



Symptoms of Social Phobia in Adolescents due to excessive use of Smartphones

Guilherme Francisco Scroccaro

Elaine Fernanda Dornelas de Souza

ABSTRACT

In recent times, society has enjoyed undeniable advantages from technological advancements. Smartphones, as one of these advances, offer a wide range of possibilities of use, without temporal or geographical limitations. The results show that smartphone use influences daily life behaviors related to social phobia, especially in female adolescents.

Keywords: Smartphone, Sedentary behavior, Motor Activity, Sleep, Adolescent Health, Academic Performance.

1 INTRODUCTION

In recent times, society has enjoyed undeniable advantages from technological advancements. Smartphones, as one of these advances, offer a wide range of possibilities of use, without temporal or geographical limitations. However, the increasing use and access to these devices should still be monitored, as they can have detrimental effects on health.

2 OBJECTIVE

To analyze whether smartphone use is associated with behaviors related to sedentary behavior and social phobia.

3 METHOD

A total of 1739 students from 6th to 9th grade from public schools in the city of Presidente Prudente – São Paulo participated in the study. The study employed the use of the Adolescent Smartphone Influence Scale (SISA) to analyze the influence of the smartphone on the behavior of these young people. In addition, the Social Phobia Inventory was used to assess social phobia and the socioeconomic questionnaire of the Brazilian Association of Research Companies were used to understand the sociodemographic level. Descriptive measures and odds ratios were performed.

4 RESULTS

The participants are characterized by their low socioeconomic profile. Older students were more influenced by smartphone use, longer sedentary behavior, and more emotional symptoms. Female



participants are more influenced by smartphone use, being less physically active and more prone to symptoms of social phobia.

5 CONCLUSION

The results show that smartphone use influences daily life behaviors related to social phobia, especially in female adolescents.