the nagative side using smartphone. Compared to the past, people can easily get information they need through their smartphone. It is not a problem any more where people are at right now. If people have a smartphone right now, they can check eamil, facebook, and messages.

However, there is a serious problem. Having a samrtphone all the time is a easy way to become addicted to a smartphone. According to a study, 60% of teens claim to have 'high' addiction to their smartphone and 50% of people claim to use mobile internet equally at home and outside their residence. Smartphone users are more addicted to their devices than they think. People need to prevent wasting their time and control using it. Here is a another report about being addicted to a smartphone. It said that, checking habits may further grow in the future, as informational 'rewards' are added to smartphones.

For example, smartphone users usually sign in their social web like facebook and remain being singed in all day long, because they want to check new information about their friends in real-time. It is important to keep in mind that people can be easily controlled by their smartphone. Eventhough a smartphone is used for work purposes, people need to worry about being addicted to their devices. Has checking email become almost as natural as

breathing? If so, what could people do right now to keep from unnecessary using smartphone?