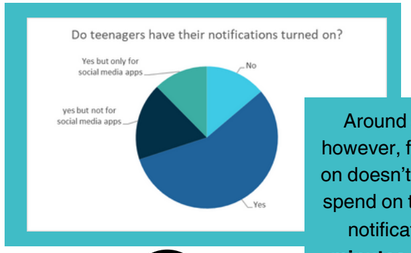
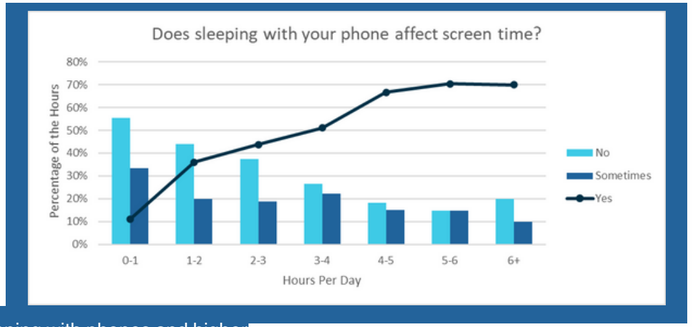
UNPLUGGED

Investigating smartphone addiction among teens

Do you reach for your phone first thing in the morning?
Do you feel waves of anxiety when you see a “low battery” notification?
Do you feel lost or afraid when you are without your phone ?
If you answered yes, you may be among the growing number of people suffering from smartphone addiction. This phenomenon, also known as, “Nomophobia”, has grown since the introduction of the first iPhone in 2007. Our project aims to statistically analyze smartphone use specifically among teens.



Around **59%** of teenagers have their notifications on however, from our study, we saw that having notifications on doesn’t significantly change how much time teenagers spend on their screens. Surprisingly, those who had their notifications turned off actually spend on average **6 minutes more** on their screens, totalling an average of 3hours and 12minutes.

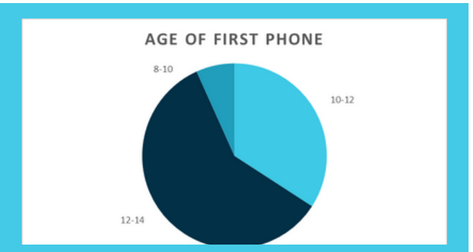


The graph illustrates a significant relationship between sleeping with phones and higher screen time. This is demonstrated in the **negatively sloped data** in relation to those that don’t sleep with their phones. There is a correlation between those who do sleep with their phones and higher daily average represented by the **positively sloped graph**.
Shockingly, **70%** of individuals with a daily screen time exceeding 6 hours keep their phones in their rooms at night. Contrastingly, **55%** of those with a screen time less than 1 hour refrain from sleeping with their phones. These statistics underscores a note worthy correlation, emphasizing the influence of phone proximity on screen time habits and suggests a high risk of phone addiction for those that sleep with their phones.

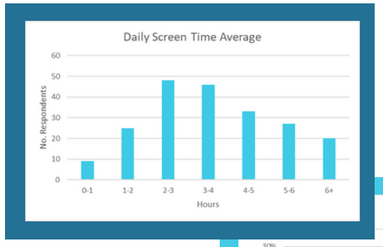
The most used app category was social media
and second was entertainment

teens 17 year olds have the highest screen time of an average of 4 hours and 38 minutes and aged 12 have the lowest with 2 hours and 18 minutes

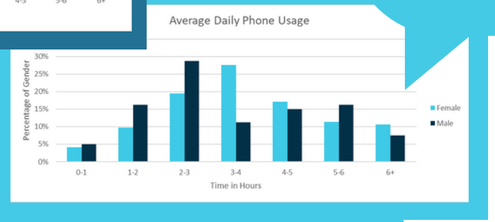
On average teens will spend 54 days and 18 hours on their phones



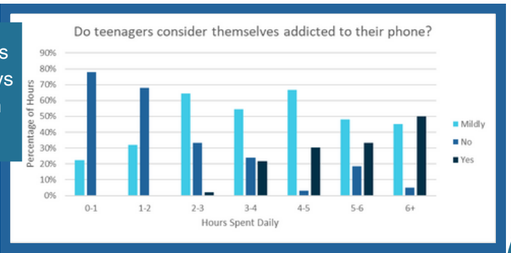
9% of current teens received their phones between the age of 12 and 14. However, the **7%** who acquired their first phone tend to have a higher daily screen time. For those between 10-12 it is 4 hours and 26 minutes, for 10-12 year olds it is 3hours and 48 minutes and for those between 12-14 it is 3 hours and 25 minutes. This displays a strong correlation between recieving a phone at a younger age and a higher risk of addiction, highlighting the potention impacts of young exposure to smartphones.



On average females have a higher daily screen time than males by 16 minutes.



The graph, with its **subtle left skew,** indicates a tendency for teenagers to have a diverse distribution of screen time, but with a slight tendency towards longer usage. The mean screen time of 3 hours and 36 minutes is slightly higher than the mode of 2-3 hours. This suggests that while many teenagers fall within the 2-3 hours range, there is a significant presence of individuals with extended screen time, contributing to the higher mean. Worryingly our data reports that only **17%** of teenagers use their phones below the recommend amount of 2 hours per day



The data identifies that rhe majority of respondents who answered ,“Yes”, or ,“No”, are acutely aware of their level of addiction to their phones. The data from the, “Yes” , response forms a **negatively skewed distribution.** This indicates that individuals who are in the higher percentile of ,“Daily screen time”, acknowledge their phone usage and dependency. Data confirms that those on their phones more are aware of their addiction. When the, “Mildly”, responses were analysed the data became interesting. These responses contribute to the **multimodal shape** on the graph, suggesting that a substantial number of people feel they are leaning towards addiction but don’t perceive themselves as fully addicted. These distributions imply varied perspectives among respondents, with **53%** feeling some level of inclination toward addiction, **28%** saying they have no level of addiction and 19% categorising themselves as having an addiction. It highlights the diverse perceptions individuals have in regards to phone usage.

Method

For our project we created a survey on Mircosoft forms and sent it to students from 1st to 6th year. We gathered a total of 211 responses and created a spreadsheet on excel. Following this analysed the data, visually representing the data use a combination of graphs.

conclusion

Our findings suggest a noteworthy correlation between proximity of phones at night , receivng phones earlier and their tendency to increased screen time. This data also presents a trend, with many teens admitting to having slight habits of addiction. Surprisingly, our study found that having notifictaions turned on had little to no impact of overall screen usage. These insights highlight the complex trends between habits regarding phone use and theri risks of potental addiction.