

Researchers Call for Digital Detox

VOCABULARY WORDS

1. glue /glō̄/ be paying very close attention to (something, especially a television or computer screen).
Example: Maria was glued to the television when the Olympics were on.
2. bully /'bōlē/ seek to harm, intimidate, or coerce (someone perceived as vulnerable).
Example: His first son has been constantly bullied at school.
3. catalyst /'kad(ə)ləst/ a person or thing that causes an event.
Example: Her speech about unfair labor treatment was a catalyst for the protest.
4. ample /'ampəl/ enough or more than enough; plentiful.
Example: I have ample time to rest.
5. absorb /əb'zôrb, əb'sôrb/ take up the attention of (someone); interest greatly.
Example: She was very much absorbed in the book that she was reading.



Digital devices are increasingly controlling over our lives these days. Many, if not most of us are addicted to them. New studies come out with frightening numbers about the dangers to our physical and mental health of being **glued** to our small screens. Children are not exercising; people are worrying about their body image because of online pressure from "perfect body" sites; and people are being **bullied** (or worse) by cyber-criminals.

In a study of 1,000 adults in Japan, researchers discovered that nearly 50 percent of the participants were dependent on their smartphones, but were unaware of their smartphone addiction. The study is one of many inspiring calls for "digital detox" to become part of our lives.

The practice of digital detox involves switching off from the Internet to enjoy something called "real life". This involves the forgotten custom of conversing with people face to face and "doing everyday stuff". The organization Digital Detox Japan said: "We want detox to be a

catalyst for people to rethink their distance from their devices...to set aside time to get **ample** rest."

People need to depend less on devices to avoid the new phenomenon of "nomophobia" – no mobile phobia. Psychologist Dr Kia-Rai Prewitt warned of the dangers of being too **absorbed** in smartphones. She wrote: "If you ignore responsibilities at home or work because of the amount of time you spend online, then consider a digital detox."

DISCUSSION

1. What did we do before we had digital devices?
2. Would it be easy for you to leave your phone alone for 24 hours?
3. Why is being glued to a smartphone not 'real life'?
4. Have digital devices affected your health?
5. How can we stop cyber-bullying?
6. What do you think of 'perfect body' websites?