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GADGET ADDICTION. HOW TO DEAL WITH IT IN THE TOURISM INDUSTRY

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Abstract. I think this is a very urgent issue for our society. This topic of the article was not chosen by me by chance, it talks about the meaning of the term "gadget", about direct and indirect dependence on gadgets. In this article, you can learn about the negative effects of gadgets on your life and ways to solve this problem.

Keywords: gadget, gadget addiction, places of recovery, digital detoxification.

Today, society is faced with the problem of gadget abuse, and some people never part with them at all. It is safe to say that humanity has entered the era of digital addiction. So the purpose of the research is to study the gadget addiction more thoroughly and provide a selection of tourist destinations that might interest such a tourist.

A gadget is a small device that is designed to help a person in his activities. Gadgets are widespread in a wide variety of areas: sports - fitness trackers, smart bracelets, sports devices, including smart clothing and much more [2]. The researchers of the London School of Economics and Political Science found out that 89% of phone interactions among users are not due to objective reasons. British researchers compared the desire to check notifications on the phone with the addiction to cigarettes - during the experiment, they revealed that the respondents did not even remember how and why they used their smartphone. Experts say this behavior is a serious problem for humans. Scientists have previously found out that gadget addiction can lead to depression and stress. If the smartphone is not at hand, young people experience great anxiety and stress. In some cases, they even give up other activities in order to spend time using a smartphone [4]. In addition, scientists managed to find out that, being distracted by

a smartphone, we completely disconnect from the execution of our current affairs, which leads to a decrease in efficiency.

The main reasons for addiction are the following:

- fear of missing (a message) something important,
- to be “cut off from information”;
- desire to be popular;
- craving for the unknown, the new.

An addicted person starts to tremble in the body in the absence of a mobile phone, he is hostile to society, loses the connection between the virtual and real world. Psychologists and doctors equate this condition with a disease. The addict can no longer perceive the world around him, and most importantly himself, without gadgets. That’s why each of us needs to devote more time to ourselves, self-development, self-knowledge and to a greater extent learn how to spend a vacation or weekend alone with ourselves.

Many people want to spend their holidays in this way, but cannot find such entertainment that would distract them from their gadgets.

The phenomenon has become so widespread that the term "digital detox" in 2013 was entered into the Oxford Dictionary. More and more people admit that they are addicted to their gadgets and cannot independently abandon them, not only at home, but also on vacation. The purpose of digital detoxification is to clear a person's thoughts of information waste and relieve psychological stress [3].

So one of the tasks of the tourism industry is to find ways to gadget-addicted clients, to immerse them in digital detoxification.

So we have found some places aimed at digital detoxification.

1. Westin Dublin. Westin Dublin was one of the first in Europe to offer detox programs to customers. In addition to the safe, where you will be asked to put all your devices at check-in, the package tour includes: a room with a “heavenly bed” with ten levels and five pillows of different hardness, breakfast in bed, massage, and a tree sapling that you can take home. You will also find white tea scented candles, board games and a city guide.

2. Camp Grounded. This place is located in Texas. No real names, no talk about work, age, marital status, or social status. No junk food or alcohol. No children. Any digital devices are prohibited. The day is filled with children's summer camp activities adjusted for adult entertainment: swimming in a pond, archery, drawing, stargazing, campfire songs, talent contests and much more. Scouts live in tents or small houses. Their daily impressions are recorded in a paper diary, which is given to everyone upon registration. Last year, over 250 participants attended the camp initiated by the Digital Detox organization.

3. Arawak Beach Inn. As part of a seven-day course on "against digitalization" offered by a small hotel on a coral island, there is nothing unusual except that all gadgets are taken away from guests in a safe. But on the other hand, you can rent a car and diving equipment for three days, organize a trip to an uninhabited reef with a picnic, and also transfer to the airport.

Bright tropical greenery, crystal clear waters, white beaches, grilled lobsters and homemade rum, parties until dawn with live music every Friday and Saturday - all this is the romance of the pre-digital era in Anguilla. While on holiday, you can visit the neighboring Dog Island to see the blue-faced booby, the magnificent frigate, the common stupid tern and 25 other rare bird species.

Unfortunately, not all of us can afford such a vacation. But they may follow the tips: Addiction to a smartphone is treated not so much with medicines as with strict adherence to certain restrictions:

- 1) establish a time limit for the use of the gadget;
- 2) leave your phone at home more often when you go out for a walk or turn it off altogether on a weekend;
- 3) do not use a mobile device before bed; introduce a taboo on using your smartphone in the bedroom.

Summing up it is necessary to say that a gadget is a tool, and any tool can be aimed at both human development and destruction. All the people can try their best to make a choice, think about the seriousness of this issue and draw the right conclusion.

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