
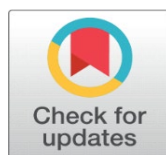
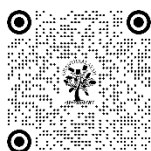


ROLE OF MINDFULNESS IN MENTAL HEALTH AND OVERUSES OF SMARTPHONE AMONG ADULTS

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ABSTRACT

Overuse of Smartphone can lead to obsessive behavior and exacerbate mental health problems such as depression, anxiety, and stress. Mental health encompasses cognitive, behavioral, and emotional well-being. It has an impact on how we feel, think, and behave. It also determines how we handle stress, connect with others, and make decisions. Many people who suffer from mental health illnesses have many conditions. Mindfulness therapy alleviates mental health issues such as depression, anxiety, and stress. Mindfulness-based therapies are increasingly being utilized to treat psychological problems, and they have been demonstrated to be beneficial in treating depression and preventing relapse. The current study examined relevant literature to better understand the role of mindfulness in dealing with Smartphone misuse, depression, anxiety and stress. Finally, mindfulness intervention may assist to prevent mental health difficulties and Smartphone overuse among adults.

Keywords: Mindfulness, Smartphone, Mental-Health and Adults

1. BACKGROUND

Since we live in a challenging environment, it is essential to protect both physical and mental health in order to combat the negative effects of competition, such as depression, anxiety and stress. Internal and external pressures, interpersonal interactions, personality traits throughout early years of education, psychological needs, occupational obstacles, conflict, natural disasters, and more are all threats to human well-being. There is no way for a man to escape these stressors. The man must be taught to adapt to them since there is no other choice.

Smartphone are now considered a necessity in people's lives rather than cutting-edge communication devices. For people who use Smartphone, their phone is the last thing they glance at before going to sleep and the first thing they look

at in the morning. The risk of depression, anxiety, and stress may be increased by excessive Smartphone usage. For Smartphone users, excessive usage and repetitive checking of missed calls or texts can lead to compulsive use of the device or even mobile phone addiction. But a lot of people don't know that Smartphone addiction is a real problem that can negatively impact a person's thoughts, actions, habits, emotions, and overall well-being. Overdependence on Smartphone may result in compulsive usage and can increase mental health issues like depression, anxiety, and stress. Mental health refers to cognitive, behavioral, and emotional well-being. It influences our feelings, thoughts, and behaviors. It also influences how we respond to stress, interact with people, and make decisions. Many individuals who suffer from mental health disorders concurrently experience many conditions.

A mindfulness therapy reduces mental health conditions like depression, anxiety and stress. Mindfulness-based interventions have more and more been used for the treatment of psychological disorders and are shown to be effective within the treatment of depression and relapse hindrance. Mindfulness is thought to have started some 2500 years ago in ancient eastern and Buddhist philosophy. The concept of mindfulness was brought to the western world by Jon Kabat-Zinn. He offers a 20-30minute mindfulness therapy to help you tap into your ability for being in touch with your feelings and being awake and aware with no agenda other than to be awake and aware. Mindfulness is the awareness that develops from paying attention on purpose, in the present moment, and without judgment, earlier researches have demonstrated that mindfulness therapy is a powerful strategy for lowering depression, anxiety, and stress.

Previous studies have demonstrated the effectiveness of mindfulness therapy in lowering stress, anxiety, and depression. A potent therapeutic tool for managing stress, anxiety, and depression is mindfulness therapy. According to earlier studies, practicing mindfulness regularly has a significant positive impact on both our mental and physical health.

Prior studies have demonstrated that mindfulness therapy can even assist us in lowering our likelihood of experiencing psychological health issues. Studies on mindfulness therapy show that it lowers sympathetic nervous system activation. Relaxation psychological ideas focus on our thinking and actions. The cognitive approach to relaxing recognizes that emotions are a result of how we perceive an event to have occurred. Based on prior research and the requirement for using efficient interventions to lower the degree of depression, anxiety, and stress in adults addicted to Smartphone, the efficacy of mindfulness therapy alone has been identified. The present study reviewed relevant literature to understand the utility of mindfulness in dealing with overuse of Smartphone, depression, anxiety and stress.

2. INTRODUCTION

Smartphone addiction has become a growing concern due to the explosive growth in Smartphone use and the abundance of functions these devices offer (Kwon, Kim, et al., 2013). However, there are certain distinctions as well, such as cell phones' portability, real-time Internet access, and simple and direct communication features (Kwon, Lee, et al., 2013). Behavior addictions, such as Smartphone addiction, are typically challenging to identify since they are influenced by social and psychological as well as physical elements (Lee et al., 2014). There are no official diagnostic standards for Smartphone addiction. However, based on how Internet addiction is defined, Smartphone addiction is the excessive usage of cell phones to the point where it interferes with users' daily life. According to research by (Roberts et al., 2014), college students use their phones for about nine hours every day. According to the experts, as cell phone capabilities increases, it seems impossible to escape becoming addicted to this almost inevitable piece of technology. In a 2012 study carried out in South Korea, it was found that Smartphone addiction was more common (8.4%) than internet addiction (7.7%). The same survey found that Smartphone addiction affects 10.4% of those in their 20s and 10.4% of people in their 10s (South Korea National Information Society Agency, 2011). Adults frequently have different schedules than teenagers, and they have the freedom to choose how they want to use electronic media without being constrained by their parents (Fossum et al., 2014). Young individuals, such as college students, may use Smartphone and other electronic media devices more frequently as a result of these circumstances. Overusing Smartphone can result in physical health issues including blurry vision and pain in the neck or wrists (Kwon, Lee, et al., 2013). Additionally, excessive Smartphone use may result in some behavioral or mental health issues. It may result in unhelpful behavioral issues, disruptions at work or school, a decrease in social connection in real life, and interpersonal problems (Kuss & Griffiths, 2011)

There are Problematic Smartphone uses with different kinds of psychopathology. There are unit positive correlations between Smartphone use and stress, positive correlation statistics between Smartphone use and anxiety (Elhai et al., 2017), and correlation statistics between Smartphone use and sleep quality. This relationship ought to be

taken seriously since the newest knowledge from the globe Health Organization (WHO, 2017) show depression is the leading reason for incapacity and ill-health within the world poignant quite three hundred million folks globally, tending to become a serious contributor to wellness burden worldwide by 2030(Stanković et al., 2021).The risk of anxiety and depression may be increased by excessive Smartphone use combined with a negative outlook, sensation of anxiousness, and dependence on technology (Rosen et al., 2013; Thomée et al., 2011). (Gutiérrez et al., 2016) found that sleep deficit, depression, anxiety, and stress had all been correlated with problematic cell phone use. Nevertheless, it had been over that excessive Smartphone use had a negative psychological impact. Another empiric study reports that sleep quality might result in depression. Li et al. (2016) did a prospective cohort and projected that sleep quality and risk of depression square measure associate(Shoukat, 2019).Due to its accessibility and informational value, Smartphone are a tempting gadget for users to use. Previous research suggested that there is a correlation between depression and excessive texting, social networking, gaming, viewing video clips, emailing, and listening to music, which can all be accessed via a Smartphone. These results showed that there is a significant increase in Smartphone excessive and obsessive usage and an increase in users' stress. The increased "techno stress" among Smartphone users and obsessive usage is positively correlated with anxiety in social communication, locus of control, materialism, and a need for communication and touch(Lee et al., 2014).

This study aimed to compare the effect of mindfulness therapy on depression, anxiety and stress of Smartphone addicted male versus female adults. Assuming that our fast-paced world won't naturally de-stress, finding reasonably simple and inexpensive techniques that enable people to experience deep relaxation is crucial for maintaining health and, ultimately, for the care of the people in our society. Adults who are addicted to Smartphone and suffer from depression, anxiety, and stress, require some form of relaxation to assist them overcome their Smartphone addiction and minimize their depression, anxiety, and stress problems.

3. REVIEW OF LITERATURE

Sangam et. al. (2015) studied the relationship between Smartphone addiction with anxiety and depression among undergraduate students in Malaysia, to identify the relationship between Smartphone addiction with anxiety and depression in September 2016, local university in Malaysia with undergraduate students. Data were gathered using the Beck Depression Inventory (BDI-M), Beck Anxiety Inventory (BAI-M), and Smartphone Addiction Scale (SAS-M). IBM SPSS software version 21.0 was used to analyze the data. The study's conclusions demonstrated that Malaysian university students experienced anxiety and despair as well as a propensity to develop a Smartphone addiction.

Chen et al.(2015) studied the effect of body-mind relaxation meditation induction on major depressive disorder: A resting-state fMRI study and their research looks at the impact of body-mind relaxation meditation induction (BMRMI) on depressive patients' brain activity as well as potential mechanisms of action for this sophisticated intervention. They created two groups: one with MDDs (21) and the other with healthy controls (24). Their results are consistent with the theory that body-mind relaxation meditation induction may control prefrontal cortex activity, which may have the potential to assist patients in developing reappraisal techniques that can alter brain activity in a variety of emotion-processing systems. Their research also indicates that following the body-mind relaxation induction, the Hamilton Rating Scales for Depression (HDRS) were not assessed.

Kwon and Paek (2016) studied the influence of Smartphone addiction on depression and communication competence among college students, to investigate the relationships among depression, communication competence and level of Smartphone addiction and to identify factors related to Smartphone addiction of college students by using Smartphone addiction was evaluated using instrument developed from National Information Society Agency (NISA) and found that People with Smartphone addiction may encounter difficulties with interpersonal adjustments and experience greater difficult with face-to-face communication. This study is limited about the relationship of Smartphone addiction with social-environmental factors and psychological factors are still under debate and it requires a further research.

Thomée (2018) studied the mobile phone use and mental health, a review of the research that takes a psychological perspective on exposure, their purpose was to carry out a review of observational studies that consider links between mobile phone use and mental health from a psychological or behavioral perspective using PubMed and PsycINFO participants were mainly recruited through advertisements, postings on websites and resulted to associations between mobile phone use and adverse mental health outcomes are found in studies that take a psychological or behavioral perspective on the exposure.

Alhassan et al., (2018) studied the relationship between addiction to Smartphone usage and depression among adults, and their study investigated the prevalence and factors associated with Smartphone addiction and depression among a Middle Eastern population by using a web-based questionnaire distributed via social media and found that there is positive correlation between Smartphone addiction and depression is alarming. It's advisable to use Smartphone in moderation, particularly for younger folks and less educated users who may be more susceptible to depression.

Loades et al (2020) studied the impact of social isolation and loneliness on the mental health of adults, they aimed to establish what is known about how loneliness and disease containment measures impact on the mental health adults by using MEDLINE, PSYCHINFO, and Web of Science and found that adult are probably more likely to experience high rates of depression and most likely worry both during and after the period of enforced solitude. As long as forced seclusion persists, this might get worse. Clinical services should be ready for an increase in mental health issues and provide early intervention and preventative assistance when feasible.

Li et al. (2021) studied the Loneliness and problematic mobile phone use the roles of escape motivation and self-control, and their objective was to see the relationship between loneliness and problematic mobile phone use considering the effects of escape motivation and self-control by using cluster sampling, a series of self-reported questionnaires were distributed and found that loneliness was positively associated with escape motivation and problematic mobile phone use.

Limone and Toto (2021) studied psychological and emotional effects of digital technology on children, and their objective was the effect of digital technology on children in a pandemic, psychological and emotional effects of COVID, and neurological effects of lockdown and found that increased technological usage during the pandemic has its positive and negative impacts, depending on the usage. While Smartphone can help people avoid loneliness during lockdowns, they can also lead to major mental health problems like anxiety, sadness, anger at night, and cognitive decline. It is advised that parents encourage their kids to play imaginative and beneficial games in their homes.

Wacks and Weinstein, (2021) studied the excessive Smartphone use is associated with health problems in adolescents and young adults, to review the existing evidence on the effects of excessive Smartphone use on physical and mental health. A PubMed Central and Web of Science search engines have been used for research and found that excessive Smartphone use is associated with difficulties in cognitive-emotion regulation, impulsivity, reduced cognitive function, social media addiction, shyness, and low self-esteem. Medical issues include restless nights, decreased physical fitness, poor eating patterns, discomfort and headaches, impaired cognitive function, and alterations in the grey matter volume of the brain.

Sohn et.al. (2021) studied the association between Smartphone addiction and sleep: A UK cross-sectional study of young adults, to investigate the relationship between Smartphone addiction and sleep quality in a young adult population by using a large UK cross-sectional observational study and found that Smartphone addiction was associated with poor sleep, independent of duration of usage, indicating that length of time must not be employed as a stand-in for inappropriate use.

4. CONCLUSION

The current study intended to find the role of mindfulness in overcoming anxiety, stress, depression and overuse of Smartphone among adults. A relevant review of literature says that techniques and relaxation methods informed by mindfulness can be applied to benefit people with learning difficulties as effective tools (Jones & Finch, 2020). Another study by Stratton et al., (2022) found that mindfulness significantly attenuated the link between PSU and anxiety and stress, but not depression, for people with high levels of mindfulness. A study by Finucane and Mercer (2006) pointed to a potential role for mindfulness-based cognitive therapy in the treatment of active anxiety and depression in primary care. Another study by Alessandro et al, (2022) looked into how students felt about a mindfulness program that was implemented in the classroom. The current study's findings indicate that the pupils did not always like and like the activities. According to how students felt about the mindfulness exercises, it is advised that mindfulness programs for kids strike a balance between fun and educational activities. The program's instructional components enable individuals to adapt to program delivery and motivate learners to develop a mindful-way of life outside of the classroom. In conclusion it may be said that mindfulness intervention may help to reduce the level of anxiety, stress, depression and overuse of Smartphone among adults.

CONFLICT OF INTERESTS

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