Chapter 3

THE EFFECT OF SMARTPHONE ADDICTION ON LONELINESS IN ADOLESCENTS

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INTRODUCTION

Parallel to the changing world order and globalization, the emphasis on communication technology tools increases gradually and becomes an inseparable part of our lives (Kayabaş, 2013; Yıldırım, 2018). Phones, which became one of the important tools of communication technology together with the developing technology, are especially used by teenagers frequently (Kayabaş, 2013). Used only for talking and texting in the beginning, phones, later on, started to have an important role in our lives by gaining a wider dimension day by day. Along with the development of smartphone, social media applications like Instagram, WhatsApp, Twitter and Facebook made people's lives easier with features such as camera record, video chat, video record, navigation, snap, shopping, and following news (Ayas and Horzum, 2013; Alfawareh and Jusoh, 2014). With the advancement in 4.5G technology, people's quick access to information made the smartphones with access of internet an integral part of our daily life nowadays (Ünal, 2015; Yıldırım, 2018).

Besides making people's lives easier, smartphones brought many problems along. Excessive use of smartphone gives rise to negative outcomes in social, psychological and physiological aspects (Choi et al., 2012). The phones constantly kept by, become a habit after a while and these habits lead to addiction (Wood and Neal, 2007). "Addiction can be defined as the damage of a substance or activity on individuals' mental and physical health or social life, the repeated involvement in spite of the harm been exposed, and an irrepressible urge for the repetition of the involvement with the substance or activity" (Griffiths, 2003; Ünal, 2015). When it is addiction, we should keep in mind that, besides cigarettes, alcohol or similar addictions, there are also behavioural addictions without the use of a chemical substance. Addiction can be analysed in two basic levels as substance and behavioural addiction.

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