

S6 Mock Examination

Addicted to smartphone, lost your own!

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Have you noticed that smartphones are always around your regular life? Of course, Hong Kong is an international city and technology develops expeditiously. However, do those smartphones only bring positive influence to us? Not really.

Recently, the problem of teenagers' addiction to their smartphones is stirring up a hot debate because of its increasing seriousness. Why do people think the situation is unacceptable? It is easy to know the answer. Just think of the situation in public transport like the MTR. Never can you find a person who does not play with his or her smartphone - no matter if you are in a restaurant, at a bus stop, even on the road. Smartphones have become a necessary part of teenager's daily life. That easily proves that teenagers' addiction to smartphones is really serious.

This serious situation brings about adverse effects to the young. Looking at a smartphone for a long time is putting teenagers' eyes in jeopardy. The monitor of smartphones are harmful for peoples' eyes if they watch it all the time. Worse still, some eye problems may appear. Besides, young peoples' regular life habit will also be negatively affected. For example, using smartphones for games and movies will use up teenagers' valuable time, which is meant to be for study or sport. Smartphones can even be an obstacle to their communication with families. Therefore, addiction to smartphones will bring a lot of negative effects.

To tackle the situation, I suggest two insulating measures which we could do. First, parents play an important role to change and improve the situation. Parents should educate their children proper ways to use their smartphones and alert them with the dangers of smartphone addiction. Also, parents should be the role model for their children, that is, they should not pay attention to their own smartphones all the time, so that their children will follow suit.

The second solution is about what teenagers can do. Teenagers should join more extra-curricular activities or voluntary work instead of spending time on their smartphones. This is a first step to help young people leaving their smartphones. Participating in more extra-curricular activities, teenagers will have less free time to play with their phones and they can go beyond the world of smartphones. In the long term, their overwhelming reliance on smartphones will be changed. Eventually, teenagers will not be addicted to their smartphones anymore.

Despite the attractions of games in smartphones, there are so many negative effects which is beyond our imagination. For the sake of our well-being, why don't we correct this wrong habit now?