

e- Magazine

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Maiden Issue

DIGITAL WELLBEING



Montfort Counselling & Educational Services (MCES)



05

Mobile Phone Addiction
Among Adolescents in India



11

Age-appropriate
Screen Time



15

Are You Overusing
Your Smart Phone?



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"In a world of constant notifications, silence is a superpower."



"Balance is not something you find, it's something you create."



"Take time to unplug - the world will wait."



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Editorial

Dear Readers,

Welcome to Digital Wellbeing!

It is with great excitement that I introduce you to the very first issue of Digital Wellbeing, a triannual e-magazine dedicated to educating, empowering, and inspiring a generation to navigate the digital world with wisdom and responsibility. As the Director of Montfort Counselling & Educational Services (MCES), Chennai, I have had the privilege of interacting with over 22,000 students in more than 170 seminars across India. Through these seminars, one truth has become crystal clear: our young people, teachers, and parents are seeking guidance on how to balance the undeniable advantages of digital technology with the very real risks that come with its misuse.

The impact of smartphones and the digital world on the adolescent mind is a subject that cannot be overstated. For teenagers, this technology can be a powerful tool for learning, creativity, and connection, but it also comes with the potential to distract, isolate, and even harm. Teachers and parents, too, often feel overwhelmed by the challenge of guiding young minds through this landscape. It is for this reason that MCES is launching Digital Wellbeing, to act as a beacon of knowledge, a source of support, and a guide for healthy digital habits.

This magazine will address the concerns of all those involved in shaping the lives of young people—students, educators, and parents alike. In each issue, we will explore essential topics such as responsible smartphone use, digital citizenship, the dangers of online addiction, and strategies for balancing screen time with real-world engagement. We will feature expert insights, success stories, interactive activities, and much more, all tailored to different age groups and stakeholders.

In our ever-connected world, it is not just about limiting screen time, but learning how to use digital tools in ways that enrich our lives without allowing them to dominate. This magazine seeks to be part of that educational journey, providing practical tools, reflection, and inspiration to help our readers lead a digitally healthy life.

As we launch this maiden issue, I invite you all—students, parents, educators, and school leaders—to actively engage with the content, share your feedback, and join us in promoting digital wellbeing across India's classrooms and homes. Together, we can empower this generation to make informed, mindful choices that will ensure a balanced relationship with technology.

Let's embark on this journey towards digital balance and wellbeing.

Wishing you all happy reading!

Warm regards,
Dr. Bro. George Palackal.



MCES Pioneers Efforts to Combat Mobile Phone Addiction

Chennai, October 2024 – Mobile phone addiction is emerging as a significant concern among Indian adolescents, with alarming rates of excessive screen time and overdependence on devices. In response to this growing issue, Montfort Counselling & Educational Services (MCES), under the initiative of Dr. Bro. George Palackal, has been at the forefront of efforts to prevent mobile phone addiction among students. Since August 2022, MCES has been conducting school-based psycho-education seminars aimed at creating awareness and providing tools to combat this pervasive problem. So far, over 22,000 students from 70 schools across 16 States have participated in these impactful seminars.

The seminars, designed for students from grades 8 to 12, have been instrumental in educating adolescents about the risks of mobile phone addiction, its psychological and social implications, and strategies to break free from the cycle of dependency. Covering key topics such as responsible phone use, recognizing the signs of addiction, and the mental health effects of excessive phone use, these sessions empower students to take control of their mobile habits before they escalate into addiction.

Dr. Bro. George Palackal, Director of MCES, emphasizes that prevention is better than cure when addressing mobile phone addiction among young people. "The aim is to equip students, teachers, and parents with the knowledge to recognize early warning signs and intervene before the problem becomes chronic. We are not only targeting those who are already addicted but focusing on preventing addiction in the first place," he said.

The seminars have received overwhelming positive feedback from both students and educators. Participants have reported greater self-awareness regarding their mobile phone usage and have expressed a renewed commitment to healthier digital habits. Encouraged by this success, MCES is expanding its efforts by launching a triannual e-magazine, which will serve as a platform to further raise awareness about mobile phone addiction. The e-magazine will provide valuable insights, resources,

and strategies for adolescents, teachers, and parents to actively participate in the prevention and management of mobile phone overuse.

MCES's initiative is a timely response to a nationwide issue, addressing the growing concerns of mobile phone addiction in a way that involves the entire educational ecosystem. As mobile phone use continues to rise among adolescents, the work of MCES is more critical than ever, ensuring that students can use technology responsibly while safeguarding their mental health and well-being.

For more information on the seminars or to get involved, contact Dr. Bro. George Palackal on 9487362724 or visit www.montfortcounselling.com



"Technology is best when it brings people together, not when it pulls them apart." – Matt Mullenweg



Prevalence of mobile phone addiction among adolescents in India

Mobile phone addiction, or problematic mobile phone use, is a growing concern among adolescents in India. Various studies have aimed to quantify its prevalence, though results vary based on the region, age group, and definitions of addiction used in these studies. Here are some key insights:

1.General Prevalence: Studies indicate that between 20% to 30% of Indian adolescents exhibit signs of mobile phone addiction or problematic use. However, this rate can go as high as 39% in some urban settings.

2.Regional Variations: Adolescents in metropolitan areas like Delhi, Mumbai, and Chennai tend to show higher rates of addiction compared to those in rural areas due to greater access to smartphones, higher internet penetration, and peer influences.

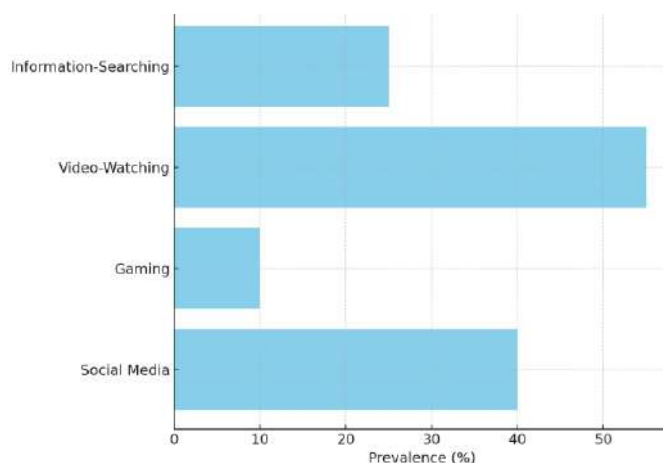
3.Gender Differences: While both boys and girls exhibit mobile phone addiction, some studies suggest that boys tend to spend more time on gaming, which can contribute to problematic use, whereas girls may be more prone to social media overuse.

4.Usage Patterns: According to a 2021 study, many adolescents in India spend over 4 hours a day on their mobile phones, particularly on social media, games, and streaming platforms, which contributes to dependency.

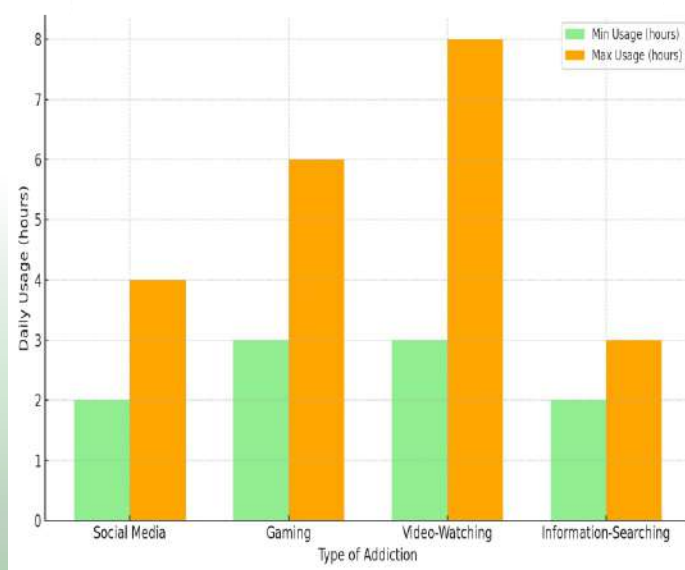
5.Impact of COVID-19: The pandemic and the shift to online education led to a notable increase in mobile phone usage among adolescents, further heightening concerns about addiction.

Mobile phone addiction among Indian adolescents is increasingly seen as a public health issue, with links to poor academic performance, mental health issues like anxiety and depression, and social isolation. Addressing this problem requires increased awareness and intervention strategies in schools and homes.

Prevalence of Different Types of Mobile Addiction Among Adolescents



Daily Usage for Adolescents with Different Types of Mobile Phone Addiction





Types of Mobile Phone Addiction Among Adolescents in India

The four main types of mobile phone addiction among adolescents are social media addiction, gaming addiction, video watching addiction and information searching addiction.

1. Social Media Addiction:

Prevalence: A 2021 study by the National Institute of Mental Health and Neurosciences (NIMHANS) reported that around 40% of adolescents in urban areas of India exhibit signs of social media addiction.

Daily Usage: Adolescents aged 13 to 18 in India spend an average of 2 to 4 hours daily on social media platforms like Instagram, Snapchat, and WhatsApp.

Impact: The study highlighted that excessive social media use among adolescents is associated with poor academic performance, disturbed sleep patterns, and increased anxiety.

2. Gaming Addiction:

Prevalence: A study published in the "Asian Journal of Psychiatry" in 2022 found that 10-15% of adolescents in India are at risk of gaming addiction, with 3-5% showing severe addiction symptoms.

Gender Differences: Boys are significantly more likely to be addicted to gaming than girls, with about 20% of male adolescents showing signs of problematic gaming behaviour compared to 5% of female adolescents.

Screen Time: On average, adolescents addicted to gaming spend 3 to 6 hours per day playing games on mobile devices or computers.

3. Video-Watching Addiction:

Prevalence: According to a 2022 survey by Local Circles, a community-based social network, over 55% of adolescents in India are at risk of developing video-watching addiction, particularly on platforms like YouTube and TikTok.

Average Viewing Time: Adolescents spend about 3-5 hours daily watching videos, and those showing addictive behaviours may spend up to 8 hours or more.

Consequences: Excessive video-watching is linked to reduced physical activity, eye strain, and increased screen dependency, leading to various psychological and physical health issues.

4. Information-Searching Addiction:

Prevalence: Information-searching addiction, often overlooked, affects around 20-25% of adolescents in India, as per a 2023 study by the Indian Journal of Mental Health.

Behaviour Patterns: Adolescents addicted to information searching often spend 2-3 hours daily browsing the internet for non-essential information or engaging in "information bingeing."

Psychological Impact: The addiction is associated with anxiety, stress, and decision fatigue due to excessive and often unnecessary information intake.

General Observations:

Multiple Addictions: Many adolescents do not suffer from just one type of digital addiction; about 30-35% experience overlaps in these behaviours, such as gaming and social media addiction or video-watching and information-searching addiction.

COVID-19 Impact: The COVID-19 pandemic significantly escalated digital addictions among adolescents, given the increase in screen time for online education and entertainment during lockdowns.

These statistics highlight the urgent need for awareness and intervention programs to address digital addictions among adolescents in India.



What Makes Adolescents Get Addicted to Smartphones?

Smartphones have revolutionized the way we communicate, learn, and entertain ourselves. For adolescents, these devices are not just tools; they have become extensions of their identities. While smartphones provide countless benefits, their overuse can lead to addiction-like behaviours, impacting adolescents' mental and physical well-being. Understanding the reasons behind smartphone addiction in adolescents is crucial to addressing this growing concern.

1. The Need for Social Connection

Adolescence is a critical period for social development. During this time, teenagers seek acceptance, validation, and a sense of belonging. Social media platforms like Instagram, Snapchat, and TikTok provide instant ways to connect with peers, share experiences, and feel included. The fear of missing out (FOMO) drives adolescents to constantly check their phones to keep up with the latest trends, updates, and conversations. This need for social connection and approval can easily turn into a compulsive behaviour, leading to excessive smartphone use.

2. Instant Gratification and Dopamine Release

Smartphones are designed to be engaging, with every notification, like, comment, or message triggering a release of dopamine, the brain's "feel-good" chemical. Adolescents, whose brains are still developing, are particularly susceptible to this reward system. The constant stimulation and instant gratification provided by smartphones can create a cycle of dependency, where teens feel the need to check their phones frequently to experience the next "high." Over time, this can lead to addictive behaviours.

3. Escapism and Coping Mechanism

Adolescence can be a challenging time filled with academic pressures, social struggles, and emotional changes. Smartphones provide a convenient escape

from these stressors. Whether it's binge-watching videos, playing games, or endlessly scrolling through social media feeds, adolescents often use their phones as a way to distract themselves from reality. This escapism can be especially appealing when faced with anxiety, boredom, or negative emotions, reinforcing the cycle of overuse.

4. Peer Pressure and Social Validation

Peer influence plays a significant role in adolescents' smartphone usage. If their friends are constantly online or posting updates, there is pressure to do the same. Social media creates an environment where likes, shares, and comments are seen as measures of popularity and self-worth. Adolescents may feel compelled to maintain an online presence, post frequently, or conform to certain digital behaviours to gain validation from their peers. This need for approval can contribute to excessive screen time and dependency on smartphones.

5. The Allure of Engaging Content and Apps

Smartphones offer a wide range of apps, games, and content that are designed to be highly engaging. Many apps, particularly games, use psychological tactics like rewards, challenges, and levels to keep users hooked. Social media platforms utilize algorithms to show users content that aligns with their interests, ensuring they stay on the platform longer. Adolescents, who are naturally curious and prone to exploring new things, can easily fall into these traps, leading to hours of unintentional screen time.



"Create more than you consume."



6. Lack of Awareness and Self-Regulation Skills

Adolescents often lack awareness about the potential negative effects of excessive smartphone use. They may not recognize the signs of addiction or understand how their screen time habits are affecting their mental health, academic performance, or social relationships. Moreover, the ability to self-regulate is still developing in adolescents, making it harder for them to set boundaries on their own. Without guidance from parents or educators, they may find it challenging to manage their smartphone use responsibly.

7. Fear of Being Left Out (FOMO)

The fear of being left out (FOMO) is another factor that contributes to smartphone addiction among adolescents. Unlike FOMO, which is about missing out on experiences, FOMO relates to missing out on information or news that their peers know. Adolescents feel a strong urge to stay updated, leading to compulsive checking of news feeds, group chats, and social media platforms. This behaviour is exacerbated by the 24/7 nature of digital connectivity.

8. Lack of Alternative Activities and Real-Life Engagement

In many cases, adolescents turn to smartphones simply because they do not have other engaging activities. The convenience of smartphones and the abundance of entertainment options they offer can replace hobbies, sports, and outdoor activities. When adolescents lack opportunities for real-life engagement, they are more likely to rely on their phones for entertainment, social interaction, and stimulation.

9. Parental Modelling and Screen Habits

Parents' smartphone habits can significantly influence their children's behaviours. If parents frequently use their phones at home, during meals, or while interacting with their children, adolescents may perceive this behaviour as normal and imitate it. Without adequate role modelling and discussions on healthy screen use, adolescents may develop unhealthy smartphone habits that lead to addiction.

10. Inadequate Sleep and Digital Overload

Excessive smartphone use, especially before bedtime, can lead to inadequate sleep and digital overload. Adolescents who use their phones late at night are more likely to experience sleep disturbances, which in turn can affect their mood, concentration, and overall well-being. The combination of poor sleep and digital overload creates a vicious cycle where adolescents feel tired, anxious, or bored during the day, prompting them to use their phones even more.

Conclusion: Towards Healthy Smartphone Use

Understanding the factors that contribute to smartphone addiction in adolescents is the first step in addressing the issue. Parents, educators, and caregivers must work together to encourage healthy digital habits by setting boundaries, promoting alternative activities, and fostering awareness about the potential dangers of excessive smartphone use. By doing so, we can help adolescents lead more balanced and fulfilling lives in this digital era.



"The digital world should complement, not dominate, your real world."



Consequences of Excessive Use of Smartphones

In today's world, smartphones have become an inseparable part of our lives. They offer unprecedented access to information, enable constant connectivity, and serve as tools for both learning and entertainment. However, while smartphones have transformed our daily experiences, excessive use, particularly among adolescents, has raised serious concerns about mental, physical, and social well-being.

1. Mental Health Challenges

Excessive smartphone use has been linked to a range of mental health issues, especially among adolescents. Research has shown a strong correlation between high screen time and increased levels of anxiety, depression, and stress. Constant notifications, the pressure to stay connected, and the compulsive checking of social media can create a sense of anxiety and FOMO (Fear of Missing Out). Moreover, exposure to cyberbullying, negative social comparisons, and the glorification of unrealistic lifestyles can lead to low self-esteem and depressive symptoms.

2. Impaired Cognitive Development and Attention

Frequent use of smartphones, particularly for multitasking, can negatively affect cognitive development and attention spans. Studies suggest that constant engagement with smartphones can hinder a young person's ability to focus, concentrate, and retain information. This can impact academic performance and reduce the capacity for critical thinking and problem-solving. Adolescents accustomed to rapid digital stimuli may struggle to engage in deeper, more sustained thought processes that are essential for learning and creativity.

3. Sleep Disruption

One of the most significant yet often overlooked consequences of excessive smartphone use is its impact on sleep. The blue light emitted by smartphone screens can interfere with the body's production of

melatonin, a hormone that regulates sleep. Using smartphones late at night or keeping them by the bedside can lead to sleep deprivation, which in turn affects mood, memory, concentration, and overall health. For adolescents, who require adequate sleep for growth and development, poor sleep quality can have far-reaching effects on both physical and mental well-being.

4. Physical Health Concerns

Extended periods of smartphone use can also have physical consequences. Poor posture, often referred to as "text neck," results from bending the neck downwards for long durations while looking at screens. This can lead to chronic neck and back pain. Additionally, the repetitive motions involved in texting and scrolling can cause strain in the hands and wrists, leading to conditions like "texting thumb" or carpal tunnel syndrome. Sedentary behaviour associated with prolonged smartphone use also contributes to a lack of physical activity, increasing the risk of obesity, cardiovascular issues, and other health problems.

5. Social and Emotional Development Issues

While smartphones enable virtual communication, they can also hinder face-to-face social interactions and emotional connections. Adolescents who spend excessive time on their devices may miss out on crucial experiences of forming meaningful relationships, understanding non-verbal cues, and developing empathy. Over-reliance on virtual connections can lead to social isolation, a diminished sense of community, and a lack of real-world social skills.

"Disconnect to reconnect with what truly matters in life"



6. Academic and Behavioural Problems

Smartphones can also be a major source of distraction in academic settings. Adolescents who spend a significant amount of time on their devices often report difficulties in focusing on studies, completing assignments, and preparing for exams. This not only affects academic performance but also leads to increased procrastination and reduced productivity. Furthermore, behavioural problems such as irritability, restlessness, and impulsive behaviour have been associated with excessive screen time.

7. Digital Addiction

Finally, excessive use of smartphones can lead to digital addiction, characterized by compulsive behaviour and an inability to control smartphone use despite its negative impact on one's life. Digital addiction can result in withdrawal symptoms such as anxiety, irritability, and restlessness when away from the device. This addiction affects various aspects of life, including academic performance, family relationships, and overall mental and physical health.

Moving Towards Digital Wellness

While smartphones are an indispensable part of modern life, it is crucial to establish healthy boundaries around their use. Schools, parents, and educators play a pivotal role in fostering digital wellness by encouraging students to engage in offline activities, such as sports, reading, and face-to-face interactions. Simple strategies like setting screen time limits, practicing digital detoxes, and promoting mindful smartphone use can go a long way in mitigating the negative consequences.

At Montfort Counselling & Educational Services (MCES), we advocate for a balanced approach to smartphone use. Through our seminars and workshops, we aim to empower students with the knowledge and skills they need to use technology responsibly, ensuring it serves as a tool for growth rather than a source of distress.

Conclusion

The consequences of excessive smartphone use are multifaceted, affecting physical health, mental well-

being, academic performance, and social development. By understanding these risks and promoting digital health, we can help adolescents lead healthier, more balanced lives. Let us work together to create a future where technology enriches our lives without compromising our well-being.



"Disconnect to reconnect."



"Slow down, disconnect, and breathe."



Recommended Age-Appropriate Daily Screen Times

Here is a guide on age-appropriate daily screen time recommendations, based on guidelines from organizations such as the American Academy of Paediatrics (AAP) and the World Health Organization (WHO). These recommendations are designed to promote healthy screen habits and ensure balanced development in children and adolescents.

1. Infants (0-18 months)

•Recommendation: No screen time, except for video chatting with family or friends.

•Rationale: Infants need to explore the world around them and engage in face-to-face interactions for healthy brain and emotional development. Screen time can interfere with playtime, which is essential for motor, cognitive, and social development.

2. Toddlers (18-24 months)

•Recommendation: Up to 30 minutes per day, with high-quality educational content and co-viewing with a parent or caregiver.

•Rationale: At this stage, children can start to learn from media if parents or caregivers help them understand what they are seeing and how it applies to the world around them.

3. Preschoolers (2-5 years)

•Recommendation: Up to 1 hour per day of high-quality educational programming, with adult supervision and interaction.

•Rationale: This age group benefits from content that promotes learning and encourages imagination, creativity, and social skills. Parental guidance is key to helping children understand and retain educational information.

4. Children (6-10 years)

•Recommendation: 1 to 1.5 hours per day, including time spent on educational tasks and recreational screen use.

•Rationale: Screen time should be balanced with physical activities, play, homework, and social interactions. Parents should encourage breaks and

ensure children engage in offline activities that contribute to their physical and social development.

5. Preteens (11-13 years)

•Recommendation: Up to 2 hours per day, not including time needed for homework or other educational activities.

•Rationale: Preteens are more likely to use screens for socializing, gaming, and other recreational activities. It is important to guide them on appropriate content and encourage outdoor activities, sports, reading, and hobbies that do not involve screens.

6. Teenagers (14-18 years)

•Recommendation: Up to 2-3 hours per day, including both recreational and educational screen use.

•Rationale: At this age, teens have more autonomy, but they still need guidance to balance screen time with academics, social life, and physical activity. Encourage them to be critical of the content they consume and engage in activities that promote mental and physical health.

Additional Tips for Managing Screen Time Across All Ages

1.Create Screen-Free Zones and Times: Designate certain areas (like dining areas) and times (such as family meals or before bedtime) as screen-free.

2.Encourage Physical Activity and Offline Play: Encourage children to engage in at least 1 hour of physical activity daily and participate in activities that do not involve screens.

3.Model Healthy Screen Habits: Parents and caregivers should model appropriate screen use. Children often mimic adult behaviours, so demonstrating a balanced approach to technology is essential.

4.Monitor Content and Encourage Positive Use: Use parental controls, but also discuss appropriate content and encourage educational and creative use of screens.

5.Prioritize Sleep: Avoid screen use at least one hour before bedtime to ensure better sleep quality.

By following these age-appropriate screen time guidelines and creating a balanced approach to digital consumption, families can help children develop healthy screen habits that support their overall growth and well-being.



Breaking Free from Mobile Phone Addiction

In today's fast-paced digital world, mobile phones have become an integral part of our lives, especially for adolescents. While these devices offer numerous benefits, they can also lead to addiction, impacting mental health, social interactions, and academic performance. Here are some practical strategies to help break free from mobile phone addiction and promote healthier digital habits.

1. Recognize the Signs of Addiction

Understanding that you might be addicted is the first step toward recovery. Common signs include:

- Feeling anxious or irritable when separated from your phone.
- Spending more time on your phone than intended.
- Neglecting responsibilities or social interactions in favour of screen time.

2. Set Clear Goals

Establish specific goals to reduce your screen time. For example:

- Limit phone usage to a certain number of hours per day.
- Designate phone-free times, such as during meals or before bedtime.
- Choose one day a week to go without your phone.

3. Use Technology to Manage Technology

Ironically, technology can assist in reducing its own usage. Consider:

- Using apps that track screen time and set daily limits.
- Enabling “Do Not Disturb” features during important tasks or family time.
- Utilizing tools that block distracting apps during designated study hours.

4. Create a Healthy Digital Environment

Curate your phone to promote positive use:

- Delete apps that contribute to mindless scrolling or

excessive gaming.

- Unsubscribe from notifications that distract you throughout the day.
- Organize your home screen to prioritize productive apps over social media.

5. Engage in Alternative Activities

Find fulfilling activities that can replace screen time:

- Explore hobbies like reading, painting, or sports.
- Spend time outdoors, connecting with nature and friends.
- Join clubs or groups to meet people and develop new skills.

6. Practice Mindfulness

Mindfulness can help create awareness around your phone usage:

- Take a moment to breathe and reflect before reaching for your phone.
- Consider journaling about your phone habits and how they affect your mood.
- Engage in mindfulness exercises or meditation to reduce anxiety and improve focus.

7. Establish Boundaries

Communicate with friends and family about your intentions to reduce phone usage:

- Encourage group activities that don't involve screens.
- Set “phone-free” zones at home, like the dining room or bedroom.
- Create agreements with peers about minimizing phone use during social gatherings.

“In a world of screens, remember to look up and experience the world around you”



8. Seek Support

Breaking a habit can be challenging, but you don't have to do it alone:

- Talk to friends and family about your goals; they can provide encouragement.
- Consider joining support groups focused on digital wellbeing.
- If necessary, seek professional help to address underlying issues related to addiction.

9. Reflect on Your Progress

Regularly assess your relationship with your phone:

- Keep a diary of your phone usage and feelings associated with it.
- Celebrate small victories, such as a week of reduced screen time.
- Reflect on how your life improves with less phone dependency.



"It's not about how much time you spend online, but how you spend it."

Conclusion

Breaking free from mobile phone addiction is a journey that requires self-awareness, determination, and support. By implementing these strategies, adolescents can regain control of their time, enhance their mental wellbeing, and build stronger relationships in the real world. Remember, it's not about eliminating technology but rather finding a balance that promotes a healthier lifestyle. Start today and take the first step toward a more fulfilling life beyond the screen!



"Don't let your technology own you; own your technology."

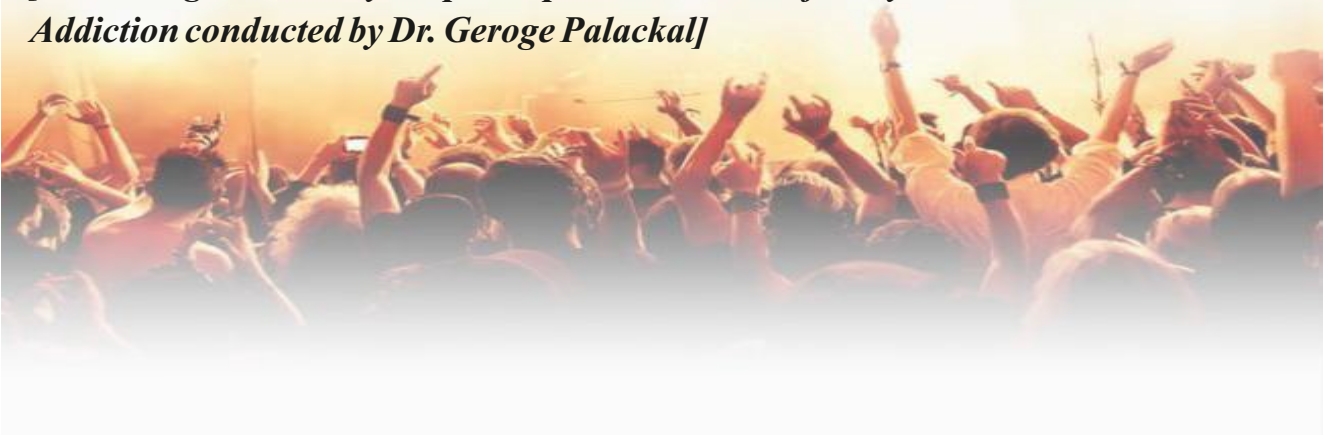


Pledge of Responsible Mobile Phone Use



I am a digital citizen. All digital citizens are my brothers and sisters. I shall be a responsible digital citizen and treat everyone online with respect and courtesy. I shall always follow digital laws. I shall only use smartphone to enhance my productivity and abstain from becoming a slave to it. I shall practice digital health and wellness and balance the time I spend online with my study, social activities, recreation, and sleep.

[This Pledge is taken by the participants at the end of every seminar on Mobile Phone Addiction conducted by Dr. Geroge Palackal]





Quiz: Are You Overusing Your Smartphone?

This is a self-assessment for you to check if you are overusing/addicted to Smartphone. For each question, rate yourself on a scale from 1 to 5:

1 = Never **2 = Rarely** **3 = Sometimes**
4 = Often **5 = Always**

S.No	Item	Rating
1	I find myself reaching for my smartphone as soon as I wake up.	
2	I feel anxious, restless, or irritable when I am unable to check my smartphone.	
3	I spend more time on my smartphone than interacting face-to-face with friends or family.	
4	I frequently lose track of time when using my smartphone.	
5	I check my phone while eating, even when I'm with others.	
6	I use my smartphone late into the night, affecting my sleep schedule.	
7	I feel the need to immediately respond to every notification, message, or call.	
8	I use my smartphone to escape from stress, boredom, or negative emotions.	
9	I find it challenging to stay focused on tasks because I keep checking my smartphone.	
10	I have tried to cut down on my smartphone use but have been unsuccessful.	
11	I feel guilty or worried about the amount of time I spend on my smartphone.	
12	My smartphone use has affected my academic performance, work, or personal relationships.	
Total Points		

Scoring:

- 1 to 20 points: Minimal Use** - You have a balanced relationship with your smartphone. Keep up the good habits!
- 21 to 35 points: Moderate Use** - You use your smartphone frequently, but it's still manageable. Be mindful of your screen time and try to set limits.
- 36 to 50 points: High Use** - Your smartphone use may be excessive. Consider adopting healthier habits and cutting back on screen time.
- 51 to 60 points: Problematic Use** - Your smartphone use is likely impacting your daily life. It may be time to take serious steps towards reducing usage and exploring offline activities.

Tips for Reducing Excessive Smartphone Use:

- Set specific times for checking your phone and stick to them.
- Create tech-free zones, such as the dining table and bedroom.
- Practice mindfulness and engage in activities that don't involve screens, like reading, exercising, or spending time outdoors.
- Use apps that track screen time to become aware of your usage patterns.
- Consider implementing digital detoxes, where you consciously avoid using your phone for a set period.

**“Technology is a tool,
not a lifestyle”**



Students attend seminar on mobile phone addiction

