1. Do you agree that nowadays ‘without a mobile phone you don’t exist’?

No, I don’t agree with this statement. That’s because I spend a lot of time off the mobile phone or social networks, and I’m still here, living, existing. Although I definitely can agree, that mobile phones nowadays are so important to our lives, that some people might think that. It gives us all the information we need, there contacts to our friends, map, clock, everything.

Also, I think I can relate to the feeling of not existing because of something like this. I usually get that feeling from my online-only friends, when my internet cuts off. Can’t talk to them, can’t call them, and they are probably sitting there and thinking that I’m ignoring them.

1. How dependent is your work or social life on having a mobile phone or smartphone? Would your arrangements break down if you didn’t have your phone?

Both my work and social life are very dependent on having a smartphone, or just having access to internet. For university I need almost constant access to internet, to check for any changes in schedule, being able to get files to study, and being able to contact teachers. That’s without adding zoom calls into equation.

My social life is also heavily dependent on smartphones or means of communication, because a lot of my friends only able to talk to me through messengers or video calls.

Those meetings that I arrange nowadays usually go pretty well, even when I forget my phone. But any other arrangement would definitely fall apart if I didn’t have my phone, map to the place, and a phone number of a person I’m going to hang out with.

1. Do you consider yourself addicted to your phone? How often do you check it for messages?

I guess I consider myself addicted to my phone? I feel like I need it for most activities, but for most stuff in it I don’t have an alternative for. Also, if I can do the thing I do by phone somewhere else, like on the computer, then I would prefer the later. It feels as if I am more addicted to the internet and social media, then a mobile phone, because I met people who actually have an unhealthy addiction to their devices and I’m definitely nothing like them.

I check my phone for messages very often, just to keep myself either informed or calm. Sitting at home waiting for information can give me anxiety sometimes, or just the constant thinking of “Did I forget something? Maybe there are changes for tomorrow’s schedule? I should check group chat”.

1. Have you ever had to spend a day or more without your phone, e.g. because it was lost or stolen, or because you had left it somewhere?

I think I had to, I don’t really remember a specific moment, but I think that something like that did happen. For what I can recall, it usually gets very boring, if you don’t have your phone and you have nothing interesting to do. Especially if you are alone either at home or somewhere else. It can also get very anxious, not having ways to contact your family or anybody else.

But I think that it can also be a little comforting, as not having a phone to constantly check or browse internet, you can relax a bit more, not thinking about messages. You can even find something interesting to do, if you are lucky.

1. What are positive and negative aspects (Advantages and disadvantages) of texting?

To the positive aspects of texting I can add silence. You are able to contact your friends, family or coworkers, without disturbing anyone around. It also keeps any of your conversations private. Texting is just a lot faster, if you need to send out or receive some information quickly. Messaging also prevents distraction for people on the other end, as they can check their messages, whenever they are free. Another positive thing about texting is the ability to create a group chat, where multiple people could receive and send messages to.

To the negative aspects of texting, I would add the possibility of other person not receiving your message. It could be a bad connection, or something that distracted that person. Or, the person could’ve just forgot to check their email, or messenger. This possibility can be either a minor inconvenience or a big trouble, if the contents of your text are important to know or in need of dealing with this very moment. The other problem of texting is that it can heavily rely on the presence and quality of internet. But for me the biggest con of using texting is connecting with people. You can’t really transcribe what person feels, how he reacts and what he truly means. This really brings me down when talking to my friends. For me, texting never feels like a real conversation. Because of this, if its possible, I always try to move conversations from chat to a voice call, video call or a real life meet up.