Nussbaum's Ten Central Capabilities Adapted to Smartphone Usage

1.   Nussbaum's life capability pertains to being able to live one's life without it being reduced to not worth living, this in turn can also be understood as have a high quality of life. A high quality of life is one in which an individual is happy and engages in behaviours that are not counterintuitive to one's wellbeing. Such behaviours in the case of smartphones for example are doom scrolling and smartphone addiction.

Assessing a high quality of life can be done by asking questions such as, *"Which parts of the smartphone contribute to your quality of life and why?"* or alternatively *"Which apps have you removed which negatively impacted your quality of life and why?"*. In asking which apps interviewees removed one may understand how smartphone applications also negatively affect one's quality of life.

2.   Bodily health refers to having good health, include reproductive health as well as being adequality nourished. In the case of smartphones this may be understood as how smartphones directly contribute to good health by asking questions such as *"Do you use any applications to monitor your health (e.g., Health app, Nutrition apps)?"* In doing so one can determine how users use smartphones to monitor and promote a healthy lifestyle.

On the notion of reproductive health one can correlate this to smartphones usage by examining if users use dating apps to engage in reproductive activities.

3.   Bodily integrity refers to having the freedom to go where one pleases and being secure in doing so. This includes also being safe from any sort of harm or physical assault. In the case of smartphone usage being able to move around freely and safely can be understood through individuals using applications which utilize location tracking software to get around. By asking interviewees questions such as *"Do you use any sort of location software apps, and why?"* one may understand how smartphones contribute to one's bodily integrity and the freedom to go where one pleases with a sense of security.

Moreover, by asking questions such as "*In what ways have you altered your smartphone or used apps to stay away from harm"* one may understand how users utilize smartphones to keep themselves safe. This question can be furthermore adapted by asking

specifically how users stay away from harm online as well as offline, which ads insight into how smartphones promote bodily integrity in the physical and virtual world.

4.   Senses, Imagination, and Thought Relates to people being able to use the five senses, as well as utilize their reasoning skills and imagination to think as well as produce work. To understand how smartphones, contribute to these notions' questions such as "*How do smartphones utilize or help you with the sense of taste*" will be asked and posed towards all five senses (Taste, Touch, Hearing, Sight, Smell). To ensure interviewees, understand the questions examples may be presented for each sense. An illustration of such is the sense of taste and asking if users utilize any cooking applications. By doing so one may understand how smartphones relate to the sense of taste and moreover how they contribute to the sense as well.

To understand how smartphones, influence a user's imagination and thought, questions such as *"Have smartphones influenced or change the way you express yourself"* will be asked. Understanding how smartphones contribute to a user's ability to express themselves in turn directly reflects a user's ability to use imagination and thought. This is because imagination and thought are needed to express oneself. This question can moreover be adapted to notions of online and offline to reflect how smartphones influence a user to express themselves in the physical as well as virtual world.

5.   Emotions relate to having the ability to have attachment to people and things. Emotions also include but are not limited to feelings of love, anger, sadness, as well as the ability to emotionally develop. Relating this to the sense of smartphones, questions such as "*Which parts of the smartphone contribute to your joy and happiness and why?"* help assess the impact of smartphones on emotions. The same question can also be poised towards negative emotions such as sadness or anger to understand the negative impacts of smartphones on emotions as well.

To understand how smartphones influence the ability of one to develop emotionally questions will be asked such as "*How has the shape or speed in which these emotions are felt changed with smartphones?* For example, using the emotion of anger one can see how the question relates to emotional development. Take into consideration a smartphone user who is prone to aggression or easily aggravated over text. If they were to continuously use their smartphone in such notions of anger, they would sequentially influence their emotional development with due time.

Another example, if a smartphone user reads something that frustrates them online, they have the power to react on their impulses instantaneously. However, the same user may have reacted less impulsively if they heard the same news in the real world because they had the time to take in all the evaluative factors, such context, tone or facial expressions.

6.   Practical reason relates to the ability to form a conception of what is good for oneself and to reflect critically on one's life. In the case of smartphones, the ability to form a conception of what is good may also be understood as the ability to make decisions which benefit them in the long as well as in the short run. For example, a smartphone user may watch videos on their phone at night before going to bed as they derive pleasure form it. However, it may not be in their best interest to stay up till late at night as it reduces the number of hours, they sleep which reduces their wellbeing in the long run.

In terms of critical reflection with the case of smartphones may be understood as applications or ways in which users utilize their smartphone to help them be more reflective. Questions such as *"do you use any helps which help you be more reflective, such as journaling apps?"* provide insight in how smartphones influence users practical reason and their ability to reflect critically on their own lives.

7a.   Affiliation and friendship relate to individuals being able to recognize and show concern for others, as well as engage in various form of social interaction. In regard to smartphones and showing concern to others may be understood as how smartphones contribute to our ability to care for others. By asking questions such as *"How do you keep in touch with distant relatives or friends"* one can assess how smartphones contribute to this notion of compassion. Moreover, showing concern for others may also be understood in terms of how we connect with others, as it is often those we are connected to, such as our parents, we tend to care for as well. Question such as *"Do you use any apps which connects you to your friends or the world around you"* represent this notion and highlight the influence the smartphone may have.

Various forms of social interaction may be understood straightforwardly as the different types of contact smartphone users engage in. This may present itself through mediums of calling, text messages, or even sending videos to each other on social media.

7b. Affiliation and Respect deals with having self-respect, being treated as equals, ensuring one isn't humiliated especially on the basis of discrimination of certain conditions such as race, sex or religion. Translating this to the case of smartphones self-respected can also be understood as having the respect to feel good about oneself. Questions such as *"To what extent do smartphones make you feel good about yourself?"* reflect this notion and how smartphones may influence one's self-image. As with previous questions this question can also be adapted to illustrate how smartphones may make one feel bad about themselves. Understanding non-discrimination in relation to smartphones is straight forward and can be illustrated through questions such as *"to what extent do smartphones increase or decrease discrimination"*.

8.   Other species relates to being able to live with and in concern for other animals, plants and nature in general. One can understand this notion of being concerned also as a notion of raised awareness towards animals and nature. As such questions such as *"How have smartphones increased your awareness towards other plants and nature?"* will be asked to assess the influence of smartphones.

        Similarly, the questions such as *"How have smartphones changed the way you feel about animals?"* shall be asked to assess not only if smartphones influence the awareness towards others but moreover possess the ability to increase one's sympathy towards other species.

9. Play relates too being able to laugh, play as well as enjoy recreational activities. The capability can be translated straightforwardly into question pertaining smartphone usage and the ability to play. Questions such as *"To what extent have smartphones changed the way you play online vs the real world?"* Investigate not only how smartphones influence the ability to play but moreover how smartphones may change the way play is perceived in the virtual and physical world.

        Additionally, the ability to enjoy recreational activities may also be understand as in how easy it is to enjoy those activities. Pertaining this notion to smartphone usage questions

such as *"To what extent has smartphone made playing easier?"* illustrate how smartphones influence one's ability to play in terms of accessibility.

10.   The tenth and final category deals with Control Over Ones Environment and is split into two parts, political and material. However, to fit better with the scope of the thesis the category was reformulated to deal with control of oneself or lack thereof. This was done to understand the influence smartphones can have on one's self-control, as such following questions were asked *"To what extent has your smartphone increased your ability to share your thoughts?"*.

        The question was also further adapted to address the negative influences of smartphone usage and how smartphones may hamper an individual's ability to share their thoughts.