

Bachelor thesis

**A study in young adults' expectations to
smartphone detox.**

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1.1 Theme & background.

This thesis focuses on digital detox for smartphones, negative effects associated with smartphone overuse and individual experiences when being exposed to digital detox. A digital detox is defined as a period during which a person refrains from using electronic devices such as smartphones or computers, regarded as an opportunity to reduce stress or focus on social interaction in the physical world (Oxford dictionaries, 2019) The purpose of this thesis is to identify how young individuals can cope with disconnecting from smartphone functions as well as their experience and knowledge on terms such as FoMO (Fear of missing out). This means that this thesis will not research a full-scale digital detox where individuals have no access to smartphones or other electronic devices, but rather research individuals undergoing a period without online smartphone-functions. By observing and analyzing their experiences, this thesis aims to gain further understanding on how connected young individuals are to their phones. This includes how they cope with limited usage and what the effect of a smartphone detox will have.

With the arrival of the first smartphone in 2007, smartphones have for many replaced several other tools like calendars, timers, CD-players, radios & cameras. Bringing with it more reasons to use smartphones more often for different activities and interpersonal communication. It has over the years become an important tool in how people communicate and socialize with others. ‘‘Whilst classic mobile phones were mostly used for written or oral communication between two people, smartphones and internet connectivity allow people to engage with a wide range of activities with multiple people’’ (Velthoven, Powell, & Powell, 2018). With smartphones continuing to be an important tool in people's lives, there's risen a debate on whether overuse of smartphones could be related to changes in young people's mental health and behavior, and whether it can cause stress, reduce social skills and increase risk of depressions. Such claims make it important to investigate how individuals experience limited usage of smartphones and whether or not the participants will experience short term changes in daily life communication and health.

Research done by the Pew Research Center in 2018 showed that teenagers are aware of how much time they spend on their smartphones. More specifically 54% of US teens aged 13-17 felt they spend too much time on their cellphones (Jiang, 2018). They documented that 52% of the respondents also said that they are trying to spend less time on their phone and a slightly higher number trying to spend less time on social media (57%). As the concern on smartphones' negative health impact grows, there's arrived new research focusing on the causes and consequences of smartphone overuse. Consequences such as potentially leading to reduced cognitive capacity (Ward, Duke, Gneezy, & Bos, 2017), sleep disturbance, anxiety and procrastination (Velthoven, Powell, & Powell, 2018) as well as increased chance of suicide and depression (Twenge, 2018, ss. 101-111).

With the growing concerns over the effects of over usage, It's important to gain a better understanding of how young people use smartphones, how they cope with detox and if it is an effective solution to help people become less attached to their phones. The research done in this thesis will give the scientific field more qualitative data on the experience of digital detox and its effects.

1.2 Thesis purpose

With the possible effects of smartphone overusage mentioned in the previous chapter, this thesis will try to extend knowledge on this question:

What is young people's experience with negative effects of smartphone overusage, and how do they expect and experience a period of smartphone detox?

By gathering data on the experiences of a smartphone detox, this thesis provides data to a scientific field with supposedly limited amount of research. The assumption that there is limited research on the effects of digital detox is supported by several of the researchers referred to in this thesis (Velthoven, Powell, & Powell, 2018). There is also little empirical data on the phenomenon FoMO (Przybylski, Murayama, DeHaan, & Gladwell, 2013).

1.3 Detox applications

With the growing awareness over the possible negative impacts of smartphone overusage, there has been developed different services and detox applications for smartphones. Some applications are designed to give you rewards and accomplishments if you spend a certain amount of time offline, such as the app *Forest*, where you get a simulated tree if you complete a certain time offline. The longer you go without using your phone, the larger tree your virtual

garden gets. Other detox apps focus on disabling the access to certain apps for a period of time such as the app *cold turkey*. Though even as the market continues to grow, the effect of detox apps is not yet well documented and require further research. (Velthoven, Powell, & Powell, 2018).

“In general there is lack of empirical evidence in this area on the safety and effectiveness of any of these approaches.” (Velthoven, Powell, & Powell, 2018) – on detox application studies.

1.4 Digital detox in Norway

In 2019 the Research Council of Norway invested ten million NOK into a research project aiming to figure out how humans can handle the information overload we face in today's society. The research project will last four years from 2019 to 2023 and will investigate digital detox in correlation with information overload and technology. Thereby including smartphone overusage and its effects in their detox research. Researchers from several different scientific fields will contribute due to digital detox being a phenomenon within media-sciences, psychology & gaming studies.

2.0 Methodology chapter

2.1 Research purpose:

The goal of this research is to get a better understanding of how individuals experience disconnecting from smartphone applications for a short period. This research investigates whether individuals will experience changes in daily life activities or if they notice changes in their behavior and wellbeing. Through interviews, individuals reflect on their smartphone habits and what consequences their time in detox would have on their daily life. This project aims to see whether participants change their habits and whether or not they observe the use of smartphones differently after completing the detox project. With the new data provided by this research, possible benefits of a smartphone detox may help others who are struggling with smartphone overuse by showcasing positive experiences from the detox project.

2.2 Choice of Method

To answer the thesis, this study features qualitative methods by using in-depth interviews. Considering the aims of the thesis, qualitative interviews provides the possibility to analyze personal experiences and how smartphones are used in their daily lives.

Qualitative research is used when you want to study people's opinions, experiences and to be able to see things from an informants perspective (Tjora, 2017, s. 114).

The qualitative research consists of interviews where three individuals were interviewed twice to get a better understanding of the experience of a smartphone detox. The interviews were divided into two parts, where the first set of interviews took place prior to the detox period and the second set after. The first set of interviews took place Friday 10th and Saturday 11th of May and focused on their knowledge of smartphone overuse, smartphone habits and their expectations for the detox period. The interviews also covered how the participants use and view smartphones as a tool in their daily life and their society.

After the first interviews, the participants were instructed to spend 72 hours without use of smartphone functions. This implicates that they are still allowed to use their phone for services such as text messages, alarm clock, and calls. Any action requiring internet was not allowed, thereby excluding any use of social media and streaming services such as Netflix, YouTube etc.

Part two of the interviews were done in the following days after the participants had completed the 72-hour detox. The post-detox interviews documented how they experienced the detox period and how well they coped with being in detox, how it compared to their expectations as well as whether they noticed changes in wellbeing and daily lives.

2.3 participants selection criteria:

The participants for this research project were selected based on certain criteria. The participants had to be between the age of 16-25. Furthermore the participants had to own a smartphone not older than five years old, based on its possibility to use all newer smartphone functions and applications.

2.4 Strengths and weaknesses

This research is based on the experiences of three individuals. Since the number of participants is less than optimal, a better overview of the effects of a smartphone detox could have been achieved if there were more individuals participating in the research. It is argued that the ideal number of participants in qualitative research is 15 +/- 10 (Kvale & Brinkmann, 2017, s. 148). Furthermore all the participants knew the researcher, thereby increasing the possibility of being affected by their relation and in some cases friendships between researcher and participants can affect the researcher's professionalism (Kvale & Brinkmann, 2017, s. 108). The research period covered both weekend-days and weekdays, making it possible to gain information on whether they faced different challenges and if the reduced possibility to stay online was more difficult to handle during the weekend than weekdays.

2.5 Data collection & participant selection

All interviews were done in person, except for one interview being recorded over Skype due to the participant being in the Netherlands before the project started.

The participants were all students at Volda University College and studying either a bachelor or a masters program. All participants were asked the same questions, so the thesis does not differentiate between genders or study-program. This applies for both pre and post project interviews. One challenge was finding individuals willing to participate in the project as more than sixty people declined before three accepted. All those who declined stated that they wouldn't mind participating in a thesis project, but they wouldn't be able to go three days without smartphone functions. Some even said they couldn't have gone one day without it.

Basic information regarding participants:

- Female 22 years old (1997). Occupation: Masters student. Referred to as Informant.1
- Female 24 years old (1995). Occupation: Bachelor student. Referred to as informant.2
- Male, 24 years old (1995). Occupation: Bachelor student. Referred to as informant.3

2.5 pre-project

The pre-project interviews focused on gaining intel on the participants smartphone background & daily habits, overuse terminology and detox expectations. Understanding the development of their smartphone habits until today was important to get an overview of how

they use their smartphones. Without knowing how they used their smartphones before the project started, it would have been difficult to get an understanding of the effects of the project. The interview consisted of ten questions with the purpose of gaining knowledge on three cases:

- Their smartphone background and usage as well as their view on smartphones role today.
- Their expectations and experience with digital detox.
- Their experience and thoughts on negatively associated effects of smartphones.

2.6 Post-project

Post product interviews were done on the 15th & 16th of May to document their experiences during the detox period. Interviews were done as soon as possible after the period so that the informants still remembered all the details from the detox period. The post-project interviews consisted of seven questions with the purpose of gaining an understanding of these three topics:

- Their experience of the detox period.
- Challenges and difficulties.
- Post-project smartphone usage.

Their experience of the detox period was the main topic for the post-project research. With data on how they experienced the project in terms of habits and time consumption, the second interviews also looked at how their expectations for the project were as opposed to the actual results. This gives the thesis knowledge on whether the informants were aware of the effects the detox would have, which could potentially change their view on detox in the future. By investigating the detox period, we get an understanding on whether the detox was a positive experience, if they experienced it as a handicap or if they felt annoyed and bothered by the limited use of their smartphone. In either scenario, the thesis brings data on why their experiences were positive, negative or neither.

3.0 Theory

3.1 Theory introduction.

The theoretical framework used in this thesis is widely based on quantitative research on digital detox, as well as research on linked causes & consequences by smartphones overuse such as FoMO (Fear of missing out). Some qualitative data was found on the thesis subject, though few were of good academic quality or were found in books without solid research foundation. It was therefore not included in this thesis, along with research that was found written in Spanish & German.

3.2 Digital detox.

Digital detox is a period spent without usage of any technological devices such as telephones, TVs and computers (Oxford dictionaries, 2019). People try digital detoxes for various different reasons, some of which are referred to in this study. These reasons can be things such as trying to be more in the present, improve sleep quality or to communicate more in person instead of through electronic devices. While some feel addicted and want to take more control of their relationship with their digital life, others simply want to be more in the present & improve face to face communication.

Some of the causes and reasons for performing a digital detox is presented in studies listed in this thesis, such as: *Problematic smartphone use: Digital approaches to an emerging health problem* (Velthoven, Powell, & Powell, 2018) or *Digital detox: Media resistance and the promise of authenticity* (Syvertsen & Gunn, 2019). The study *Digital approaches to an emerging health problem* researches problematic smartphone uses as a potential health problem. The article brings forth various potential results of smartphone overusage such as anxiety, depression, memory and concentration issues as well as strain injuries and sleep disturbance. Most of the research is based on quantitative data while *Digital detox: Media resistance and the promise of authenticity* (Syvertsen & Gunn, 2019) includes examples from qualitative research and stories gathered from memoirs. E.g. *The Winter of Our Disconnect*, telling the story of a family that completed a six months long detox and documented the results, where it's claimed that the detox massively improved the relationship between the author and her daughters and achieving a healthy relationship with the digital world

afterwards. “We invaded each other’s space. Whereas before we’d scurry to our separate corners, we now found excuses to bond together and stay there” (Syvertsen & Gunn, 2019). Another example can be found in *Social Networking sites and Addiction: Ten Lessons Learned* (Kuss & Griffiths, 2017).” Boyd herself refers to needing to go on a “digital sabbatical” in order not to be on, to take a vacation from connecting, with the caveat that this means still engaging with social media, but deciding which messages to respond to.”

While all the research used in this thesis sheds light on potential negative effects caused by smartphone overusage, *Problematic smartphone use: Digital approaches to an emerging health problem* differs from other research featured in this thesis as it gives an overview of different applications and methods used to treat smartphone addiction. In addition to the overview of apps, the article discusses whether a digital detox period alone can improve people’s phone habits over time, or if additional help such as cognitive theory is necessary to reduce the misuse of smartphones. The article suggests that people struggle to preform and maintain a digital detox without professional help. Numbers show that only 25% of 15M UK adults stayed offline for a day whilst only 5% stayed offline for a month (Velthoven, Powell, & Powell, 2018). The results presented in their study raises the question on whether a less extreme methods than a full digital detox would be more beneficial and could give a better result. A semi detox or a short detox as a beneficial solution is supported by research featured in *Digital detox: Media resistance and the promise of authenticity* (Syvertsen & Gunn, 2019) which argues that a digital detox can be anything from a few hours to months or even years.

3.3 Detox retreats, treatment centers and vacation

With the growing popularity for digital detox, there has arrived several new methods for disconnecting from technological overload and regaining control of your digital life, which is more extensive than taking smaller actions. An example of this is detox treatment centers, a sort of rehab facility where people get treated for being addicted to smartphones and technology. Such centers are at this time most common in Asia, but have also started to appear in other regions (Syvertsen & Gunn, 2019). As well as the appearing of detox centers, there’s also appeared a market for detox vacations and detox hotels where people can meet others with similar issues. These types of hotels can include things such as a ‘detox survival kit’ or more primitive methods to take the customers back to a time before smartphones etc.

were invented. They also tend to bring their customers to surroundings which differs from their normal life, such as outside resorts. “Offering a space dedicated to connecting with nature and disconnecting from online media is the business model of companies offering digital detox vacations. The locations for detox retreats tend to be tropical, or in mountains or forest” (Syvertsen & Gunn, 2019).

3.4 Smartphone overuse in correlation with SoMe.

Apart from Facebook and Twitter, some of the most popular social media apps are solely designed for smartphones and has limited or no functions when accessed via computers. This includes apps such as Snapchat, or apps with limited functions such as WhatsApp and Instagram. Social medias are also most often accessed by smartphones with approximately 80% being accessed through smartphones and as much as 75% of Facebook usage via smartphone (Kuss & Griffiths, 2017). Apps such as Instagram and Snapchat are commonly used among young people and are both presented in research featured in this thesis, both as a potential cause of smartphone overuse and for the fear of missing out (Reer, Tang, & Quandt, 2019). The apps have been accused of causing addictive behavior, and documented research show a likely connection. However, research proving the apps themselves as addictive was not found. Assumptions that a combination of several factors are key to develop addiction instead of just one subject can be found in *Social Networking sites and Addiction: Ten Lessons Learned* (Kuss & Griffiths, 2017) as it claims that internet addiction can't solely be blamed on the internet itself, but on the content available on the internet, and the availability of being online.

3.5 FoMO (Fear of missing out)

There are a few different definitions of FoMO but this thesis bases itself on the following definition: “*A pervasive apprehension that others might be having rewarding experiences from which one is absent, FoMO is characterized by the desire to stay continually connected with what others are doing*” (Przybylski, Murayama, DeHaan, & Gladwell, 2013). The concept FoMO, short for: Fear of missing out, is often referred to as one of the most common reasons for why people become overly attached to smartphones. The term is strongly related to social media addiction but is also relevant for smartphone overusage due to smartphones

being the primary tool for using social media (Sterling, 2016). the smartphones role in developing FoMO was further investigated in the research *Fear of missing out, need for touch, anxiety and depression are related to problematic smartphone use*, where smartphone usage, the need for touch, and reduced life quality showed a strong connection between smartphone overuse and FoMO.

The research: *Motivational, emotional, and behavioral correlates of fear of missing out* (Przybylski, Murayama, DeHaan, & Gladwell, 2013) combines three studies on FoMO, whereas one of them is the FoMO scale used to measure the level of FoMO in individuals. The results of their research show a higher level of FoMO in men, though only when the participants were younger. Older participants didn't use social media to the same extent as younger participants and also had a slightly higher level of life satisfaction (Przybylski, Murayama, DeHaan, & Gladwell, 2013). Further the results of their research also showed lower levels of life satisfaction for those with a high level of FoMO, confirming their hypothesis that high levels of FoMO would relate to lower life satisfaction. This strengthens the assumption that low life satisfaction is more common among people with a bigger fear of missing out. Further, their third study that was done with first year university students showed that people with high levels of FoMO were more engaged with Facebook and that people with high level of FoMO were more likely to use their phone during lectures and while driving (Przybylski, Murayama, DeHaan, & Gladwell, 2013) (Elhai, Levine, Dvorak, & Hall, 2016). another research also shows that people with interdependent self-construal are more likely to suffer from FoMO (Dogan, 2019), further strengthening the assumption that FoMO is more likely to occur in people with mental health issues such as depression & loneliness.

3.6 Phubbing.

The term phubbing is defined as: the practice of ignoring one's companion or companions in order to pay attention to one's phone or mobile device (Oxford dictionary , 2019) Research on phubbing is included in this thesis due to it being considered as a negative action being caused by smartphones and was experienced by all participants in the detox project. The cross-sectional study by Agata Bachino & Aneta Przepiorka researched the connection between Facebook obsession and smartphone overuse. Their study concluded that there is a direct link between those with smartphones and Facebook obsession with more loneliness, low self-esteem and overall poor life satisfaction (Blachino & Przepiorka, 2018). The research also concluded that women experienced and committed phubbing more than men, both as

disturbance in everyday life and as a sign of phone obsession. The study concludes that there's a connection between low self-esteem, phubbing, loneliness and Facebook intrusion. Thereby it strengthens the possibility that phubbing and phone obsession can worsen mental health and is more likely to occur in people with psychological problems (Blachino & Przepiorka, 2018)

4.0 Analysis

4.1 Pre-project interviews

- Their smartphone background and usage as well as their view on smartphones role today.
- Their expectations and experience with digital detox.
- Their experience and thoughts on negatively associated effects of smartphones.

4.2 Their smartphone history

With cellphones changing drastically over the last 15 + years, the way people use their phone has also changed. As an object originally used for making calls it has developed to be a tool with countless possibilities. As the informants in this project are in their early twenties, they got their first phone a few years prior to the release of first smartphone or around the same time. What they all had in common was that their first phone wasn't a smartphone and they primarily used their phone for calls and texts in the first years they owned a phone. "The first phone I had was an old colorless Nokia, so there wasn't much I could do with it except make calls and texts"(informant.2). One exception to this was informant 3, who said he also used to play games a lot with his first phone. Though after the smartphones arrived, he started using other forms of entertainments, such as streaming services, while informant.1 started playing more games after getting her first smartphone. What they all had in common was that the time spent on their phones had increased a lot over the years, both due to productive tools such as having a calendar available at all times(informant.3) communication tools such as messenger (informant.2), and just to pass time when they didn't have anything else to do (informant.1).

4.3 Detox expectations

Before beginning their 72-hour detox period, the expectations were different among the informants. Informants 1& 2 were the most optimistic about the detox period. Saying it would

be a good experience for them and that this some something they needed (informant.1). Some worrying was expressed due to the common use of communication apps among their study groups. As both female informants expressed that they often felt they had a responsibility to stay online either to be available to help classmates (informant.1) or to stay updated with study groups (informant.2), thereby expressing potential consequences by staying offline. Apart from maybe missing school related content, the informants didn't expect any particular worries for going offline. They sort of had an idea on how they still could maintain some amount of communication, either by asking friends while hanging out (informant.1) or spending more time on a computer and planning better than usual (informant.3). Even though the informants didn't seem to be worried about the detox period they were aware of how much time they spent on their phone, "I think I spend too much time on my phone. It's difficult to put it away. But I haven't really tried any methods. Because I know I should, but I always make up an excuse to be online" (informant.1). The case was the same for Informant.2. She hadn't tried any apps but rather tried to leave her smartphone at home when she's doing errands like going to the store or doing short walks. And if the phone became annoying, she deleted some apps, but installed them again later the same day.

4.4 Negative smartphone behavior and annoying habits

As a result of increased smartphone usage, the term phantom symptoms have become more known. Phantom symptoms is when you imagine that your phone is vibrating when it isn't. This action seemed to be common as all informants had a lot of experience with phantom symptoms, sometimes as often as on a daily basis (informant 1&2). Phantom symptoms are often distracting as it takes away the focus from what a person is originally doing and changes the focus towards the smartphone. Informant.1 even described it as being a bit awkward, disappointing and most of all weird, stated by both (informant 2&3), "I think it's weird. Like how can you feel something that doesn't happen?" (informant.2). With phantom symptoms the one thing they all had in common was that it was more likely to happen while waiting for a message or notification, in those situations they checked their phone more frequently and phantom symptoms were more likely to occur. Another unwanted action experienced regularly by the informants was phubbing. The habit of taking out your phone while being in conversation with others was seen as annoying and negative behavior by all informants. They stated various reasons for why phubbing can occur such as people believing they can multitask much better than they are capable of (Informant.1). It can also be quite rude as

informant.2 explains her experiences with it as: “ It makes you think like: Okay? Am I really that boring?”

4.5 Boredom, FoMO & escaping the moment.

As informant.1 state, the need to be online can feel like responsibility. In her case it's about feeling responsible for her classmates and being able to help if anyone that needs help. As an active student she depends on her phone to stay updated on school meetings, study groups and assisting her fellow classmates. She says that it is not those activities that bothers her about her phone use, it's more bringing it up whenever there's a free moment, which was a habit shared by the other informants as well. “ I do spend a lot of time on my phone when I'm not doing anything particular, when I'm waiting for something.”(Informant.3).

The tendency to use smartphones to avoid boredom is mentioned amongst all the informants, as something they do themselves and notice with others around them.” Whenever we don't talk to anyone, then we go to our phones. It replaces a lot of human communication even though we know we shouldn't do it”(Informant.2). But it's not only when people are alone, seeing someone taking out their phone while others are around were a familiar sight for all the informants.” I don't really think that they think about it when they do it, It's just sort of a reflex and a habit. So sometimes people just spend time on their phones instead of talking to their friends”(Informant.2)

4.6 Disconnect & discomfort.

When being used to being online it can be challenging to face situations where you don't have the possibility to connect if you want to. An example of this was given by informant.2 who went on a cabin trip, and there was no cell reception. Making her anxious of the thought that she wouldn't be able to get a ride if she needed to get back home. Another example was brought up by informant.1 who once simply forgot her phone before having a break at a conference, and as everyone else were ether at a computer or on their phones, she felt stressed out and counted the minutes until the break was done. Also, guilt was said to be a consequence of not being available “ I feel it's a bit of a responsibility to stay online, like I feel if I disconnect then I possibly let people down”(informant.1)

4.7 Causes of overuse

The informants didn't classify themselves as addicted, and when asked about what makes people overuse their smartphones they gave several possible explanations, pointing to the amount of possibilities you have with a smartphone. The most mentioned reason for overuse

were social media apps, the possibility to stay social whenever you want and second was the almost unlimited amount of entertainment services, ‘‘I think a lot of it is just how much entertainment you have at your fingertips, like with YouTube, You will never ever be able to see the amount of content that is there. It’s endless’’ (Informant.3). As informant.1 explains, it’s common to go through several apps, putting down you phone and then putting it up and checking all the same apps again just a few minutes later.

4.8 post-project interviews

4.9 Their detox experiences

As predicted by the two female informants in the pre-project interviews, they summarized the detox as an overall positive experience. A few difficulties were experienced by the participants, but not enough to make them quit or cheat the project. As mentioned in the pre-project interviews, study groups & student communication was what informant 1&2 was most concerned about missing out. The most problematic situation during the detox period was related to student activities, as informant.2 missed out on the planning of her study group, and she wasn’t notified of a new reading session. The event did stress her out, but she managed to attend the study group despite short notice. Not only social media was missed during the detox, mutual for all informants was that they usually checked their mail through their smartphone as well as bank services, causing some unexpected frustration for informant.1.

4.10 Offline amongst the online

On whether they became aware of others phone use, informant.2 noticed a big difference in social behavior due to people’s phone use while attending her cousin’s confirmation. ‘‘ I just noticed how difficult it was to socialize with people that were constantly on their phone’’ and that those that spent less time on their phone were in general more social and easier to communicate with. She was also surprised of how many of the guests that were occupied with their phones while being at a large family event.

As the informants stated in the pre-project interviews people tend to pick up their phones when they’re not doing anything in particular, and can use the smartphone to avoid boredom. This was experienced on informant.1’s three hour buss travel from Aalesund airport where all

her classmates picked up their phone as soon as they sat down on the bus and started scrolling, thereby making her the only one not spending the time on her phone on their way back home.

On whether they could have done a full week detox period they all agreed it would have been manageable if some exceptions were made.’’ I would have had to have messenger, there’s just too much of my communication that relies on messenger’’ (Informant.2) while informant.3 would continue his pre-project tactic and compensate by spending more time on a computer.

4.11 Fear of missing out

The fear of missing out was mentioned among the informants to be one of the most common reasons for why people spend too much time on their phones. All informants used social media on a daily basis before the detox and used it as their main communication tools. Though in the pre-project interviews the informants showed few signs of FoMO. During the project the informants did however have some experience around possibly missing out on happenings in their social circles, such as informant.2 who couldn’t attend a big event taking place in Volda during the two first days of the detox. Usually she’d see everything that happens through snapchat from friends. So, she knew they were at the event, but she didn’t get to be caught up in it, since she couldn’t see what was going on. As a method of staying up to date despite not being able to use social media, informant.1’s tactic would be to make a call to a friend if she was curious about something going on online. Though if the period was longer, she might have felt the fear of missing out more.

4.12 Post-detox changes

As part of the thesis purpose, the informants were asked if they would be more aware of how they use their phone in future. Two out of three informants (1&2) answered that they would implement changes in how they use their phone and had planned new methods on how to spend less time online. Based on her experience at her cousin’s confirmation informant.2 wanted to be more aware of her phone usage in general, but more specifically when she is in social settings and not at home’’ And I don’t want to be one of those people that just spend the time on their phone when they’re around others’’.

As for more instant actions informant.1 deleted her Instagram account as the detox ended, stating the reason as’’ I just waste time there and it didn’t benefit me anything’’. Informant.2 kept all her social media accounts just as before the detox, though when she went online and

saw the all new messages etc. from different apps, she didn't open any of the snapchats she received as the importance of them was changed, stating: " There was a lot of snaps received, but I didn't feel the need to open them, Couse I knew they weren't important and would just waste my time"

5.0 Discussion

5.1 Discussion introduction

The results of the detox project showed positive change in the informants thoughts and habits on how they will use their smartphones in the future. They were all familiar and used to negative behavior caused by smartphone usage such as phubbing, phantom symptoms and fear of missing out. Two of the informants used smartphones to be available on short notice related to their education and expressed that not having a smartphone was not a possibility as long as they were students. As the informants underwent the detox period, they became more aware of other people's habits such as avoiding boredom whenever they had an empty moment, and that people were more difficult to communicate with when they spent time on their phones while being in a social setting. Only one of the informants chose to spend more time on the computer as a substitute tool for the smartphone, and the same informant was the one that appeared to have gained the least experience from the detox project.

When it comes to the thesis question, the data gathered from qualitative research showcased that young people are more likely to benefit from short term digital detoxes as they became more aware of others phone usage, especially in social settings. The reasons for why people wanted to take part in a digital detox were essential in both the thesis-research and previous research. The most common reasons were the wish to become more present in their daily life (Syvertsen & Gunn, 2019) (Kuss & Griffiths, 2017) and have better social interactions outside the digital world. For the informants a series of events such as informant.2's experience at her cousins' confirmation made her aware of social consequences made by smartphone overuse. Her experience during the detox period is similar to a situation described in *Social Networking sites and Addiction: Ten Lessons Learned*

“overreliance on technology has led to an impoverishment of social skills, leaving Individuals unable to engage in meaningful conversations because such skills are being sacrificed for constant connection, resulting in short-term attention and a decreased ability to retain information. Individuals have come to be described as ‘‘alone together’’: always connected via technology, but in fact isolated’’ (Kuss & Griffiths, 2017).

Though there are similarities between the informant’s experience and the example presented by Kuss & Griffiths (2017), the later is more targeted towards individuals that spend more time isolated while having social interactions almost solely online instead of face to face interactions. Thereby the term ‘‘alone together’’, which can be linked to the idea of multiple people being alone at each their place while socializing together online. The term can also be used to describe socializing in gaming where people communicate through voice chat services while being alone.

5.2 Smartphone overuse & declining health

Though health consequences were not the primary subject of the thesis, the results of the research showed that informants experienced stress & anxiety in certain situation where they had no possibility to be online. One of the informants also expressed that a smartphone was a sort of safety, and fear of missing out was only related to school work and not about being worried to lose connection with friends, which is documented as one of the most common reasons to experiencing FoMO (Przybylski, Murayama, DeHaan, & Gladwell, 2013) (Dogan, 2019). The informants showed no sign of having developed health issues due to their smartphone usage, but it’s worth noting that their characteristics were quite different from those personalities that were most likely to experience mental health issues like depression and anxiety. As nether of the informants showed strong symptoms of FoMO they were more unlikely to develop health issues due to their smartphone usage, as people with higher level of FoMO are more likely to have a problematic smartphone usage concluded in the results of the study: *fear of missing out, need for touch, anxiety and depression are related to problematic smartphone use:*

“ The current study indicates that FoMO and need for touch are significant predictors of maladaptive smartphone use. In addition, some aspects of self-regulation (i.e., Behavioral activation and suppressive emotion regulation) appear to mediate the links between emotional pathology and problematic smartphone use’’ (Elhai, Levine, Dvorak, & Hall, 2016)

5.4 Negative smartphone habits

Negative smartphone habits such as phubbing and phantom symptoms were experienced frequently by the informants, whereas phubbing was often unintended and made informants feel ashamed when they did it and felt ignored and unimportant when others did it. Despite experiencing some of the negative habits related to smartphone overuse, None of the informants informed about having low life satisfaction or self-esteem caused by smartphone usage and neither informed of any dangerous incidents as a result of being distracted by their smartphones. Distractions caused by smartphones has also been linked to increased of accidents such as car crashes, where reports claim that driving while texting is twice as dangerous as drunk driving (Velthoven, Powell, & Powell, 2018).

‘Furthermore, a report from the UK institute for Advanced Motorists in 2012 warned that distraction from mobile phones had been a contributory factor in 1690 road accidents of which 110 were fatal incidents between 2006 -2010’ (Velthoven, Powell, & Powell, 2018)

5.5 Future of digital detox

With new methods for dealing with smartphone addiction appearing such as detox centers and detox vacations (Syvertsen & Gunn, 2019). It’s safe to assume that there is a demand for new solutions and that we can expect a larger market for detox services in the years to come. There’s also likely to appear more research on digital detox and the effects of different methods, which will lead to stronger evidence towards which methods that works, and which of the methods that will be proven less useful. If the coming research manages to produce solid evidence on how a digital detox can be most successful, it’s more likely that people will obtain better knowledge on which methods really work. As mentioned in earlier research a full on detox has a low chance of success (Velthoven, Powell, & Powell, 2018) while performing less extreme approaches or shorter time detoxes are more likely to succeed (Syvertsen & Gunn, 2019). While recruiting participants for the thesis project those asked also strongly expressed that they would never consider a long-term full detox. Similar to the results presented in: *Digital detox: Media resistance and the promise of authenticity* the positive effect of a short-term detox or a semi-detox were shown in the thesis project. The informants were optimistic about their detox experience and that a short-term detox seemed helpful, and gave them a new perspective on their own phone habits. On the question if they would commit to a longer detox period they expressed that exceptions must have been made, and it would possibly bring with it difficulties such as reduced possibility to plan study groups

(informant.2). With the results of the short-term detox project being positive, it seems unnecessary to advise the informants to spend longer detox periods in the future based on their progress made in this project.

6.0 Conclusion

The goal of this thesis was to gain a better understanding of effects of digital detox by exposing young people to a detox project. A combination of results concluded by previous research and the research project was the foundation of the conclusions to the question the this was based up which is:

What is young people's experience with negative effects of smartphone overusage, and how do they expect and experience a period of smartphone detox?

By combining the results found in previous research with the 72hour detox project, further data on young people's experience has been gained. The informant had sufficient experience with negative effects of smartphone overusage such as FoMO, Phubbing and phantom symptoms. However, it is important to point out that with FoMO they were more aware of this behavior in others and showed no signs of having lower life satisfaction or mental health issues caused by FoMO themselves. Previous research suggested that small detox periods were more beneficial than large scale detox and with the positive result of the detox project. The positive experiences gained by the informants strengthens the assumption that small-scale detox will improve awareness and healthier smartphone usage among young people. As a result of the thesis project, it's become clear that disconnecting completely from smartphone functions would be very difficult for young people due to its frequent use related to studies and work.

After the project the informants experience of the detox were quite aligned with their expectations. They faced a few unexpected challenges but overall had few issues with completing the project, this shows that the participants had a good understanding of their own phone usage as well as it's role in their daily life. Yet the results showed that the detox were more beneficial than they expected pre-hand and they expressed that they became more aware of consequences of potential overuse, this further resulted in them wanting to further actions

to improve their habits and spend less time online in the future. Changes in their smartphone behavior were focused on reducing the spent on social media and wanting to be more in the present as well as having more meaningful conversations offline. This thesis thereby concludes that young adults are likely to benefit from a digital detox, but further research is needed on effects of apps, various methods and detox programs as there is few evidences on which methods has the best effect.

Additional notes:

One of the main research articles *Digital detox: Media resistance and the promise of authenticity* (Syvertsen & Gunn, 2019) featured in this thesis was published as late as 16th of May, the article contained information and results that could have been crucial to the development and shaping of the thesis. But due to it being released only days before deadline, it's implemented but not to an optimal extent.

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Attachment 1

pre-project interview overview

1. How has your relation to your smartphone changed over the years?
2. Have you experienced “phantom symptoms”? Or any similar actions? (feeling phone vibrations that hasn't happened)
3. How do you think the detox period will affect your daily life in the next 72 hours?
4. Have you tried to spend less time on your phone? If yes, which methods did you try and how did it work/not work.
5. How do you experience the role smartphone has in people's lives?
6. What's your experience with nomophobia (no access to internet) and FOMO? (fear of missing out), phubbing (disrupting conversations by smartphones)?
7. What do you think are the main reasons people develop smartphone addiction?
8. How difficult do you think it would be to not have a smartphone as a young adult in 2019?
9. Have you experienced anxiety or other discomforts when you're not close to your phone or if it's out of battery?
10. Additional thoughts, comments on smartphone overuse?

Post project interview overview

1. How would you summarize your detox period?
2. Was there anything unexpected you experienced during the period?
3. How do you think it would have been to go a full week without smartphone functions instead of three days, and could you have done it?
4. Did you become more aware of others phone use while you were detoxing?
5. Do you think you will be more aware of your phone habits in the future?
6. Did you feel that you missed out socially during detox?
7. Did you experience any discomfort or stress due to not being alone?

Attachment. 2

Pre-project interviews

1. Informant.1

First, we didn't have internet on the phone, so I just used it to communicate with text messages calls. But then It started to become more scrolling and games, then it developed to being used much more. Now if you're traveling or have a small break from class then you just take up your phone, and if you lend my phone to show someone something, I reach into my pocket for my phone. And then realize that I don't have it, so then I just wait them to get done with it. Now I automatically bring it up whenever I'm not really doing anything. So, I use it very often these days. It's a bit scary really. We always must do something constantly, like we are afraid of being bored.

2. Yeah it happens, and I usually get disappointed because nothing had happened, but I also get disappointed in myself when I do it. But it mostly happens when I'm waiting for a reply from someone. But I think it happens every day. It's a bit awkward really.
3. I think it's going to be weird, especially in the beginning. But it's also going to be so good for me. Because you get really addicted and you constantly check your phone. So, when I go offline it's going to be nice to just have in the bag and not check it constantly. It's going to be quite liberating. Its ages since I last went without using my phone so, the most I've gone without it is maybe if I went to a waterpark with the family or something. But even that is hard. So, after this period ill try to keep it going and be more offline than earlier. I don't really think I'll use the computer more, I'm usually on the move so there's not that many chances to get the computer out. If I need to use maps or something, I'll just ask friends, I'm with. One difference will be that I won't check my phone when I go to bed and when I wake up. Whenever I have problem sleeping, I just pick up my phone, and during the mornings I sort of do it automatically. It's silly but most times when I'm late for something it's usually because I've spent to much time on my phone, I forget the time.
4. I think I spend too much time on my phone. It's difficult to put it away. But I haven't really tried any methods. Because I know I should, but I always make up the excuse that I must be online, a bit because I usually assist my classmates if they have questions. And if someone working at the school needs to contact me.
5. Today it's a lot about the fear of being bored. Whenever we don't talk to anyone, then we go to our phones. It replaces a lot of human communication even though we

shouldn't do it. When we travel or sit waiting at the doctor's office. We never really just sit and observe the surroundings because we can't stand the idea of not doing anything. It's a shame really.

6. With nomophobia I recognize it with the fact that I want to be able to help people, so I feel it's a bit of a responsibility to stay online, like I feel if I disconnect then I possibly let people down. And that's something I really notice. So that's what I usually use as an excuse. With FoMO I think it's difficult, I've been a lot with people that constantly stay online because they can't miss anything that happens. But I don't really think that it's a problem for me, because I usually get told things from friends. But I know that for so many of my friends they must stay up to date all the time. So, they constantly check their phone to stack up on information and to make sure they don't miss out on anything. Phubbing is something I've definitely done. Im very conscious that I'm doing it, just when we started talking about the interview today, then I was talking to friends. I don't like that I do it and try to get better at it. Because I get so frustrated when others do it in front of me, It's not a nice experience. You feel that you don't matter and that the phone is more interesting than you. Makes you feel irrelevant and that you don't get recognition. I sometimes tell them of, but that really depends on how well I know the person. I think people believe they can multitask much more than they can.
7. I think some get obsessed with phones because there's so many apps and social media that you can use on your phone, and when you can access it constantly, then you check it all the time. And sometimes people check all their apps, then 4 minutes passes and then they pick up their phone and check the same apps again. So, the more apps you use on your phone the more time you will use on it, so it's the amount that makes the habit getting out of hand. And then it gets hard to use it less
8. It really depends what you do, for me that use a lot of group chats and with school and work. I also use my phone to check my email all the time. If you don't really depend on being online all the time, then it won't be that hard. But if you have a lot of activities, then it's almost impossible to stay offline. But it's about being able to adapt. If we didn't have phones, we would adapt to however that would have been.
9. Yeah, I've experienced it, in a break at a conference that lasted 40 minutes, and everyone else was on their computers and their phones. But I had left mine. So, I became so aware that I was the one without a phone or computer. So, then I really missed my phone and it stressed me out, just kept checking the time and counting down the minutes.
10. I get worried about how disconnected people can get.

Informant.2

1. The first phone I had was an old colorless Nokia so there wasn't much I could do with it except make calls and texts, I got my first smartphone the first year of high school, maybe a bit late, but that's when I started using my phone a lot more. And now I'm very dependent of it, when it comes to communication with friends, keeping up with studies and work, so if I don't have it with me, I use to think: what if I get an important message? I also keep it close to bed but not at the bed, but that's mostly because of the alarm, so that I must get up to turn it off. But I often check the phone

before I go to bed, and when I wake up. I probably shouldn't because I think it affects my sleep, sometimes if you go to bed and pick up the phone you can get caught up and spend way more time than intended.

2. Yes! It happens, not often but occasionally. I think it's weird. Like how can you feel something that doesn't happen? But another similar thing is when my roommate's phone vibrates, I automatically check my phone. Every time. But I mostly get phantom vibrations when I'm waiting for a message. But it has happened randomly as well.
3. I don't believe it's going to affect my days too much, but there's a lot of habits with smartphones. And I'm constantly communicating with friends online so it's going to be a bit weird when I can't stay updated on group conversations, so it's going to be quiet. But I'll probably pick up my phone randomly and then remember that I'm not going to use it. I'll use messenger more on my computer, but I don't necessarily think I'll use my computer more than usual.
4. I've tried to be more conscious about it and tried to think more often that I should leave it home when I don't need it. Like when I'm going to the store or on short walks. But I've never downloaded any applications to help it. Because I don't really think it's that much of a problem for me. But I do sometimes delete apps for a few hours when it can get a bit too much. I haven't really heard about anyone using apps to limit their screen time, but a lot of my friends try to just spend less time on their phone in general, but they don't use any tools for it.
5. The thing I notice in social settings like if you're out eating with friends or when I'm at work, people take out their phones when there's not much happening. I don't really think that they think about it when they do it, it's just sort of a reflex and a habit. So sometimes people just spend time on their phones instead of talking to their friends. So, we sort of lose the social part of hanging out.
6. I got an example on this actually, I recently went to a cabin trip and there was no cell reception, which was fine in itself but I was constantly nervous about if anything happened and if I wasn't able to call home or if I needed a ride. When it comes to FoMO I think everyone has this fear of missing out. I don't like to admit it, but it's like that for me as well. Everything happens on social media so it's hard to stay social and up to date if you're not online. Phubbing is something that really bothers me. I've done it myself and it probably happens sometimes. If I do it, I try to tell the other person that it's something I must check quick. But when a person takes out their phone the personal communication just stops and it's very rude. I don't think people realize they do it sometimes, but it makes you think thoughts like: okay? Am I really that boring? Though it can also be that they just haven't been on their phone for a little while. Sometimes I just walk away if people do it, but I should get better to just tell them to stop doing it. Though some people do it way more than others.

7. I believe its because it's the quickest way to be connected and social. You always have entertainment just a fingertip away. If you're bored or have some extra time the phone is always the easiest alternative.
8. I think it would be difficult because you use your phone for so basically everything these days, you pay your bills, send e-mails, take pictures and socialize with it. You can use your phone to do so much, and that makes it difficult to not use it.
9. Never really felt anxiety from not having my phone, but when I'm at school or out walking and I don't have my charger then the first thing I do when I get home is to put my phone on charging.
10. As I see it, for those that use their smartphone to much, I think it's a lot about confidence and getting approval from others. Some people are obsessed with approval on social media, I have friends that send me messages telling me to like their photo when they put out new photo's on Instagram. And with snapchat people send blank pictures just to keep the snapstreak going. I think people that spend less time on their smartphones are more confident, at least when it comes to staying social without having to be online constantly. My impression is that those that spend less time on their phone have a better relationship with the world outside the digital life.

Informant.3

1. I got my first phone when I was very young so it's a bit difficult to picture how it would be like without it, it's became a tool that we use for almost everything. But also, a lot of entertainment from it. Though for me the calendar is one of the things I use constantly. Also before I got a smartphone I used to play a way more games on the phone, no its more just social media and entertainment services like YouTube.

2.

Yeah it happens, sometimes it can happen several times a day. And sometimes it can be weeks in between. The weird thing is that I sometimes feel it when I don't even have my phone with me, which doesn't make any sense at all. Though my phone is a bit broken, so it sometimes actually vibrates without anything happening. But im quite sure it happens because you get used to feeling of it so often.

3. I think I'll have to plan everything to more detail. Almost everything goes through email and Facebook, and other apps. I only use normal calls with my parents. Also, I'm quite sure I'll spend more time on my computer, and take it out on more occasions, usually in the morning I usually have my phone on constantly and check social media, news and entertainment. I use it quite often just to waste time. I do spend a lot of time on my phone I'm not doing anything patricidal, when I'm waiting for something. But I tend to procrastinate more on the computer really

4. Not solely on phones, but more focused to cut down on entertainment services. I've tried to go days without using entertainment services but then I just end up staring into nothing, not really doing anything instead. But I've never tried any apps or anything like that. I like to believe that I can control myself when I need to, so I don't think it would change anything for me. If it was going to make me more productive or something then I need something different. But when I need to disconnect, like during my internship I had no problem having my phone unavailable for many hours.
5. I believe it's a very important tool today, it makes it possible that you're always available, if it's for personal connections or if it's through work. If anything happens then you can access anyone whenever you want. And you can do anything from recordings to using it as a camera in work. For a lot of people, I think it's basically a mini computer and that it's the only tool they need. The thing I think is scary is the amount of entertainment services which makes it possible for people spend crazy amount of time on their phones and not doing anything productive.
6. Nomophobia is probably the worst one, you kind of always depend on being online. For example, I would never go on a mountain trip without my phone, in case anything happens. Same if I'm out traveling, there's a safety to always having the possibility to be online quick.
with FoMO it's more solely on social media, but then again, we spend most of our time on social media on our phones. But I think social media is the biggest reason because that's where you receive all information from friends and happenings. It's easier to just get information from Facebook than to look up a website. But that you can access the social media sites so quick makes it easy to become more addicted. But for me it's not that much of a problem, I think. With phubbing I've caught myself doing it quite often. But it's more if people get quiet in a social setting, so instead of just like talking about the weather then it's easier to just look to your phone. But I think I do it quite often, but I don't have that much problem with doing it. I don't have a problem sitting quiet with someone, but if nothing's happening then I might as well do something on my phone. So, it's a way to distract yourself from something.
7. I think a lot of it is just how much entertainment you have at your fingertips, like with YouTube. You will never ever be able to see the amount of content that is there. It's endless, so there's always something you can watch that you haven't seen before. You have all the streaming services, games, social media and other entertainment. And especially if you're afraid losing connection with friends, being left out and a lot of people need to keep up things like snapstreaks.
8. I think it's easier than to be without social media, even when people say they don't really use Facebook that much. I don't think most people realize just how dependent we are on Facebook, when it comes to staying updated, get your news. And for many it's sort of replaced e-mails. And you will be much more difficult to reach if you don't have a smartphone, if you don't always stay connected it's difficult to stay up to date

with others. But it's because since everyone is online, everyone always expects you be available as well.

9. Yeah if something I must answer to. So, if I'm already stressed out and I cant do anything with it.

10. A lot of people get afraid of don't being good enough, but that's again not just the phone's fault, it's a combination with smartphones and social media. It's several factors together. Some might be more addicted than others and that might be people with more social anxiety and with a bigger need to get approval from others. But I think it's a bit the same with people just watching TV all day, it's just easy for people to sort of do nothing and just watch what everyone else is doing online. It's so easy to access.

MID230

Attachment 3

Post-project interviews

Informant.1

1. Surprisingly okay, i thought it was going to be worse, but it went well. The only period I missed snapchat and such apps was the last hours before the detox ended. Because then i was very observant that the detox was coming to an end. And there was a few things that was irritating during the period, like not being able to access my bank from my phone, same with Canvas and email. But on the other hand it was also quite nice, just try to not let it stress you to much and just get used to not being online and don't think more about it.

2. not really, i was most surprised of just how well it went. Didn't really predict that I needed my phone for bank and email. But I just remember to check that when I was on my computer. Other than that, I adapted quite well

3. I think i could have adapted to it, i'd have to prepare for it more and change some habits, but then it should have been fine

4. yes! Especially when I was on a bus with classmates for a few hours and I was the only person that didn't have my phone up. They all took up their phones the second we got on the bus. So, whenever they had time, they went scrolling.

5. Definitely. I left Instagram now because I realized I just waste time there and it didn't benefit my anything. And I'm going to try to pick it up less. I want to pick up the phone when I want it, and not when the phone wants it. And I'm also going to turn of the internet more often just to keep myself a bit more offline than I've used to. It's not necessary to stay online all the time.

6. No, Not really. I felt that I missed out on snapchat but I know that I could just text someone or call if I wanted. And it's more personal to communicate old-school. But snapchat and social media is so quick. So it can be more efficient. But I don't really feel that I missed out things. But im sure that I would have noticed it if the detox period was more than 3 days. A lot of the content I receive on social media are group chats. So the messages are not really directed towards me so.

MID230

7.No particularly, the thing I felt the most was just how bad I wanted to check my mail but I just thought it would be okay since the period was short and that I could check my mail on my computer at a later time so.

Informant.2

1. It's been very comfortable to not be available at all times, but at the same time it's been a bit stressful, because of school projects. A lot of them rely on group chats on messenger, so I probably should have checked my computer more often. Because I missed some important info on some school projects. One thing I noticed was that I stopped worrying about not being in other social settings. Since I didn't know what all my friends back home was doing, I didn't think about if I missed something there. So, I become more aware of the present and in the situations, I met during the detox period.

2. yeah, I predicted that it was going to be really weird to go without snapchat, but that didn't bother me at all, and I never missed it. Which was a big relief really.

3. yeah with one exception, I would have had to have messenger. There's just so much of my communication that relies on messenger. But with other social media and smartphone apps It wouldn't have been a problem. It's all about habits, the longer you go without it, the more used you get to it. So, since I've been using the smartphone so actively for 6 years, I have a habit of using it a lot.

4. yes! I went to a confirmation to my cousin, and I just noticed how difficult it was to socialize with people that were constantly on their phone, and I kept noticing just how often they picked up their phone during the day. And those that didn't pick up that often were way more social and easier to talk to.

5. yes! Definitely, or I really hope so. I've tried to become more aware of it. But especially after the confirmation where I noticed just how disconnected people were on their phones. And I don't want to be one of those people that just spend the time on their phone when they around others. So especially in social situations I'll definitely try to use my phone less. I want to be more in the moment.

6. yeah but that was a bit because of a large event going on during the weekend that I couldn't attend. so i knew all my friends were there having fun and I didn't see anything from it. But other than that I didn't really think to much about it.

7. YES, but not uncomfortable, I got stressed because of the study groups at school which suddenly had planned reading sessions without me knowing it, so I didn't get noticed about things until like 30 minutes before. With snapchat I actually got a bit stressed after I got online again, there was a lot of snaps received, but I didn't feel the need to open them, Cause I knew they weren't important and would just waste my time.

Informant.3

1.I don't think it made that much difference for me, but I was more bored than usual, so I did bring up my computer more often to compensate.

2. Started playing more games, also I didn't catch up as much on news as I used to, and the same with social media since I could only access Facebook through my computer.

3. I'd manage to go a week without it. I would have compensated with more computer use though, and the time I spend on social media on my phone would most likely be spent on games and other entertainment instead. So, for me I don't think it affected me too much, it would be completely different if it was about completely leaving social media instead of disconnecting from the smartphone.

4. Don't think so, if I'm in a conversation with someone then I notice how they use their phone. But I do that in a similar way when I was online anyways. So, it wasn't something I particularly noticed when I was in detox.

5. Don't think so, only thing is that it was easier to go offline when it was planned, when I run out of data for example then I can get really annoyed so it was something different when it was something I did out of my own choice. One thing I noticed was that I didn't use much battery, I charged it the same day the detox started and didn't need to charge it until after the detox period.

6. No, but in the beginning I sort of forgot that I could use my computer, I don't rely much on snapchat, I don't like to have longer conversations and to use it as a primary tool for communication, so it didn't affect me that much.

7. No, but I would be something different if I disconnected from social media as a whole and couldn't access it with my computer. Also, since I'm currently heavily using my computer for schoolwork, I was never far away from being able to go online on the computer.

MID230

Simen Langeland Media-design Volda University College

Bachelor smartphone detox.

A study on young adults' reaction to smartphone detox.

Abstract/ Short summary/ about the thesis: