

**From:** <https://www.slicktext.com/blog/2019/10/smartphone-addiction-statistics/>

# 44 Smartphone Addiction Statistics for 2021



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Since the world saw the first iPhone in 2007, smartphone usage has steadily become an accepted part of our daily lives — and the smartphone addiction statistics prove it. We are glued to our phones. Because we rely on our phones for communication and connection, it can be hard to gauge when excessive smartphone use becomes an addiction. Smartphone addiction can result in sleep deprivation, increased stress levels, depression and anxiety. While being addicted to your digital devices doesn't negatively impact your health as seriously as other types of addiction, it does indeed impact not only your mental health but your physical wellbeing.

Even though we're huge proponents of [mass text messaging](#) and feel that text marketing brings great things to both businesses and consumers, believe the smartphone addiction statistics prove you shouldn't have your phone with you all the time. Do you have a phone addiction? Does someone you know Here are all the cell phone addiction statistics you need in order to learn more about this issue.

## Teens and parent smartphone addiction statistics

1. Compared to teens who only spend an hour on electronic devices daily, teens who spend five or more hours a day on electronic devices are 71% more likely to exhibit suicide risk factors.
2. 47% of parents surveyed believe their child has a smartphone addiction.
3. Of the teachers surveyed, 67% noticed their students being negatively distracted by mobile devices.
4. 89% of parents take responsibility for their child's cell phone usage.
5. In the 18 to 29 year old age category, 22% of smartphone using respondents admitted to checking their device every few minutes. If that doesn't say phone addiction, what does?
6. 36% of millennials say they spend two or more hours per workday looking at their phones for personal activities.
7. Adults spend an average of 45 minutes a day on social media alone.
8. 41% of teenagers feel overwhelmed by the quantity of notifications they receive on a daily basis.
9. Of parents surveyed in the UK, 46% said they "feel addicted" to their mobile devices.
10. Rather than in-person interaction, 33% of teens spend more time socializing with close friends online.
11. 52% of teens sit for long periods of time in silence, on their smartphones, while hanging out with friends.

# TEENS AND PARENT STATISTICS



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**47%** of parents surveyed believe their child is addicted to their smartphone.



Of the teachers surveyed, **67%** noticed their students being negatively distracted by mobile devices.



**89%** of parents take responsibility for their child's cell phone usage.



**36%** of millennials say they spend **2** or more hours per workday looking at their phones for personal activities.



In the **18-29** year old age category, **22%** of smartphone using respondents admitted to checking their device every few minutes.

Adults spend an average of **45 minutes** a day on social media alone.




**41%** of teenagers feel overwhelmed by the quantity of notifications they receive on a daily basis.



Of parents surveyed in the UK, **46%** said they "**feel addicted**" to their mobile devices.



Rather than in-person interaction, **33%** of teens spend more time socializing with close friends online.



**52%** of teens sit for long periods of time in silence, on their smartphones, while hanging out with friends.

## Excessive use can signal a phone addiction

12. When divided by country, Brazil has the highest smartphone usage—followed by China and then the United States.
13. As of June 2019, 96% of Americans own a cellphone of some kind — [most of them reply to texts within minutes](#).
14. Approximately one-in-five American adults are “smartphone-only” internet users. This means that they own a smartphone, but do not have traditional home internet service.
15. 66% of the population shows signs of nomophobia, the fear of being without your phone.
16. The average time spent on smartphones a day is 2 hours and 51 minutes.
17. The average smartphone owner will click, tap or swipe their phone 2,617 times a day.
18. When leaving their phones at home, 50% of respondents feel uneasy.
19. 26% of accidents involving cars are caused by [cell phone use while driving](#).
20. While 58% of smartphone users have admitted to trying to limit their device usage, only 41% succeeded in lessening their cell phone addiction.
21. 87% of smartphone users check their device within an hour of going to sleep or waking up.
22. 69% of smartphone users check their device within the first five minutes of waking up in the morning.
23. More people have smartphones than toilets on a global scale.
24. 20% of respondents in a smartphone usage survey would rather go without shoes for a week than be without their phone.
25. Almost 40% of all consumers and 60% of 18-to 34-year-olds admit to using their phones too much.
26. On average, people will spend 5 years and four months of their lifetimes on social media.

## EXCESSIVE USE

When divided by country, Brazil has the highest smartphone usage—followed by China and then the United States.



As of June 2019, **96%** of Americans own a cellphone of some kind.

Approximately one-in-five American adults are "smartphone-only" internet users. This means that they own a smartphone, but do not have traditional home internet service.



**Smartphone reliance** for online access is common specifically among young adults, non-whites and lower-income Americans.

**66%** of the population shows signs of **nomophobia**, the fear of being without your phone.



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The average time spent on smartphones a day is **2 hours and 51 minutes**.



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While **58%** of smartphone users have admitted to trying to limit their device usage, only **41%** succeeded.



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Almost **40%** of all consumers and **60%** of **18-to-34-year-olds** admit to using their phones too much.



On average, people will spend **5 YEARS and 4 MONTHS** of their lifetimes on social media.



## **Daily interruptions from smartphone use**

27. On average, smartphone owners unlock their phones 150 times a day.
28. Over 50% of smartphone owners never switch off their phone.
29. 71% of smartphone owners sleep with or next to their mobile phone on a typical night.
30. 75% of smartphone users admit that they have texted while driving at least one time.
31. 40% of adults check their phones while they're using the bathroom.
32. 12% of adults use their smartphones in the shower.
33. 44% of adults will check work-related emails while they're on vacation.
34. The average smartphone user checks their phone 63 times a day.
35. According to data collected in 2019, 86% of smartphone users will check their device while in conversations with friends and family.
36. Constant interruptions by alerts and notifications can contribute to ADD.
37. 84% of working adults in the U.S. use their personal phones during working hours.

# SMARTPHONE INTERRUPTIONS

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The average smartphone user checks their phone **63 TIMES** a day.



Over **50%** of smartphone owners never switch off their phone.



**71%** of smartphone owners sleep with or next to their mobile phone on a typical night.



**75%** of smartphone users admit that they have texted while driving at least one time.



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**12%** of adults use their smartphones in the shower.

**44%** of adults will check work-related emails while they're on vacation.



According to data collected in 2019, **86%** of smartphone users will check their device while in conversations with friends and family.

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## COVID smartphone addiction statistics

38. Internet use, and excessive internet use, has grown with the COVID-19 pandemic. One Chinese [study](#) found 33.37% of users to have problematic internet use habits.

39. [44.3%](#) of Koreans surveyed said their smartphone use increased as a result of COVID-19.

40. The same study found the primary purpose of using a smartphone during COVID-19 was to communicate (49% of respondents), 47.2% use their smartphone for reading news, 34.6% for mobile shopping and 29% on photos and videos.

41. There was a 39% increase in daily hourly smartphone use in 2020.

42. 37% of users say they are texting more during COVID-19 than ever before.

43. Video calling use is up 32% as a result of the COVID-19 pandemic.

44. Shopping app use is up 23% as a result of the COVID-19 pandemic.

## How to be healthier with your smartphone

If you're uncomfortable with your attachment to your smartphone, there are ways to cultivate a healthier relationship with the technology in your life. Try limiting the time spent on your smartphone by using an app that tracks your daily usage and send reminders to log off.

You can also access your average screen time in the settings of your phone. Another trick that helps limit smartphone use is to turn your color settings to black and white. Late night scrolling isn't as stimulating when you're seeing black and white visuals, which encourages putting down your device. If you're a concerned parent looking to help your child limit smartphone usage, communicate with your child. Make zones of your house "no phone zones," or set limits on the hours of the day they're allowed to use their phones. If you lead by example and find ways to limit your own smartphone use, your child will be more likely to be more cognizant of their own use as well.

### Sources:

- [BankMyCell](#)
- [Northpoint Washington](#)
- [Pew Research](#)
- [Tiger Mobiles](#)
- [Twigby](#)