Journal of Addiction Research & Therapy

Research Article Open Access

Potential Links between Smartphone Addiction and Green Spaces

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Smartphone addiction has become a prevalent issue in today's digital age, with significant implications for individuals' well-being and quality of life. Concurrently, the availability and accessibility of green spaces have been recognized as important for promoting mental health and overall well-being. This article explores the potential links between smartphone addiction and green spaces, aiming to shed light on how exposure to natural environments may influence smartphone addiction behaviors. Existing literature suggests that green spaces may serve as a protective factor against smartphone addiction by providing opportunities for relaxation, stress reduction, and increased social interactions in offline settings. Additionally, green spaces may promote a healthier balance between digital technology use and engagement with the natural environment. Understanding the potential connections between smartphone addiction and green spaces can inform strategies and interventions aimed at reducing smartphone addiction and promoting a healthier relationship with digital devices. Further research is needed to explore the mechanisms and underlying factors that contribute to the relationship between smartphone addiction and green

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05-June-2023, Manuscript No: jart-23-103161; 07-June-2023, PreQC No. jart-23-103161(PQ); 21-June-2023, QC No. jart-23-103161; 23-June-2023, Manuscript No. jart-23-103161(R); 30-June-2023, DOI: 10.4172/2155-6105.100543

Brook B, Santos T (2023) Potential Links between Smartphone Addiction and Green Spaces. J Addict Res Ther 14: 543.

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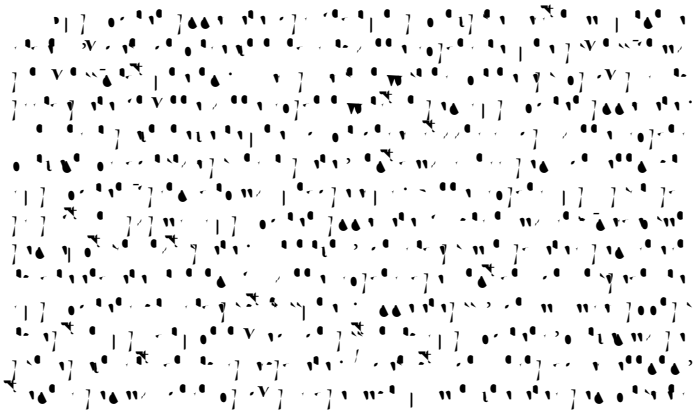
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