

# How do Phones subconsciously affect your life?

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Today your smartphone is probably the most important item you own. Face it. As you know, your phone probably contains all your life. You probably have social media accounts or contacts where you can chat with your friends. While some people can control the time they spend on their phones, others cannot. This, believe it or not, is done on purpose by phone companies.

Let me explain. As you know when you are scrolling through Tik Tok, each video that pops up is made just for you. For example, if you tell yourself that you want to only spend three hours on Tik Tok, then the Tik Tok app will try to rope you in with content that they know you enjoy making young people have a hard time to stop looking at their screens. These apps make you feel calm and make you feel like you are having a lot of fun which is why you may have a hard time getting off your screen.

While you may think that this does not affect you, this may affect your relationship with your family members as you may seclude yourself rather than spending time with your friends and family. This is not the only problem that your phone may cause. Imagine if you had your phone on your desk, in the middle of class and it vibrates. You will have this sudden urge to check what is on there and you will most probably take a sneak peak. While you may not think much about this at the time, if you think about this you cannot control them. They would win money if they stayed on their phones for two days straight. After two days of staying on their phones for a long time, the group had stopped communicating and had suddenly grown apart because of the time they spent on their phone. Another reason that phones might be affecting your relationship is that many people who use their phones or laptops too much get overly dependent on them.

A study from Cambridge University showed that if a couple uses their phone for too long they start thinking about the doubts in their relationship and they feel less satisfied about how their relationship is going because of the other couples who seem to be perfect on their smartphones. Now how can this affect your family situation? Well if everyone or one person spends a bunch of time on their phone and becomes secluded to the rest of the family, this may affect the whole atmosphere in the house as everyone will want to just be left alone.

How does Tik tok affect a teenage brain?

Inside the brain there are many different pathways. The one specific pathway that is most important for these apps is the reward pathway. This pathway is responsible for all our feelings. Like motivation and sadness or pleasure. One specific region of the reward pathway is called nucleus accumbens. This part of the pathway is the most important for teenagers. When you feel happy or an emotion the feeling goes through the pathway and lights up the nucleus accumbens. As teenagers are growing and experiencing puberty, social media acts as a safe haven because the videos or likes they get lights up their nucleus abacus. During puberty, this reward pathway tends to develop much earlier than the part of the brain that is responsible for making rational and informed decisions. This often leads to the reward pathway having a huge role in the decision-making process of teenagers, leaving them tempted and motivated by pleasure instead of rational thoughts. The teenagers would do something that is dangerous but will bring them joy because the nucleus accumbens is much more developed than the part of the brain that shows if this action is safe.

Sources

<https://ourteenbrains.org/blogs/the-effect-of-social-media-on-the-teenage-brain/>