

Over a period of time, technological advancement has given us new addiction disorders. Last two decades were known for computer addiction disorder and internet addiction disorders. Smartphone has intruded in our daily life so much that without which we cannot survive. Many of today generation smartphones are equipped with jki j" tguqnwvkqp"ec o gtc." yg"ecm"kv"δugnŁgδ"ec o gtc" Vjqwi j" rgqrng" were fond of taking photographs of their own and others since o cp{ " fgecfgu." ykvj" ugnŁg"ec o gtc"kv" jcu"ngcf"vq" cp"gzvtg o g"ghhgeV" It is coupled ykvj" rquvki" vjg" ugnŁg" rjqvqi tcrju" \*ugnŁg+" qp" uqekcn" networking sites. Further they are waiting for comments of friends cpf"qvjgtu"Vjku" jcu"ngcf"vq"ejckp"qh"tgcevkqpu"ngcfkpi"vq" c"eq o ringz" cf fkevkqp" fkuqftgt" yjkej" yg" o c{ " gcukn{ " ecnn" cu" UgnŁg" cf fkevkqp" fkuqftgt" Qzhqt" Gp i nku" Fkevkqpc{ " jcf" fguetkdgf" δUgnŁgδ" cu" yqt" qh"vjg" {gct"kp"4235\* Ycf g."4236+0

Hktuv" cpf" hqtg o quv" swgukqp" ku" δf qgu" kv" Łv" kp" vjg" etkvtkc" qh" cf fkevkqpδ" Vjg" cpu ygt" ku" {gu" cu" ygnn" cu" pq" [ gu" dgecwug" kv" ngcfu" vq"ejckp"qh"tgcevkqpu"cu" fguetkdgf"cdqxs" yjkej" encuukecnn{ " Łvu"kp"vjg" etkvtkc"qh"cf fkevkqp" Vjg"cpu ygt"ku"pq"cu"vjgtg"ku"pq"rtqrgrt"fgŁpkvkqp!" fki pqvke"etkvtkc"qh"vjku"cf fkevkqp" Cnuq" yg" fq"pqv" jcxg"cp{ " FUO" etkvtkc" hqt"vjg"uc o g" Y jcv"vjg"nkvgtcvwtg"ugcte j"uc{ uA" Qp"ugcte jkpi" Rwd o g f" \*Pcvkqpcn" Nkdtct{ " qh" Og fkekp g" Fcvdcug+. "kv" ujqygf" qpn{ "7" ctvkengu" wukpi" vjg" yqt" δugnŁgδ" Pqpg" qh" vjg o " ygtg" tgnvcgf" vq" vjku" kuuwg" Ugcte jkpi" Eqe jtcpg" Fcvdcug" cnuq" tguwnvgf" kp" pq" tngxcpv" uekpvkŁe"uwvf{ 0" Y jcv"kv" o gcpu"vq"wuA" Vjgtg"ctg"pq"uekpvkŁe"ctvkengu" qt"tgugcte j" fqp g"qp"vjku"kuuwg" Vjqwi j"ugcte j" wukpi" Iqq ing" Ugcte j" Gp i kpg" tguwnvu"kp" o kmmkp"qh" ygd"rc i gu"qp"vjku"kuuwg. ""Ecp" yg" uvknn"ecnn" kv"cu"cf fkevkqpA

UekpvkŁe"eq o wpkv{ "cnn"qxgt"vjg"yqtnf" jcu"vq"eq o g"vq i gvjgt"cpf" come to some kind of conclusion at the earliest. Almost all internet wugtu"qt"u o ctvr j qpg" r j qpg" wugtu" jcxg"ncpfgf" wr" hqt" c" ugnŁg" cv" uq o g"

rqlpv"qh"vk o g" Ctg" yg" i qkpi" vq"ecnn" cnn"qh"vjg o "cu"cf fkevgfA" Ecp" yg" jcxg"uq o g"mkpf"qh"nk o kv"etkvtkc" hqt"kvA" K" rtqrqug"cp{ vj kpi" o qtg"vjcp" 5/7" ugnŁg"kp" c" fc{ " o c{ " dg"eqpukfgtgf"cu" c"fkugcug"gxgp"kh"pqv" rquv g f" on social networking sites. If posting on social networking sites is eqpukfgtgf. "K" yknn" rtghgt"vq"tgfweg"vjg"pw o dgt"vq"gxgp"5" rgt" fc{ " qt" nguugt" Qp"vjg"dcuku"qh" c" o qwpv"qh"vk o g. "K" yknn" rtqrqug"vjcv" o qtg"vjcp"7" o kpwvgu" rgt" ugnŁg"qt" o qtg"vjcp"52" o kpwvgu" rgt" fc{ " o c{ " dg"eqpukfgtgf" cu" fkuvcug" Qp" vjg" dcuku" qh" gz rgevcvkqpu" qh" vjg" rgqrngu" eq o g p v."