

Research shows that just getting a smartphone close by can make you 'more foolish'.

A recent study shows that just getting a smartphone close to you makes you more foolish. Invite you to learn the reason behind it!

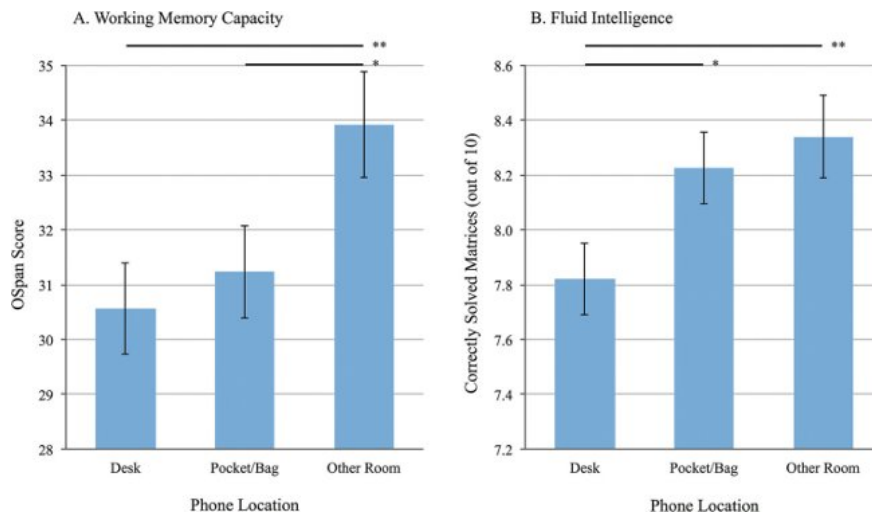
1. How to use your phone without ruining your physique?
2. 10 reasons why smartphones negatively affect your health
3. How can smartphones change our way of thinking?

A recent survey shows that smartphones can make their owners " *more foolish* ", at least when they are close to them. Researchers surveying nearly 600 participants showed that **mobile phones are taking up most of people's thinking and cognitive abilities, even though these devices are in silent mode. Silent or turned off completely** .



According to a recent survey by the University of Texas Austin Research Institute, those who keep their phones on a regular basis have lower thinking ability, even if the device has been switched to non-disturbing mode. They were asked to perform a series of mathematical problems, while at the same time remembering a randomly generated character string that was updated gradually.

The test participants were divided into three different groups: the first group was asked to put their phone on the desk, the second group was asked to put the phone in the pocket or in the wallet, the third group could request to leave the phone to another room. All participants' mobile devices are switched to silent mode during the test.



The content of the survey is mainly randomly generated words with increasing difficulty, requiring participants to memorize or perform calculations to give the correct answer. And the results were quite unexpected, the people who could see or feel their phone gave results (*string calculations or memorization of characters*) with significantly lower accuracy rates!

" Experimental results show that the presence of smart phones causes participants to reduce their performance, for sensitive tasks, the availability of resources with limited features. Contrary to previous research, participants in this test did not interact or receive notifications from their phones . "

Therefore, through this research result, **maybe you should " leave " your beloved smartphone if you want to focus on working at the highest performance** . In addition, this also helps **improve thinking ability and can overcome the limits of each person** .

See more: 10 super useful apps on Android are not sure you already know

Having fun!

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