

## LOOKING INTO LIFESTYLE

# Are women more addicted to smartphones than men?

**WOMEN ARE USING** smartphones for four hours a day or longer and are more prone to succumb to smartphone addiction than men, the first-ever academic study on this topic has revealed. The study, conducted in South Korea, noted that 52 per cent of the women in the survey used their smartphones for four hours a day or longer - far higher than the comparable ratio of 29.4 per cent among men, *Korea Times* reported recently.

The ratios of respondents who use smartphones for six hours a day were also 22.9 per cent for women and 10.8 per cent for men.

According to Professor Chang Jae-yeon of Ajou University in South Korea, his study was based on a survey of 1,236 students at six colleges in Suwon, Gyeonggi province. "We expect adolescents are likely to show similar results. Female users are advised to consciously put their phones out of their reach from time to time," Chang said in a paper published in the journal *Public Health Reports*.

Women pick up smartphones mainly for social networking website including Facebook and Instagram, using these services far more than just making calls, games and searches combined. While men use smartphones mainly during breaks, women look at their phone screens while talking with others and also on the move, the report added.

One in five women (20.1 per cent) said they have insecure feelings beyond normal when they cannot use their smartphones while only 8.9 per cent of the men felt so. For many women, the addiction to their smartphones has gone beyond simple hobbies to have reached a stage adversely affecting their mental health.

"Women's desires for networking and communication are far stronger than men's, which drive them to become more dependent on social network service (SNS) via their smartphones," the study noted. *IANS*

“Women’s desires for networking are far stronger than men’s.”  
**A study**



Photos: File

## How to make small living spaces look larger



**SMALL ROOMS CAN** be quite a task to manage and easy to clutter if you do not have the right concept in mind. Pick the right colour scheme, play with mirrors and blend shades to make the tiny space look larger, says an expert.

Rajat Singhi, founder of Address Home, lists six tips that you should keep in mind while rearranging your home to make it look spacious.

• **Clever colouring:** The choice of colours for the walls, drapes and furnishings play the biggest role in transforming the entire look of the room. Darker shades are good to use for a big room not a small room.

• **Mirror miracle:** A number of mirrors or even smaller ones do give the illusion of a bigger space.

• **Blend shades:** Do not have the same colour in each and every room. You can blend a few shades,

for example, a pale blue wall with a pink drape and furnishing results in a pleasant colour scheme that goes well with every season.

• **Choose wood wisely:** Having furniture and wooden panels in white and off-white too will make a room look bigger as compared to dark wooden panels and furniture.

• **Luminous lighting:** Make sure that your home gets an ample amount of natural light which will make it look bigger instantly. However, it is not necessary that each home is blessed with natural light and big windows, so for that you can create that effect by using fixtures that set the same mood.

• **Say no to clutter:** It is very important that you do not clutter your space, rather keep it really tidy and neat so that it appears to be bigger. *IANS*

## ALIGN YOUR LIFE Embrace life not food

**M**any clients approach me for sessions of alignment therapy for weight loss. They think that therapy will help them lose all the weight that they have been carrying around. No exercise or diet control will be required. Plain and simple, lose weight through personalised sessions. I hate to say that this is so not true. Losing weight is an ordeal that many of us have been through. We toil and sweat to lose that one extra pound. However no matter what we do the weight stays put. The therapy will work on your subconscious brain. But along with that you will have to chalk out a personalised plan for the way forward and build a support system around you.

If I go deeper, I realise that while growing up weight was not such an issue. Life was simple. There was no TV or Internet to turn me into a couch potato. I had to walk to take a bus, run in school while playing and climb stairs to reach the desired floor in a building. No special food was cooked for my sister and myself. Everybody ate what my mom cooked without argument and on special occasions one nice dish was made that everybody relished. Sweets were eaten for festivals and birthdays only. There was no inflow of chocolate or Coca Colas. There was no Starbucks or Costa for calorie loaded frappuccinos and milkshakes. Holidays were simple, sleep was deep and life was uncomplicated.

And then life changed drastically. The Internet revolutionised the way we look at life and how we eat. Fancy foods took over old traditional dishes. French fries and other processed foods dominated the food industry. Sugar became a necessity in every meal rather than being used sparingly. Sweet shops opened at every corner and our ideas about food changed. Going to coffee shops for high caloric drinks became fashionable. Elevators were preferred over steps and reality television took over our ability to be mobile for hours. Driving for long hours and munching on snacks added to our woes. And then the weight started piling on. With every can of diet soda or gulping a tall mug of caramel flavoured coffee, things just got worse. Every year we added a few pounds. And before we knew it, we were overweight.

So losing weight is not about just doing therapy or dieting; it's about changing the way you look at life. It's time to go back to your roots and bring on board what we learned while growing up. Walk more. Eat sensibly.

Spend time with family. Laugh to your heart's content. Celebrate festivals. Hang out with friends. Embrace life and not food!



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