

Should App Developers Be Blamed for Our Bad Smartphone Habits?

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OUR BAD SMARTPHONE HABITS

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Mobile applications contribute significantly more to smartphone addiction than people realize. These applications, which are also referred to as “apps,” are designed by software developers, who determine the pattern regarding the interaction between the user and the application. In the process of helping the user execute various tasks, applications may demand their attention (Pearson & Hussain, 2017). It is clear that applications have multiple adverse consequences for intensive users. For instance, the use of smartphones is linked to increased cases of addiction, a phenomenon that has damaging implications for the well-being of their users. It is convincing to argue that mobile phone developers are responsible for causing addiction among smartphone users. According to Beckhusen (2016), the increased use of social networking applications escalates the risks of developing an addiction. A large proportion of people use these applications to convey information or maintain contact with friends. The developers of these applications equip them with technologies that keep users engaged in phenomena taking place in the online world. In addition, the developers of these applications exploit various technologies to improve their efficiency by providing users with alerts. Notably, “Every notification, whether it’s a text message, a “like” on Instagram, or a Facebook notification, has the potential to be a positive social stimulus and dopamine influx” (Haynes, 2018). Despite the fact that the behaviors of users themselves account for some of the causes of addiction, mobile phone developers bear the most responsibility for the issue because they develop their products in a way that they constantly prompt or notify the users of updates on their social networking websites. Hence, application developers should consider revising their approach to application notifications among other facets related to user-application interactions.

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