Smartphones will make us lonely

Technology has made the world more "connected" than ever before.You can find answers to questions very fast on the internet and you can always see what your friends are doing.You are able to communicate over long distances and there is always something new to discover. But especially that makes us lonely. Some people moight not even notice how lonely they are.

According to the website Statista, there were about 3.3 billion smartphone users in 2020. This is about 45% of the human population in Germany. Most of them are connected through social media platforms like Facebook. But often you don't even know your so-called "friends" there. Because of that it is easy to write with them or to share your "personal" life. But it is also very easy to be someone else in front of them. You are able to write things that you would never write to someone you know and you can post pictures of your life which do not show the truth. For example when you are sad and need friends to talk to it often doesn't get recognized and you can just pretend to be happy on the internet while you're not. The result is that you will try more and more to hide your emotions which is not good for your mental health.

Secondly, research shows that smartphone addiction can cause loneliness and depression because there is no one who will talk to you and listen to your problems. Actually, there are a lot of teenagers who use the internet to escape from their problems and their reality. Maybe you might think that this is not very bad because only a few people are addicted, but this is wrong! The amount of daily screentime has grown to 11 hours a day, according to Psychology Today. This is about 9.45 hours more than four years ago. So I am concerned that there are way more people addicted to their smartphones than we might think. They have very little to no social interactions at all and only live in their online world. Especially teenagers have such an addiction because they want to fit into society and to escape their problems. Being a fake person while talking to fake people might not seem like a problem at first, but when it comes to their real life, these people are left alone. Just like Sherry Turkle once said :"We will fill our days with ongoing connection, denying ourselves time to think and dream "

All things considered, there is a high chance of becoming lonely because of our smartphones whether you want it or not. There are many reasons for that to happen. Maybe you just want to fit in, to escape your problems, to have the feeling of being loved (a lot of people do not feel loved and accepted as they are), to get attention or just out of boredom. To prevent that we should find a way not to use our smaprtphones that often. There are a lot of possibilities what you can do instead to meet your needs. The easiest way is to spend time with your family and your "real" friends. That way you will have someone to talk to or to pass your time with. And let's

be honest: it is way more comfortable to talk to someone in real life than on the internet. That way you can see their facial expressions and you can be sure that this person really wants to help you. Otherwise they would not spend time with you and listen to your stories. Life is not only about what happens on the internet, but especially about what happens in reality.