

# Modern addictions & obsessions!

The average are addicted to leisure. The exceptional are obsessed with learning. I do hope all my students belong to the latter group.

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## What are kids and teens obsessed with nowadays?

### Kids and teens- Uxía Paz.

General speaking, I think that kids and teens tend to be obsessed with their mobile phones. It drives me up the wall when their parents buy mobile phones for their children. They are crazy. Using the telephone at such an early age can be dangerous in the long run!

### Sample text - Teacher

We cannot fail to consider these days our kids and teens are becoming more and more addicted to tablets, mobile devices and the like. Unfortunately, it's commonplace to find 2 or 3 year old kids overusing such devices on a daily basis with their parents consent. I do believe this will result in lots of problems in the long run.

## To what extent are you addicted to your smartphone?

### Smartphone addiction- Uxía Paz.

In my opinion, I consider that I'm addicted to my smartphone. I can spend the whole day looking at it! I do consider this behaviour to be inappropriate since it's bad for mental health, but I simply can't help it. Now, I am trying to use my mobile phone a bit less. I must confess, it's not an easy task though.

### Smartphone Addiction Raúl Mengibar.

I'm very proud to say that this addiction has not affected me so far.

Personally, I prefer face to face communication, like social meetings, to using electronic devices.

In a nutshell, I could manage quite well using my smartphone as little as possible.

### Smartphone addiction-Almudena

To be honest, I think that I'm a bit addicted because when I'm bored I take my mobile phone. Although nowadays it's commonplace to do this, I think it's the height of bad manners using it when you meet people. So when I'm with friends, I prefer speaking to them rather than using the mobile phone.

## If you went on a digital detox, what would you miss the most? How would you feel?

### Digital detox-Almudena

If I went on a digital detox, I would miss speaking to my friends or family. It gets on my nerves when I can't speak to them. I'd be furious if I couldn't do it.

## Have you even been without the internet or phone coverage recently? Why? Did you miss it?

### Internet- Uxía Paz.

Well, I have been without internet connection yesterday for example. It hardly ever happens, truth be told, but when it does, I simply can't put up with it. You see, I need it to do my homework, to study as well as to do a thousand of other important things. I must admit I can't live without it. I know we usually take phone coverage or internet for granted, but this is the world I grew up in, me being a digital native don't know how to enjoy myself doing other things. I hope this won't happen again.

### Phone coverage-Almudena

I have been without phone coverage one month ago. It didn't get on my nerves because I didn't realize it at that moment. I was with my family on holiday at the time. And I guess the reason I didn't miss it was because I didn't actually need it.

**What are you addicted to? Have  
you ever tried to quit it? If so,  
how was it?**

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