

**That's how
our phones
addict us.**

Photo: Sara Kurfess / Unsplash





Checking your phone..

85% of Americans have smartphones.

2/2021

<https://www.statista.com/statistics/219865/percentage-of-us-adults-who-own-a-smartphone/>

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Checking your phone..

**86.5% of Filipinos
have smartphones.**

91.5% will by 2026^{2/2023}

<https://www.statista.com/statistics/467186/forecast-of-smartphone-users-in-the-philippines/>

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Checking your phone..
Telenor reports
digital dependence
in Philippines
highest among
8 Asian countries. 9/2022

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Checking your phone..
62.6% Filipino
HS students have
smartphone
addiction.
(66.2% males, 60.2% females)

3/2020



Checking your phone..
Americans adults
check 47*times/day.

18-24 yrs: 84 x/day

*** - some sources – 334 x/day**

Price, C. (2018) *How to Break Up With Your Phone* NY: Ten Speed Press

* <https://www.reviews.org/mobile/cell-phone-addiction/>



Checking your phone..

Half check in
middle of the night.

25-34 yrs – 75%

Price, C. (2018) *How to Break Up With Your Phone* NY: Ten Speed Press

**I DON'T
suggest:
Checking your phone.
I in 10 Am. adults
have checked phone
during sex.**



Price, C. (2018) *How to Break Up With Your Phone* NY: Ten Speed Press

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**I DON'T
suggest:**

Checking your phone..

FOMO.

**(Fear Of
Missing Out)**

Boyes, A. (2019) <https://www.psychologytoday.com/us/blog/in-practice/201903/7-reasons-people-check-email-constantly>



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**I DON'T
suggest:**

Checking your phone.
You are not



**I DON'T
suggest:**

Checking your phone.

Distracting activities
easier than productive ones
Means **NO FLOW**



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Boyes, A. (2019) <https://www.psychologytoday.com/us/blog/in-practice/201903/7-reasons-people-check-email-constantly>



**I DON'T
suggest:**

Checking your phone.

**Just having phone
on table/ in hand
lowers quality
of conversation**



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<https://psycnet.apa.org/record/2016-00856-001>

Misra, S., Cheng, L., Genevie, J., & Yuan, M. (2016).

The iphone effect: The quality of in-person social interactions in the presence of mobile devices. *Environment and Behavior*. 48(2). 275–298. <https://doi.org/10.1177/001>



**I DON'T
suggest:**

Checking your phone

**“Are you using social
media **instead** of
connecting with
people in real life?”**



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Paraphrase of Laurie Santos, *Life Examined: Why is it so hard to be happy.*
KCRW (Los Angeles) Podcast, March 19, 2022.

**I DON'T
suggest:
Checking your phone.
“Everyone
compares
themselves
to others**



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**I DON'T
suggest:**

Checking your phone
“Online you compare
your ‘average’ to
other people’s ‘best’ ”

**Paraphrase from
U.S. Surgeon
General Vivek Murthy**



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“It depends on how we use social media.”



Robert Waldinger

Co-author: *The Good Life*

Director: Harvard Study of Adult Development

<https://www.youtube.com/watch?v=hUI--G-vlsI>

“If we **actually use social media to **connect** with other people, that is likely to **increase happiness levels.**”**

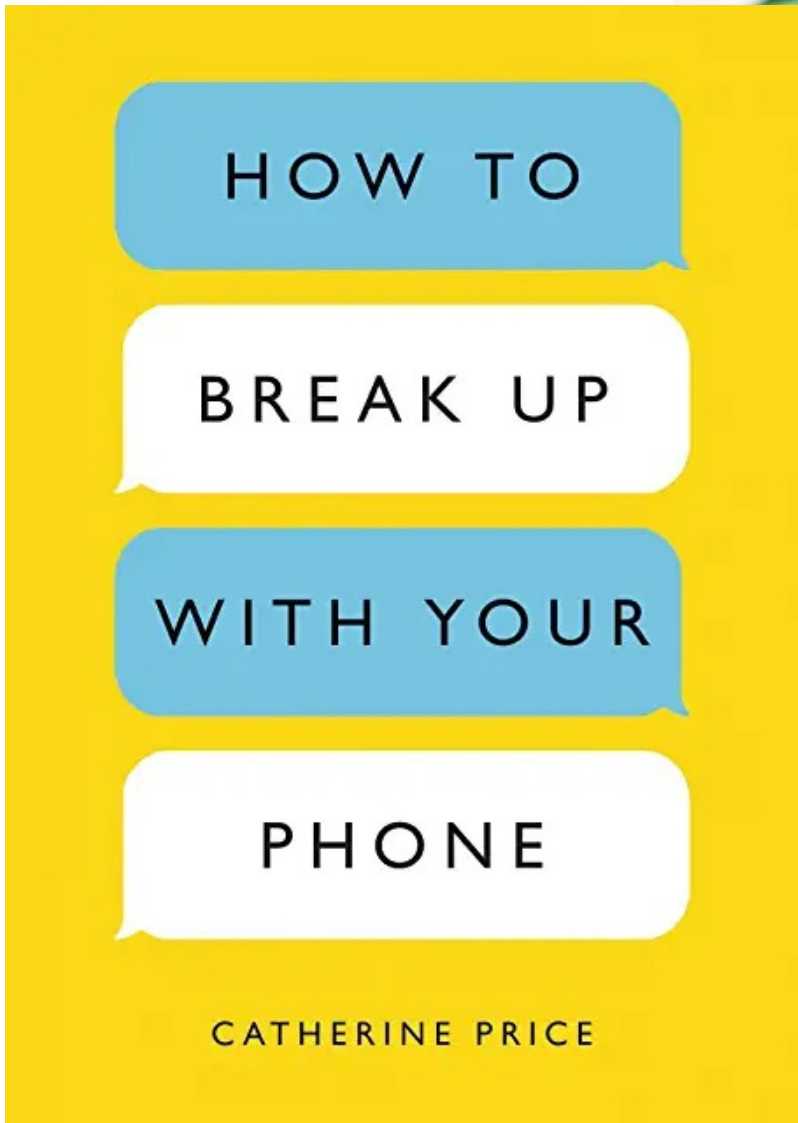
Robert Waldinger

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JOMO [dʒōmō] **noun**

Joy Of Missing Out; feeling content with staying in and disconnecting as a form of self-care.

