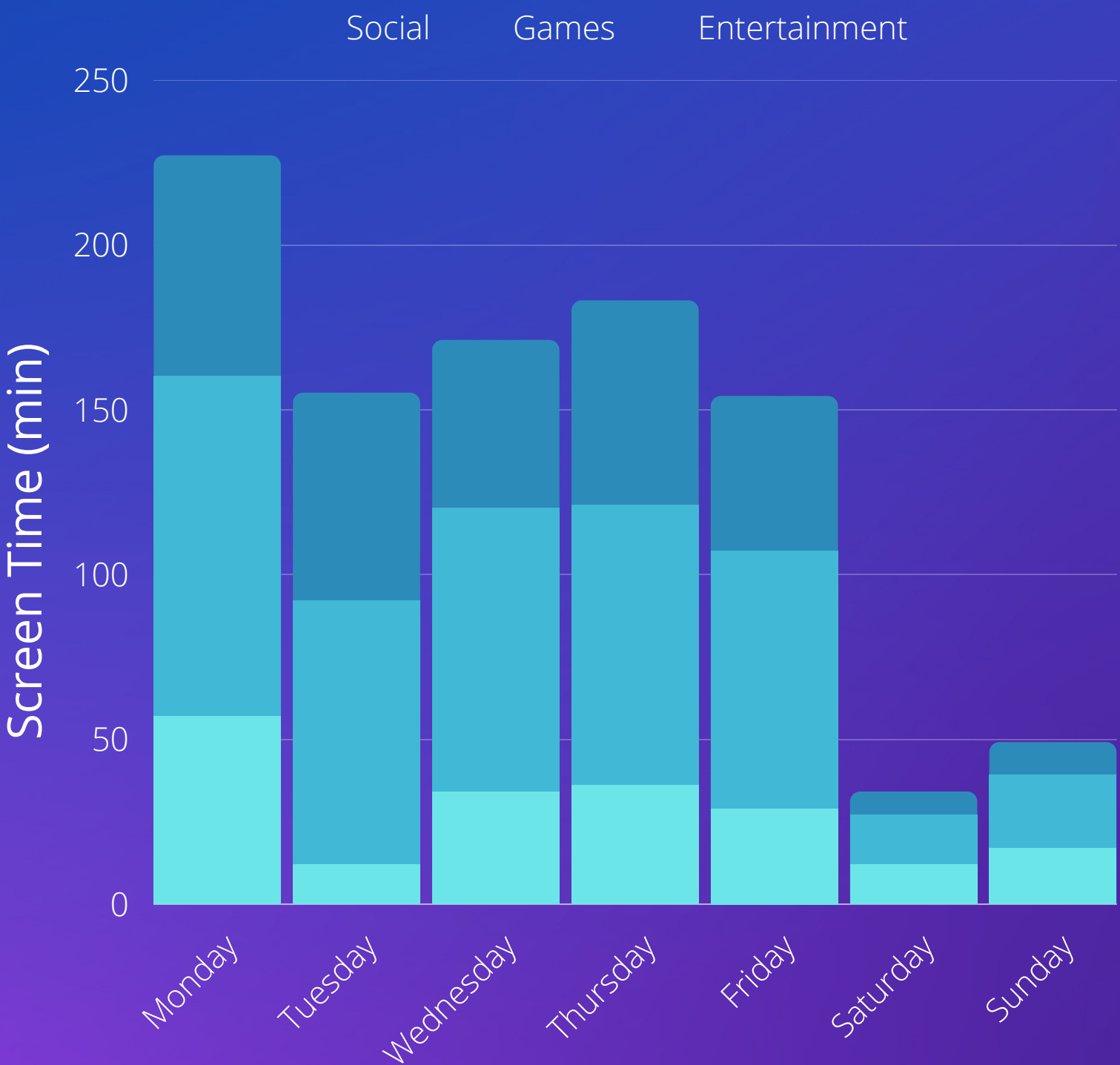


# Phone Screen Time



## Data Collection



## Results

On average during the week, excluding the weekend, I averaged about 3 hours of screen time total per day with games taking about 40% of those 3 hours. During the weekend, my screen time drops dramatically across all categories. I believe this is due to the fact that on weekends where I stay at home, I spend most of my time on my computer instead.



## Reflection

In this class I have learned about the relationship between technology and humans, or to be more precise, how it affects and influences our culture. During our second lesson, I learned about Theodor Adorno and his philosophy. Adorno argues that technology has transformed modern culture into a machine that is “designed to keep us distracted, unable to understand ourselves, and without the will to alter political reality”.

He also believed that modern societies leisure had “fallen into the hands of an omnipresent and deeply malevolent entertainment machine” which he called the “culture industry”. According to Adorno leisure time should not be used to relax or take your mind off things but rather to expand and develop ourselves and to acquire the tools with which to change society.

That is why for this project I decided to collect data on my phone usage, to see how much time I spend on my phone overall but also on which specific categories. When looking at the results of the data collected, one could argue that I have fallen victim to the “culture industry”. However, this is where I severely disagree with Adorno.

I understand that we can often get distracted by entertainment but, saying that we should only use our leisure time for expanding and developing ourselves rather than relaxing is, to be frank, ridiculous. While I agree that we should spend time and effort improving ourselves I don’t think this should come at the cost of relaxation. There is nothing wrong with taking a break and doing nothing productive. Being able to take a break and relax is crucial to maintaining good mental health.

Regarding the privacy issues and terms and conditions for the data collected, I was very simple and straightforward given that I used my own data using the statistics my phone is already keeping track of. Since I had already authorized and given permission to the operating system to track my activity across applications I didn’t have to do any additional steps. After learning more about privacy issues in this unit I was tempted to remove some tracking permissions however, I ended up deciding not to because I didn’t want those changes to impact the results of the data, so I left all previous settings exactly the way they were.

Finally, for my future plans, I intend to collect more data on my phone usage. Currently my phone only displays usage information for one week, and then resets after that. While one week is a decent sample size, a months worth of data will be more accurate. Once that is done, I will monitor the average usage time for games, I want to make sure I don’t spend too much time doing that as well as checking that the other two categories average use time is similar to the one week use time.