

3年G組 三浦萌恵 “How to Live with your Smartphone”

How long do you use your smartphone every day?

After I started to use a smartphone, I used it longer than my old phone.

When I got my smartphone, my parents warned me not to use it too much, but I couldn't understand why they said so.

However, I noticed that a smartphone has a bad effect on my daily life.

Time for studying and sleeping gets shorter and shorter.

What is the problem with smartphones?

A lot of heavy smartphone users are suffering from “Smartphone Addiction Disorders.”

Communication device technology has been developed dramatically over the past few decades.

Some people think that you can communicate and build relationships only through smartphones.

However, you should talk face to face.

You can check facial expressions, voice tones and body languages.

This will make communications better.

You cannot express or understand real feelings enough by sending e-mails.

How can you escape from “Smartphone Addiction Disorder”?

I believe you should use smartphones properly and talk face to face more.

Having smartphones is not a bad thing.

However, it is very important to think about the way of using them.

We should be careful not to be controlled by our smartphones.