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# **Lived Experiences of Smartphone Addicts among Secondary School Students**

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**ABSTRACT:** The world is governed by the dynamic change of technology. Its advancements dictate the massive transformation of daily undertakings; so as the lives and humankind existence. Technology offers great responsibility to human race while on one hand affects transactions including the educational formation of the human mind. The study to explores the impact of smartphone as it is utilized in instruction among secondary students to document their behavior towards smartphone use in the accomplishments of school-related learning requirements. The study adopted descriptive phenomenology design to ten participants with at least two years experience of using smartphone in learning, male or female regardless of the age. Further, the data will thematically be treated following the 7-steps of Collaizi to identify the salient themes. The result would yield importance to develop programs that aids learners to increase knowledge retention using smartphones. The study revealed six major themes: such as, (1). Lifestyle; (2.) Low academic performance (3.) Poor Family life (4.) FOMO(Fear Of Missing Out) (5.) Not regulated at home and school. (6) Anxiety/Stress.

**KEY WORDS:** Smartphone addict, High School Students.

## **I.INTRODUCTION**

The world is governed by the dynamic change of technology. Its advancement dictates the massive transformation of daily undertakings, so as the lives and humankind existence. Technology offers great responsibility to human race while on the other hand affects transactions including the educational formation of the human mind. While the world is aging faster, we observe the technology evolve gradually every day, year and decade. Most aspects in our lives we depend so much on the power of technology. As the years goes by, we are witnesses on how technology affect the lives of mankind. Technology is very helpful in almost every aspect in our daily task. The power of technology offers great responsibility, that we must not neglect the impact to the young children's mind. We are best in innovating something but sometimes disregarding the psychological impact of the said technology among children specially to the young student. Undoubtedly, through the usage of smartphone, it may offer positive and negative impact among students. In some situations where smartphones are employed to facilitate the learning process in a classroom situation. But it may affect their behavior once it is over used.

## **II. SIGNIFICANCE OF THE SYSTEM**

This study will explore on the lived experiences of the selected Smartphone Addict high school students to determine on how student control or manage their smartphone or is it smartphone controlling them. The result of this study will benefit the following: High school students, Researchers, Parents, Teachers/Mentors, Technologist, Curriculum developers, and the Community. The study of literature survey is presented in section III, Methodology is explained in section IV, section V covers the experimental results of the study, and section VI discusses the future study and Conclusion.



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## III. LITERATURE SURVEY

The prevalent use of smartphone among young people becomes more popular regardless of what economic status you belong with. In the Philippines majority of the young people owned or has the access to the use of smartphone that makes their lives more vulnerable if not regulated. SS Aljomaa, et al. described an evidence based observation that young people shy and lack of confidence are prone to the use of smartphone in their means of connectivity even without physical demonstration of language.

Min Kwon et al. Developed self-diagnostic scale that will identify the smartphone addicts using the SAS scale and it was found to be relatively dependable and justifiable.

Maya Samahara, Nasir S Hawi. Smartphone addiction is directly proportional to perceived stress but inversely proportional to life satisfaction. Furthermore, smartphone addiction is inversely proportional to academic performance but directly proportional to life satisfaction.

## IV. METHODOLOGY

The study explore the experiences of smartphone Addicts Secondary School students is anchored on Relational Dialectics Theory by Baxter & Simon to described how people rely to communicate, share, include and validate to document their behavior towards smartphone use in the accomplishments of school-related requirements and daily activities.

To record the lived experiences of secondary school students smartphone addicts Moustakas Method, Colaizzi and Manen's hermeneutic approach were utilized. The result would yield importance to develop programs that aids learners to increase knowledge retention using smartphones. Attempt to regulate and proposed new curriculum. The participants of this study are the selected high school students of New Ormoc City National High School, Ormoc City, who are using their smartphones every now and then. The researcher utilized in-depth interview and observation as a tool of data gathering. The method outlined by Lysack et al was used by the researchers. Focus Group Discussion, Reflective Diary and observation were the tools used for data gathering. The interview was recorded face-to-face in a quite room and only the participant, interviewer and the recorder were present. The interview composed of open-ended questions to delve deeply into a particular event, issue, or context that will answer to the following questions. What is the lived experiences of the selected Smartphone Addicts Secondary school students who are using smartphone on their daily existence? How does the student control or manage their smartphone or is it smartphone controlling them?. An unstructured conversational data collection approach was used. During the interview, participants were asked to recall cases were they could consider it as positive or negative effect on their lives. In addition, the researcher observed confidentiality at all times through assignments of pseudonyms. Recorded interviews were transcribe verbatimly among five participants with similar experience. Exhaustion of data was reached signaling researchers caseation to collect information. (Lysack et, al.)

## V. EXPERIMENTAL RESULTS

The study revealed six major themes: such as, (1). Lifestyle; (2.) Low academic performance (3.) Poor Family life (4.) FOMO(Fear Of Missing Out) (5.) Not regulated at home and school. (6) Anxiety/Stress.

According to the participants, Smartphone is everything for them, life is comfortable but boring without the said gadgets. They do not value much their studies, much time is allotted to social media such as On-line Games, you tube and facebook cites. No more family bonding, they prefer to have more time with their gadgets that resulted to poor parent and child inter-action. Most teens have a feeling to be updated all the time, they must be in with the new trend of gadgets (whatever is the new trend), you are not a Millennial if you do not have the gadgets. Parents provided them the gadgets, both home and school tolerate the use of smartphone without restriction. The participants also verbalized that most of them are suffering from nausea which is related to stress because of too much attention in manipulating their smartphone.



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## VI.CONCLUSION AND FUTURE WORK

These themes illustrates that smartphone is controlling the participants, although smartphones is considered as the modern technology hub or partners in doing assignment and some researches and source of latest updates of current issues. It resulted to observed low academic performance. The participants verbalized impending danger to their family life relationship, however, they persisted due to perceived lifestyle of the millennials and they consider it as their life. The study revealed Psychological and health implications, that health condition of the participants were vulnerable because of the effect of too much attention given to their gadgets that resulted to nausea and anxiety. It is highly recommended that immediate action of the Parents concerned, School Administrators, Teachers, Curriculum Planners and Legislators to regulate the use of smartphones and to adopt a mechanism that will enhance the awareness of our young people on the harmful effects of smartphones if not regulated. Future work includes the implementation of enhance awareness campaign using a community based strategy and capacitate the parents, teachers, curriculum planners and legislators the harmful effects of smartphone to the young minds and proposed a rules and regulation on the use of the said gadget that will benefit for a specific productive and meaningful purpose.

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