

STRUCTURAL INTERFERENCES OF DEPRESSION AT „SMARTPHONE-FACE” ADOLESCENT

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Abstract: Structural interferences having as actors, the depression and the adolescent, can mark in time and space, evolution of the two parts. Being in the identity, searching and confusion role stage, the adolescent can find and already does it, the refuge in “zapping” era, smartphone being the unrelenting friend, the reference point and idol of his socialization.

The apparition and installation of Smartphone Syndrome triggers destruction that influences both physical and mental health of the teenager, so the “smartphone” already represents a consequence and a reference point.

Keywords: depression, teenager, technology.

Structural interferences having as actors, **the depression and the adolescent**, can mark in time and space the identity of the last one, from Malson (after Salvat H. – 1972): “Before meeting with his own-kind and his body, the human isn’t anything else but a sum of virtualities as impenetrable as a transparent steam. Any condensations involves an environment, that is, the world of others. Thus can be described as an act of recognizing the EGO.” So, starting from previous enumeration, we are structuring to see the elements that can characterize at a given moment and in a particular context the appearance of **depression**.

Depression, after:

- Sillamy N. (1996) – it is a more or less sustainable morbid state, characterized mainly by sadness and a decrease of tonus and energy;
- Larousse (1998) – it is a mental illness characterized by a profound alteration in the thermal state, the mood in the sense of sadness, of moral suffering and psychomotor slowdown (...), can sustain a patient painful impression of global helplessness, desperate fatality, culpability and self-deprecation.

Also, depression is not a drama in itself, but pulling the alarm for solving the drama, so that states like: disbelief, fear, anxiety, dread, frustration, denial, helplessness, sadness, failure, despair, disengagement and indifference certify the appearance of **structural interferences to teenagers**, where attitude and behavior can trigger destruction and even torture at some point on a particular background.

After Erikson E.N. (1959), adolescence (identity – role confusion) the stage coincides with that frenzied age but still cloudy when at the end of all bio-psychological storms he crosses over, wants to know whom he became; that’s why in this study, identity crisis and role confusion fascinates him so often.

In the same concept, Tudose T. (2003) from psycho-social point of view, adolescence is often surprised in terms of need to respond to two major tasks:

- transformation from a dependent person to an independent one;
- establishing an identity, questions like: who am I? what I do? whom do I report to? do I really exist? am I sad? am I angry? whom do I belong to? and the list may

continue, can become from rhetorical stage to one of own exploitation which the teenager can undertake, having as reference point:

- the gang/band
- friends
- virtual world

so that nonconformism, defiance, conflict and terribleness can trigger new destructive and dysfunctional identities, even if Athanasiu A. (1983) noticed that is a beautiful time, but ingrained by the conflicts it may arise as a result of the transformations of his personality.

In the same note, Păunescu-Podeanu A. (1969) emphasized that from the perspective of psychological characteristics, adolescence can give tasks to the doctor, family, society, being also the age of **possible slippage** to:

- indiscipline;
- behavioral errors;
- vices;
- excesses;
- reckless;
- challenges,

unwanted results being detected and quantified in short time from their triggering, even persisting.

This **time polarizes structural elements of depression with that pattern of teenager** who has found a friend more than hopeful, zapping in every second, finding it unreplaceable, indispensable, more important than water and air, having term of validity day and night, replacing hunger and thirst, because he wants to satisfy one of his Maslow's pyramid primary needs, namely **socialization**, all given by **smartphone**.

And so it appears as a consequence of:

- affective faults;
- maladjustment;
- psychological distress;
- pessimism;
- sad moods;
- self-depreciation;
- low self-esteem,

that **smartphone – the toy of modern life** (you don't have it, you don't exist), to capture almost the entire time of the teenager who is actually going to develop the **SmartPhone Syndrome (SPS)**, characterized by:

- sedentary life;
- isolation;
- incorrect body posture (swing position);
- repeated stress on the body due to excessive use of electronic devices with display,

so that we find the syndrome manifested, among others, by:

- cervical pain;
- kyphosis;
- respiratory distress;
- allergies;
- visual disturbances;
- digestive disorders;
- cardio-vascular disorders,

all of which ultimately lead to **“smartphone face”** of the adolescent.

It is more painful than **the iron mask** and is based on psychological stress due to the dependence on using smartphones, so the **face**:

- no longer receives heat and sunlight;
- is always bent, the “swing position” being very comfortable;
- it doesn’t hear anything around;
- it doesn’t see no one around;
- the arms have uncomfortable position due to “zapping”;
- the shoulders are fallen and brought forward;
- may be with other faces, but isolated;
- begins to catch earth color;
- lacks any form of joy, the eyes become tired and the expression of self-esteem is missing,

and from this **smartphone face** that the teenager can be really proud considering that he is accepted, included and meaningful (and the names can continue at some point) in the world of smartphones. So he doesn’t realize the negative influence of this modern lifestyle which affects his physical and psychological health, depression being very near squeezing with its tentacles, not letting him, identifying him as belonging to it because of his structures that correspond, sometimes without the right to appeal, by underestimating its value and not realizing the imminent and lasting danger.

At the base of our theoretical connotations, is highlighted as practical significance, the **testing of teenager market** regarding **their smartphone face**.

Thereby, was applied on a sample of 137 teenagers, set as a target group, the coded questionnaire being presented in the form:

Questionnaire

I would ask you to answer the following questions, starting from:

Age ___ Gender _____ Class _____ Home environment: urban ___ rural ___

1. Do you use your smartphone daily?

Yes ___ No ___ I don’t know ___ I don’t care _____

If **yes**, how much _____

If **no**, why _____

2. Your smartphone helps you to/at

3. Do you consider that this device is beneficial?

Yes ___ No ___ I don’t know ___ I don’t care _____

If **yes**, why _____

If **no**, why _____

4. Do you consider that the smartphone is harmful?

Yes ___ No ___ I don’t know ___ I don’t care _____

If **yes**, why _____

If **no**, why _____

5. Do you think you could miss it?

Yes ___ No ___ I don't know ___ I don't care _____

If **yes**, why _____

If **no**, why _____

6. What does the smartphone represent to you?

7. Could you socialize without smartphone?

Yes ___ No ___ I don't know ___ I don't care _____

If **yes**, how _____

If **no**, why _____

8. Have you ever had depression symptoms?

Yes ___ No ___ I don't know ___ I don't care _____

If **yes**, when _____

9. Do you think there is any connection between depression and smartphones?

Yes ___ No ___ I don't know ___ I don't care _____

If **yes**, which _____

10. Are you addicted to the smartphone?

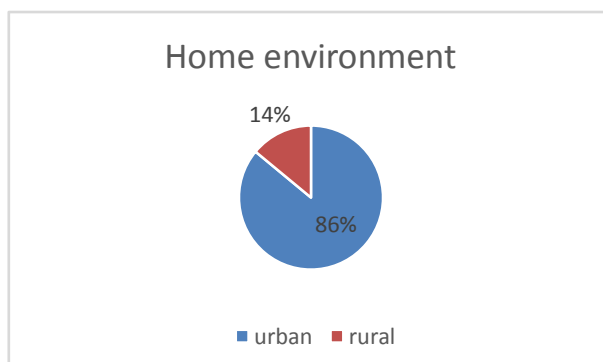
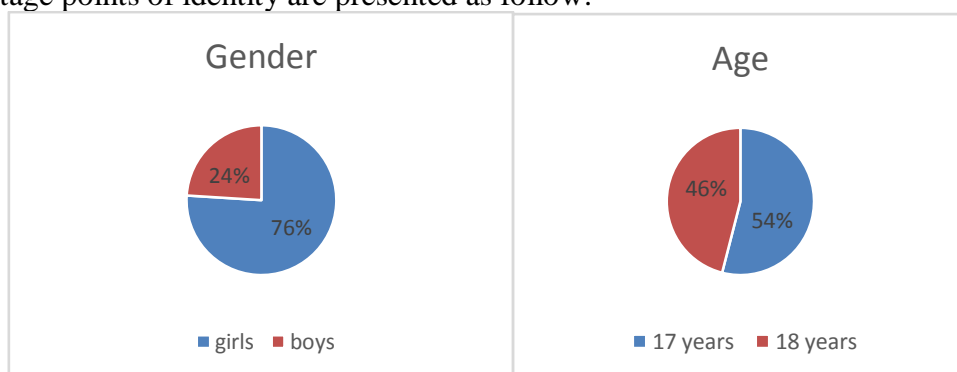
Yes ___ No ___ I don't know ___ I don't care _____

If **yes**, why _____

If **no**, why _____

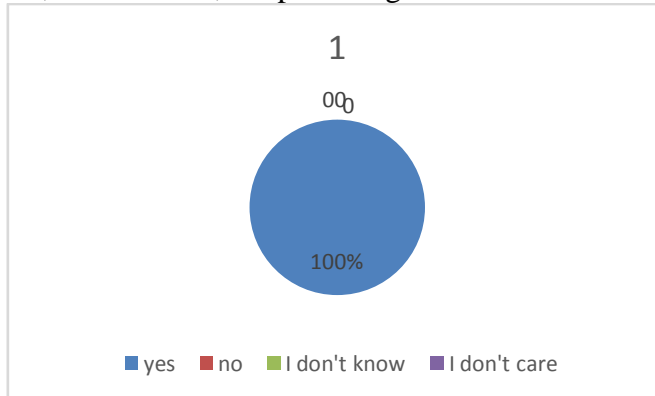
Thank you for your time!

From processing the data, it results that the 137 respondents belong to 11th and 12th grades of high school, of which, 76% are girls and 24% boys, aged between 17 – 56% and 18 years – 44%, coming from the urban areas – 86% and rural areas – 14%. Percentage points of identity are presented as follow:



As a specificity of the questionnaire, it is observed to be that of the intuitive motivation regarding each item, so that it can startle those structural interferences of **depression** which can occur at **smartphone-face** teenager.

So, at **first item**, the percentage was 100%.



as time-driven motivations, surprising remarks like:

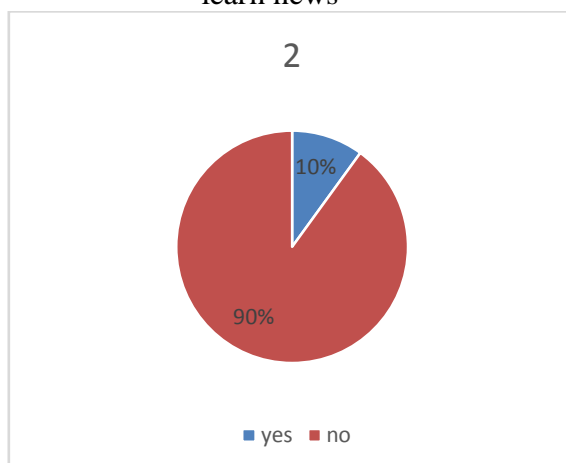
- how much I can;
- more than it is necessary;
- I don't have a time limit;
- until the battery runs low.

If the smartphone helps to/at something, 90% gave answers like:

- to be in the trend;
- to connect with the world;
- to know my friends;
- to know more;
- not to be stupid,

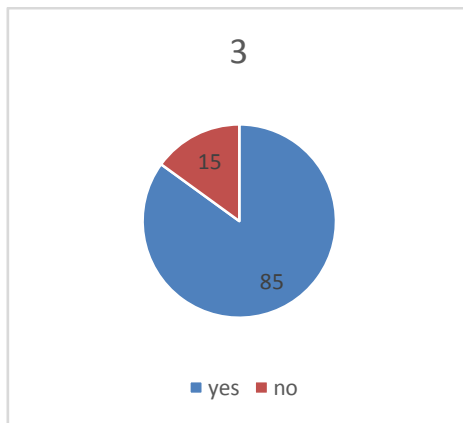
only 10% saying that it is:

- a working tool;
- good at lessons;
- learn news



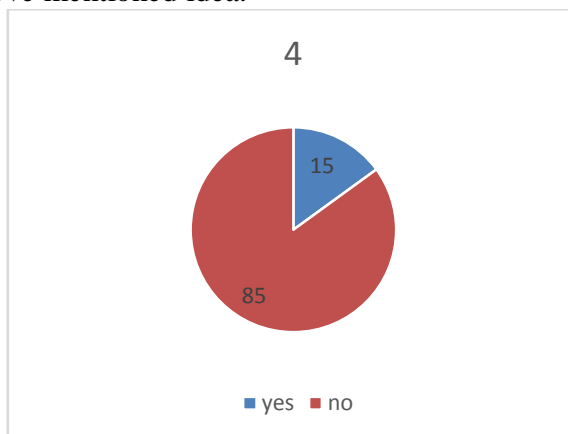
appearing the idea that it is already **smartphone, a necessary asset**.

At the question, **if the smartphone is beneficial**, 85% answered yes, and for 15%, this is not among the preferences.

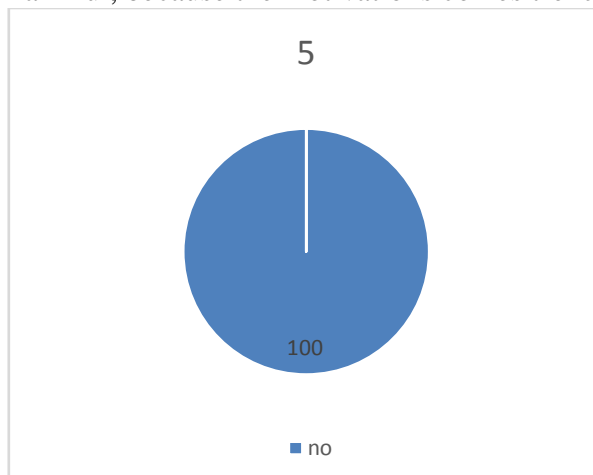


Some of the respondents had the same motivational reactions as in the previous item, considering that it is not always necessary to motivate the choice made, in the idea that the teenager manifests states that he doesn't consider they might interest someone and that, **his opinion, matters.**

In mirror, **question no. 4** where 15% will say **yes** and 85% **no**, which confirms the above mentioned idea.



If **he could miss it**, the answer is **no** – 100%, even for those who consider it harmful, because the motivations comes trenchantly: **is part of my skin.**



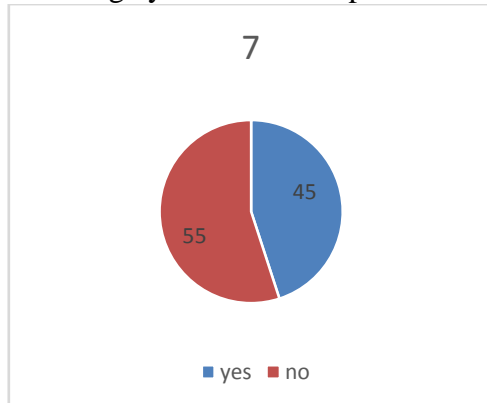
In the idea that **the smartphone can represent something for the adolescent**, the responses have been channeled mostly towards:

- life;
- fun;
- friends;
- everything;

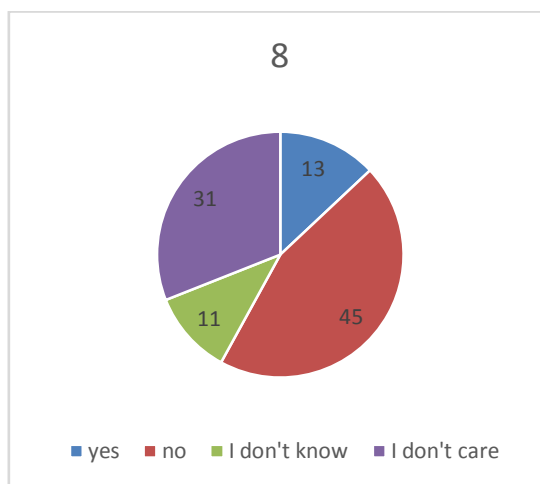
- a way to be;
- identity,

remembering us to some extent of the **key-to-the-neck generation**, or those of today, that have as base information era.

To the question of **being able to socialize without the smartphone**, opinions are divided and questionable, because 45% said yes, and the answers come mostly from those who are in **12th grade**, a sign that the maturity element is making (finally) place/presence, and 55% said no, which proves that for those in the **11th grade**, the plethora of friends and hits come first, and the philosophy that **this is the only way I can express myself**, can represent a genuine question mark for those who are interested in teenage years in its complex development, bio-psycho-social.



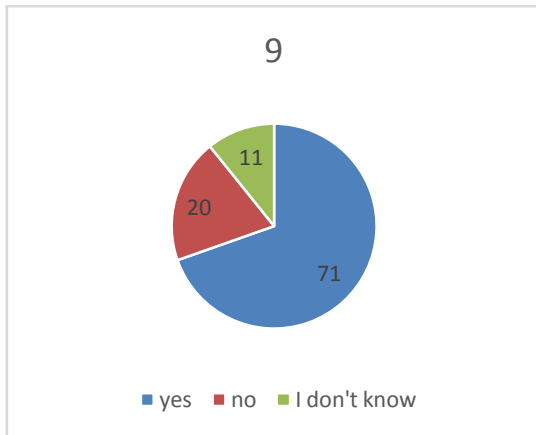
The **depressed state** taken out of the context of **cohabitation with the smartphone** it is not very often aware of the adolescent, although it can manifest at this age, the results surprising this desideratum, appearing:



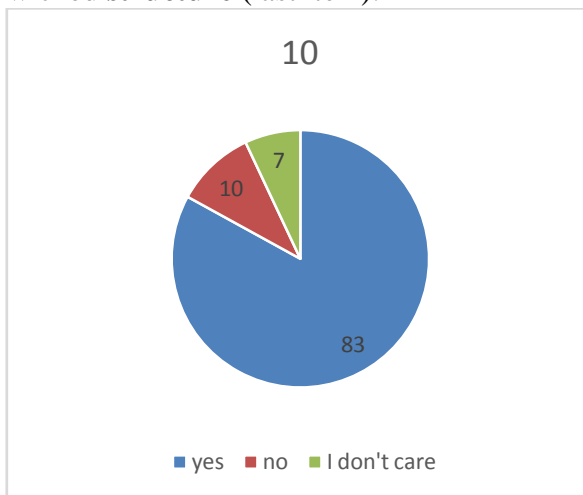
indecision, ignorance and non-involvement in a given situation, determining those 13% (yes) to admit this thing, the motivation being like:

- I was misunderstand;
- it betrayed me;
- lies were told;
- it got up on my head.

If there is any **connection between depression and smartphone**, recognition is substantial, yes – 71%, no – 20% and I don't know – 11%,



already appearing the expression: “**I know that I make/have a smartphone-face, but I can lose my virtual friends and I don’t want to give up, because that’s the moment I will stop existing**”, comes in response to what **addiction** can represent, 83% being persuaded that it develops in time, appearing a (no) 10%, and 7% don’t care about this wicked **structure** (last item).



Our investigation had as purpose raising the awareness and alerting those who make the smartphone their **second skin** and how close it is **depression** (with all its tentacles) to them, when already appears and sets the **smartphone-face**.

So, it can be said that for the teenager, the appearance of **smartphone-face** it is a consequence of informal and non-informal education.

Certainly yes, when:

- time is no longer a measurement unit;
- the express desire to exist and be present on all social networks;
- the inability to express it;
- the answer to the challenges;
- permanent confusions and searches, and **the connection** becoming addictive, obsession, the deviant behavior being very close, however, it is much easier to prevent than to intervene, so that the **health that is a gift** to preoccupy more the family, the school and the society, not to get, metaphorically speaking, to ask the teenagers what color the sun is, and their answer be like: I don’t know and I don’t even care, what’s the importance, I’m browsing and in my world, it doesn’t exist.

It is sad and hurts even more than “the iron mask”. Have we come to the moment when we have turned ourselves into objects and “zapping” in power? The answer belongs to you.

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