

Forum:[Hack Forums](#)

Thread: [Obsession with phones](#)

Eran - July 4, 2026, 2:22 pm

Lately I've been thinking a lot about today's generation that is obsessed with phones. I want to start with saying that I am also guilty in this as doomscrolling has been one of my vices and way of distraction lately. I have tried a lot of stuff and while a long pause from social media helps, I am back in the same loop when I download it back again because of FOMO or whatever reason.

Firstly I noticed this at music festivals, because I attend a lot of raves, festivals and parties. Every year there are less people dancing and more of them pulling out their phones to record the entire set/concert. Sure I have my moments where I take 2 or 3 videos but there are people, including one of my closest friends, that record 80% of the DJs set. It's becoming a problem and a lot of popular venues are bringing in the "no phones" policy, and I have watched livestream of those events and the energy seems to be through the roof. Last year, Tomorrowland's mainstage was tragically burned down and therefore the atmosphere was pretty much through the roof. No huge pretty stage and people were actually enjoying the moment.

The second situation I realized now is while watching the World Cup. Looking at the stands, during the most crucial moments, fans - instead of closely watching and cheering for their team, they pull out their phones in hopes of catching an 'important' moment during the match. All for several likes on social media. And I realized it's a domino effect. Once one person pulls out their phone, more and more just continue doing the same.

I honestly think if there were some kind of an energy blackout where the internet goes down or something like that that it would benefit the human race. I don't see thing brain-rot epidemic ending anytime soon unless a major world event happens.

What are your thoughts on this?

This is a submission thread for a contest hosted by The Brotherhood, and therefore I must tag [Omniscient](#) , [Charlie Sheen](#) and another friend of mine from the US who I haven't forgotten [codeine](#). @

Happy 4th of July to all my American friends and do share your thoughts on this! :)

G Reviews - July 4, 2026, 2:41 pm

This "epidemic with phones" is only going to get worse. Even parents are permitting their children to live on their phones. They even make full Android tablets for 5 and 6 year olds. This trend is not only sickening, it is going to further erode the mental health of children and sky-rocket the addiction rate to electronic devices.

Raijin - July 4, 2026, 2:46 pm

Phones still amaze me sometimes, and make me lose hope for humanity other times.

NoodleBot™ - July 4, 2026, 3:01 pm

I was in disbelief the other day, I was at a bakery, picking up some donuts and this mother with her two kids maybe 13-14 years old are running around, rolling around on the ground, screaming at their tablet watching a Fortnite video or some game they were playing idk.

Like your kids are clearly old enough that this is unacceptable behaviour and parenting. I had a headache after standing in line to pay, can't imagine the guy behind the counter.

lordshisho - July 4, 2026, 3:11 pm

This obsession with phones is simply the beginning of a deeper reliance on technology.

In the 1990's Masamune Shirow created Ghost in the Shell, an anime where advanced cyberization is common: people have prosthetic bodies (full-body cyborgs), cyberbrains, and high-tech enhancements.

In 2005 Ray Kurzweil wrote The Singularity Is Near, he described a future around 2045 where humans merge with machines.

In 2017 Dan Brown wrote Origin, and in that book a character simulates a future where humans and technology merge.

Soon the same people won't have a phone in their hands, it'll be in their heads.

Omniscient - July 4, 2026, 3:11 pm

(Jul 4, 2026 02:22 PM)Eran Wrote: [\[CITE\]](#) Lately I've been thinking a lot about of today's generation that is obsessed with phones. I want to start with saying that I am also guilty in this as doomscrolling has been one of my vices and way of distraction lately. I have tried a lot of stuff and while a long pause from social media helps, I am back in the same loop when I download it back again because of FOMO or whatever reason.

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I have zero social media accounts on my phone. I might read Google News, check sport scores

(baseball mostly), and play Clash Royale. I never record video at events. I don't get the whole recording thing when you're paying for a live event.

What you're describing imho is digital brain rot of society.

7 - July 4, 2026, 3:56 pm

I have zero social media on phone but I am obsessed with phones though. I don't really use much screen time on them but I carry 4 with me at all times for different reasons. But yeah the younger generation and obsessed with picture and phones and just pissing me of flexing tech they dont even know how to use.

R5N3T - July 4, 2026, 4:39 pm

I can relate to this as well. I introduced phones to my children thinking it would keep them calm and prevent them from bothering me, just so they would stay quiet. But over time, it turned into a habit, and now they've become dependent on their phones.

_VOX - July 4, 2026, 4:56 pm

I also attend a lot of raves/music events.

I have seen a solid decline in the use of phones in my peer group, as we are all actively trying to reduce it. I aim to stay away from festivals and events with younger ages there as I know it's going to be a sea of phones. That combined with the increase of k zombies on the dancefloor is quite literally ruining the scene.

Sure take a video once in a while, but also be in the moment!

Snowwy - July 4, 2026, 8:09 pm

(Jul 4, 2026 03:56 PM)7 Wrote: [\[CITE\]](#) I have zero social media on phone but I am obsessed with phones though. I don't really use much screen time on them but I carry 4 with me at all times for different reasons. But yeah the younger generation and obsessed with picture and phones and just pissing me of flexing tech they dont even know how to use.

4? You need to tell us now what each one is for ??

G Reviews - July 4, 2026, 8:10 pm

(Jul 4, 2026 04:39 PM)R5N3T Wrote: [\[CITE\]](#) I can relate to this as well. I introduced phones to my children thinking it would keep them calm and prevent them from bothering me, just so they would stay quiet. But over time, it turned into a habit, and now they've become dependent on their phones. And this has been a repeat scenario millions and millions of times over. And now the consequences of this are generations addicted to cellular devices that produce brain rot and a generation that believes in the bullshit produced all over youtube and they think all videos are factual, trustworthy information sources. Including the propaganda videos put out by the government (CIA for example) that completely distort reality from what it actually is.

The saddest fact of the matter is, youtube being American owned means the government can use the world's largest video platform to manufacturer and produce the world's biggest lies and pass them as the truth. Hmmm, who censors the government's bullshit?

M1MON - July 6, 2026, 6:23 am

I'm barely using my phone. I have only used it for when we go out, to communicate, or as an alarm clock. Honestly im not sure why they be like that, can't relate lol

Mercury - July 6, 2026, 8:01 am

Yeah the phone thing is an atrocity. It's gonna sound a bit odd but I immediately lose respect for

people who absolutely cannot stay off of their phones. I've noticed that most people under the age of (I'd say roughly) 25 genuinely don't even know what to do with themselves when they're in a position where they can't be mindlessly doomscrolling.

I would absolutely love to see what would happen if society had to revert back to life as we knew it before the smart phone.

Edmond Dantes - July 8, 2026, 7:02 am

Giving a phone to a kid below 7 years old, has the same effect on the brain as a grown person to consume 1 g of cocaine

Can - July 8, 2026, 7:23 am

Now kids are glued to iPads from when they turn 1 and this is how the digital zombification starts

Mastercarder - July 8, 2026, 7:28 am

I agree to an extent. Phones have definitely made people forget how to be present in the moment. Recording a few clips for memories is fine, but when you're watching an entire concert or football match through your screen just to post it later, you've kind of missed the experience itself.

I don't think the internet disappearing is the answer though. It's more about learning balance and being intentional with our phone use. Some of the best nights out are the ones where you barely touch your phone and actually enjoy what's happening around you.

But this is an eye opening thread. Good read.

TB12 - July 8, 2026, 7:28 am

It's a really sad reality. My nephew is always allowed to use my sister's phone or tablet and he's on it 24/7 whenever he can. This generation of kids is going to have the attention span of a walnut and are going to miss out on the experiences I got to enjoy and cherish growing up.

Don't get me wrong, mobile phones have very good benefits to provide, but some people can't get off them.

Too much of anything is a bad thing