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A Dangerous Friend-Smartphone

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Abstract

Nowadays smartphone has become a part of people. The purpose of this study is to examine the hidden danger of smartphone overuse by a questionnaire, which included five questions and 100 participants were involved. The holding rate of smartphones is 84%, while 16% of the participants without using smartphones. Based on the results, we concluded some results which revealed from the survey as follows:

1. Most of participants used smartphones to talk on social networking sites.
2. People of all ages in this study spent one hour a time when they used smartphones.
3. Only a few participants felt anxious without smartphones. The nomophobia seemed not to be worse than we worried about, but there were a small number of people still expressed anxiety without smartphones.

Keywords: addiction, anxiety, smartphone

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I. Introduction

I.1 Statement of Problem

As science and technology develop, smartphones have become a fad. It seems that smartphones are like daily necessities. We relied deeply on them to our daily schedules. We need smartphones not only to make phone calls, but also to use it to email or surf the net. Many fashionable functions and features continue to create for users. Smartphones are gradually revolutionizing our lives as well as our thought patterns.

Smartphones provide people with multifunctional conveniences as a portable computer. Those functions include using GPS's, getting information quickly, sharing messages right now, play online games, surf the information, take pictures and more. Compared with laptops, smartphones' light weight, small size, and complete specifications fit many people's need. Nowadays smart phone has become a part of people.

With the advancement of technology, smartphones are released to satisfy people's need. A lot of technological companies see the unlimited potential smartphones have. It isn't hard to obtain the fact that the output of smartphone has outnumbered that of traditional cell phones. Therefore, the age when smartphones become increasingly popular has dawned [1]. Owing to the fact that smartphones satisfy the convenience and need of people, they make people more dependent upon them. This is one of the reasons why they became so popular.

Though smartphones are extremely convenient, there are side effects as well. A lot of people cannot leave their smartphones for just a few minutes. Students may lose their attention or interests in class only too easily, have hot temper, less confidence, and become exclusive [4]. In addition, a modern disease called "nomophobia" came along with this convenience. Nomophobia is the fear of being out of mobile phone contact [2]. People will feel uneasy if they don't have their smartphones. In other words, nomophobia is an addiction of smartphones [5]. The real-life interactions with others also decrease gradually as a result, and the condition even worsens into morbidity [3]. Moreover, starting as a physical discomfort, people may have the neck and shoulder pain, waist pain, eyes pain or photophobia, etc.

I.2 Purpose of Study

In modern society, smartphones have become an essential gadget for teenagers and people of all ages. The convenience of smartphones is the main reason to benefit people. At the same time, the use of smartphones has both positive and negative effects physically and psychologically. To examine the hidden danger of smartphone overuse, we conducted this research.

I.3 Research Questions

Our study started with the reasons why people like to use smartphones. Through the questions, we understood what motivates people to use smartphones. To explore the progress and effects of smartphones, we developed the following research questions:

Q1. What is the main purpose for using a smartphone?

Q2. How long would you spend on using a smartphone every time on average?

Q3. Would you feel anxious when you can't use your smartphone?

II. Method

II.1 Participants

We gave out 100 copies of the questionnaire, and 16 samples were invalid, so we got back 84 copies. The effective return rate was 84.0%. The participants of this survey lived in Taichung City. Participants with a smartphone instead of a cell phone included 19 participants from the age of 15 to 25, 32 participants from the age of 26 to 35, 24 participants from the age of 36 to 45, and 9 participants from the age of 46 to 55.

II.2 Instrument and Procedure

Our questionnaire included five questions. According to our survey, the number after the statistics found through the use of smartphones accounted for the majority of participants; the ratio was 84% of the participants using smartphones, while 16% of the participants without using smartphones. Based on the participants with smartphones, we continued to analyze the data to explore the results responding to our research questions.

III. Findings

III.1 The main purpose for using a smartphone

According to the statistics we did, 57.9% of participants at the age of 15 to 25 used smartphones to talk on social networking sites. 5.3% of participants used smartphones to the camera functions. 15.8% of participants used smartphones to play games. 21.1% of participants used smartphones to find online information. It was worth pointing out that the majority of participants thought the main purpose of using smartphone was to talk on social networking sites; 56.3% of participants at the age of 26 to 35; 37.5% of participants at the age of 36 to 45; 44.4% of participants at the age of 46 to 55. The results of our survey revealed that most of participants used smartphones to talk on social networking sites. More details about the main purpose for using a smartphone were shown as Table 1 and Figure 1.

Table 1 The main purpose for using a smartphone

at the age of	15~25	26~35	36~45	46~55
talk on social networking sites	57.9%	56.3%	37.5%	44.4%
use its camera function	5.3%	12.5%	33.3%	44.4%
play games	15.8%	15.6%	12.5%	11.1%
find online information	21.1%	15.6%	16.7%	0.0%

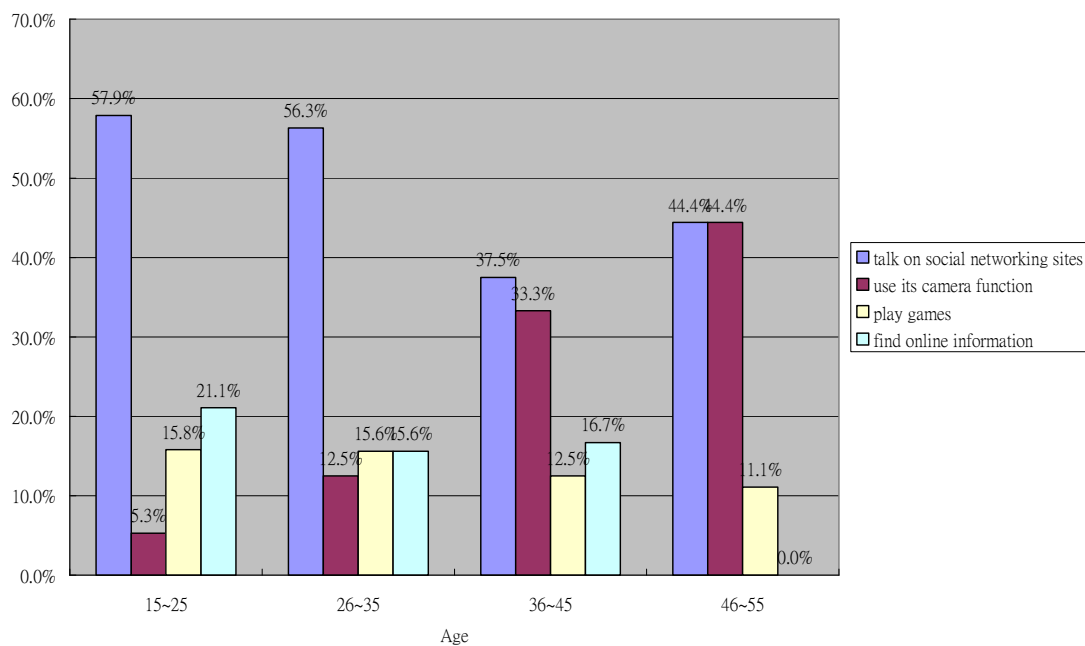


Figure 1 The main purpose for using a smartphone

III.2 The duration of using a smartphone on average

42.1% of participants at the age of 15 to 25 spent an hour a time on the smartphones, while 26.3% of them spent more than 3 hours a time on the smartphones. 31.3% of participants at the age of 26 to 35 spent an hour a time on the smartphones, while 25.0% of them spent 2 to 3 hours a time on the smartphones. 37.5% of participants at the age of 36 to 45 spent an hour a time on the smartphones, while 33.3% of them spent 2 to 3 hours a time on the smartphones. 55.6% of participants at the age of 46 to 55 spent an hour a time on the smartphones, while 22.2% of them spent 2 to 3 hours a time or more than 3 hours a time on the smartphones. There were still no absolute comments on how long you spend on using a smartphone every time. In our study, we found that people of all ages spent one hour a time when they used smartphones. More details about the duration of using a smartphone on average were shown as Table 2 and Figure 2.

Table 2 The duration of using a smartphone every time

at the age of	15~25	26~35	36~45	46~55
5~15 minutes	10.5%	6.3%	0.0%	0.0%
30 minutes	5.3%	12.5%	12.5%	0.0%
1 hour	42.1%	31.3%	37.5%	55.6%
2~3 hours	10.5%	25.0%	33.3%	22.2%
more than 3 hours	26.3%	18.8%	16.7%	22.2%
missing value	5.3%	6.3%	0.0%	0.0%

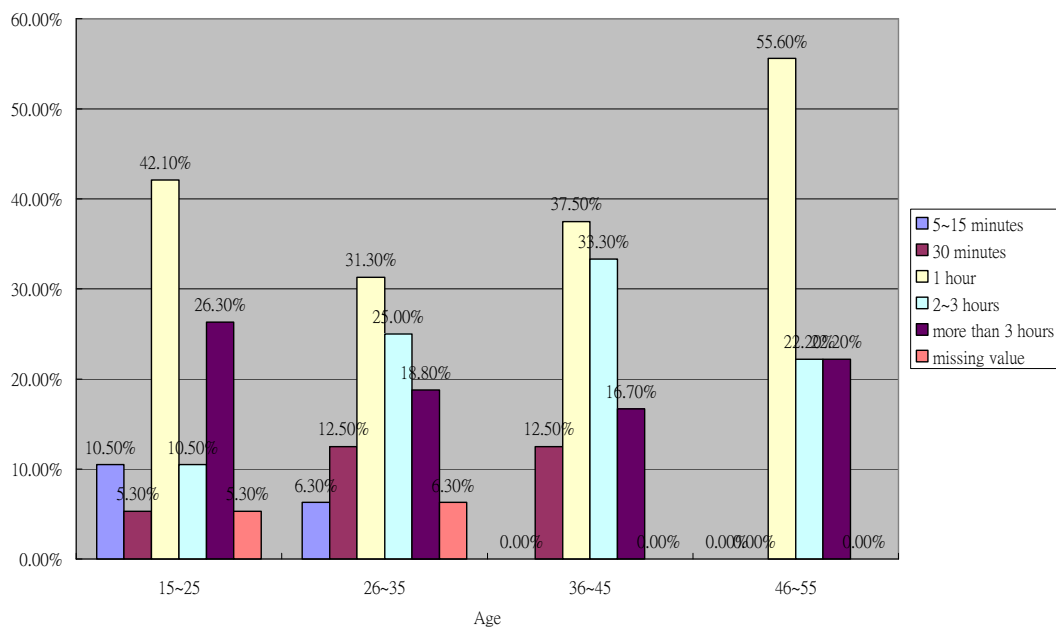


Table 2 The duration of using a smartphone every time

III.3 The anxiety without using a smartphone

26.3% of participants at the age of 15 to 25 always felt anxious without smartphones when they wanted to use them. Luckily, 42.1% of participants seldom felt anxious, while 42.1% of them seldom felt anxious, and 10.5% of them said never. 15.6% of participants at the age of 26 to 35 always felt anxious, while 37.5% of them seldom felt anxious, and 21.9% of them said never. 12.5% of participants at the age of 36 to 45 always felt anxious, while 37.5% of them seldom felt anxious, and 41.7% of them said never. 55.6% of participants seldom felt anxious, and 44.4% of them said never. According to our results of survey, the nomophobia seemed not to be worse than that we worried about, but there were a small number of people still expressed anxiety without smartphones. More details about the duration of using a smartphone on average were shown as Table 3 and Figure 3.

Table 3 The anxiety without using a smartphone

at the age of	15~25	26~35	36~45	46~55
always	26.3%	15.6%	12.5%	0.0%
usually	5.3%	12.5%	0.0%	0.0%
sometimes	15.8%	12.5%	8.3%	0.0%
seldom	42.1%	37.5%	37.5%	55.6%
never	10.5%	21.9%	41.7%	44.4%

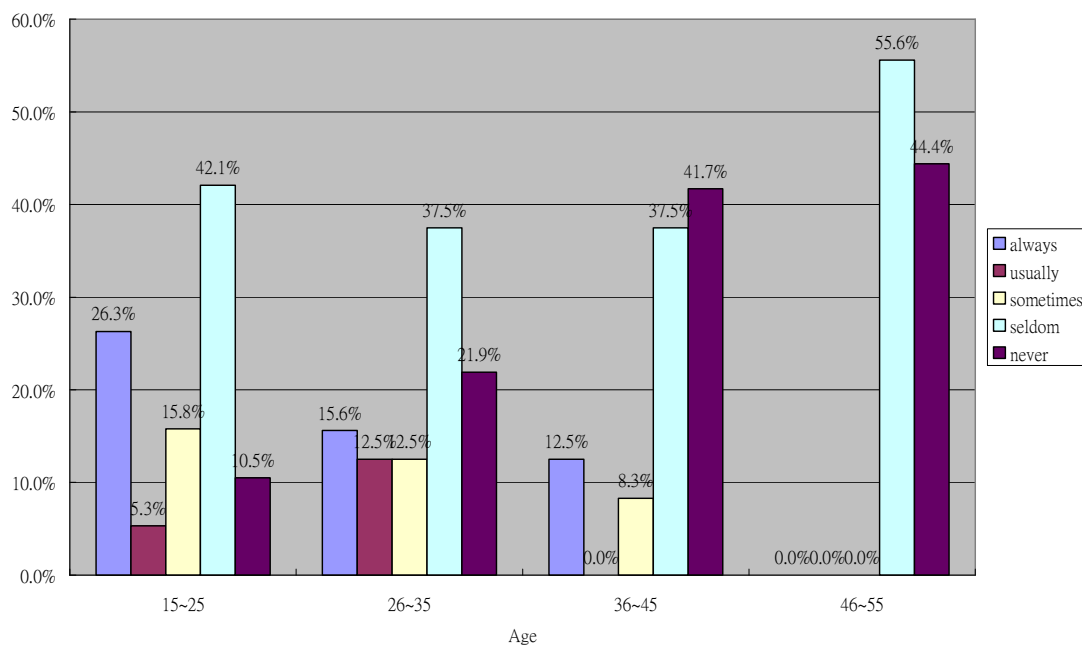


Figure 3 The anxiety without using a smartphone

IV. Conclusion

From the analysis above, we concluded some results which revealed from the survey as follows:

1. Most of participants used smartphones to talk on social networking sites.
2. People of all ages in this study spent one hour a time when they used smartphones.
3. Only a few participants felt anxious without smartphones. The nomophobia seemed not to be worse than we worried about, but there were a small number of people still expressed anxiety without smartphones.

Through this research, we can know that smartphones have a relationship to many aspects of peoples' lives. Though there are both positive and negative effects, if we use them appropriately, we can not only reduce the negative affects but also enjoy the convenience of smartphones bringing to us. Paying close attention to the way you use your smartphone at any time must be beneficial to master this across-the-age technological product.

People should manage the frequency and duration when they use smartphones. Thus, it is strongly recommend that people should take the health risks and side effects into consideration while using smartphones.

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Appendix

Questionnaire

We are conducting a study on the impact of smartphones. Please take a few minutes to help us complete this questionnaire according to your actual situation. Thanks for your cooperation.

1. Do you have a smartphone?

☐ Yes ☐ No

2. How old are you?

☐ 15~25 ☐ 26~35 ☐ 36~45 ☐ 46~55

3. What is the main purpose for using a smartphone?

☐ to talk on social networking sites ☐ to use its camera function
☐ to play games ☐ to find online information

4. How long would you spend on using a smartphone every time on average?

☐ 5~15 minutes ☐ 30 minutes ☐ 1 hour ☐ 2~3 hours ☐ more than 3 hours

5. Would you feel anxious when you can't use your smartphone?

☐ always ☐ usually ☐ sometimes ☐ seldom ☐ never