

# Fitphone



"If I can't sleep, I'll have a look at  
my Twitter"



**"Not looking makes me feel like I'm missing something"**



**“For example, I already knew through social media that my best friend had given birth, a "through through" friend had already posted it on social media”**



**"I think it's a long time to hear  
nothing for ten minutes"**



# From pacifier to fitphone



# Basic human needs

- Being seen
- To be touched
- Being heard
- Belong



# Time-digital device 45 yars of your life

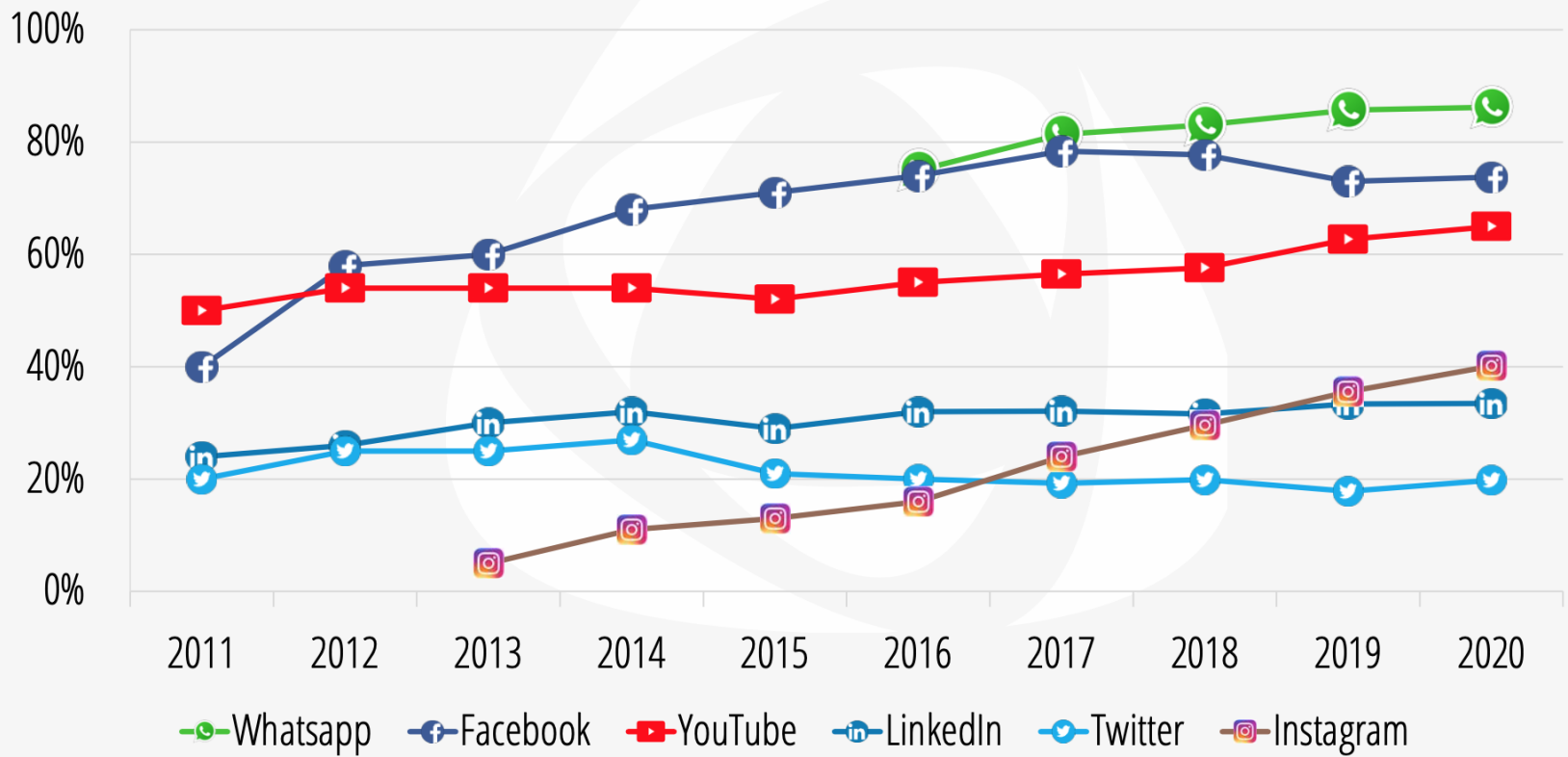
## Tijd besteed per apparaat

	Dagelijks	Jaarlijks
Telefoon	3 uur 26 min	1253 uur 6 min
Laptop	4 uur 1 min	1488 uur 5 min
TV	3 uur 35 min	1307 uur 54 min
E-reader	1 uur 37 min	590 uur 5 min
Tablet	2 uur 10 min	790 uur 50 min
Spelcomputer	2 uur 07 min	772 uur 35 min
<b>Totaal</b>	<b>16 uur 56 min</b>	<b>6180 uur 40 min</b>



# Facts

Gebruik totaal van social media (%)



# facts

	2019	2020	+/- (#)	+/- (%)
	11,9 miljoen	12,1 miljoen	+ 220.000	+ 2%
	10,1 miljoen	10,4 miljoen	+ 230.000	+ 2%
	8,7 miljoen	9,1 miljoen	+ 430.000	+ 5%
	4,9 miljoen	5,6 miljoen	+ 710.000	+14%
	4,6 miljoen	4,7 miljoen	+ 70.000	+ 2%
	3,5 miljoen	3,5 miljoen	+ 45.000	+ 1%
	2,5 miljoen	2,8 miljoen	+ 310.000	+ 13%
	2,4 miljoen	2,7 miljoen	+ 310.000	+ 13%
	-	0,7 miljoen	-	-
	0,4 miljoen	0,4 miljoen	+ 30.000	+ 8%

# facts

- 41% have trouble concentrating on other things when a message is received
- 7% feel a strong need to respond immediately after receiving a message
- 
- 33% feel obliged to respond to work messages via smartphone in the evening

# grabbing and distraction

36 44 7  
66  
19 101 2 30  
85 13 3  
18

# Project Fitphone:

- How can Fontys students become more aware of their behavior with regard to their smartphone and to what extent is this related to their well-being

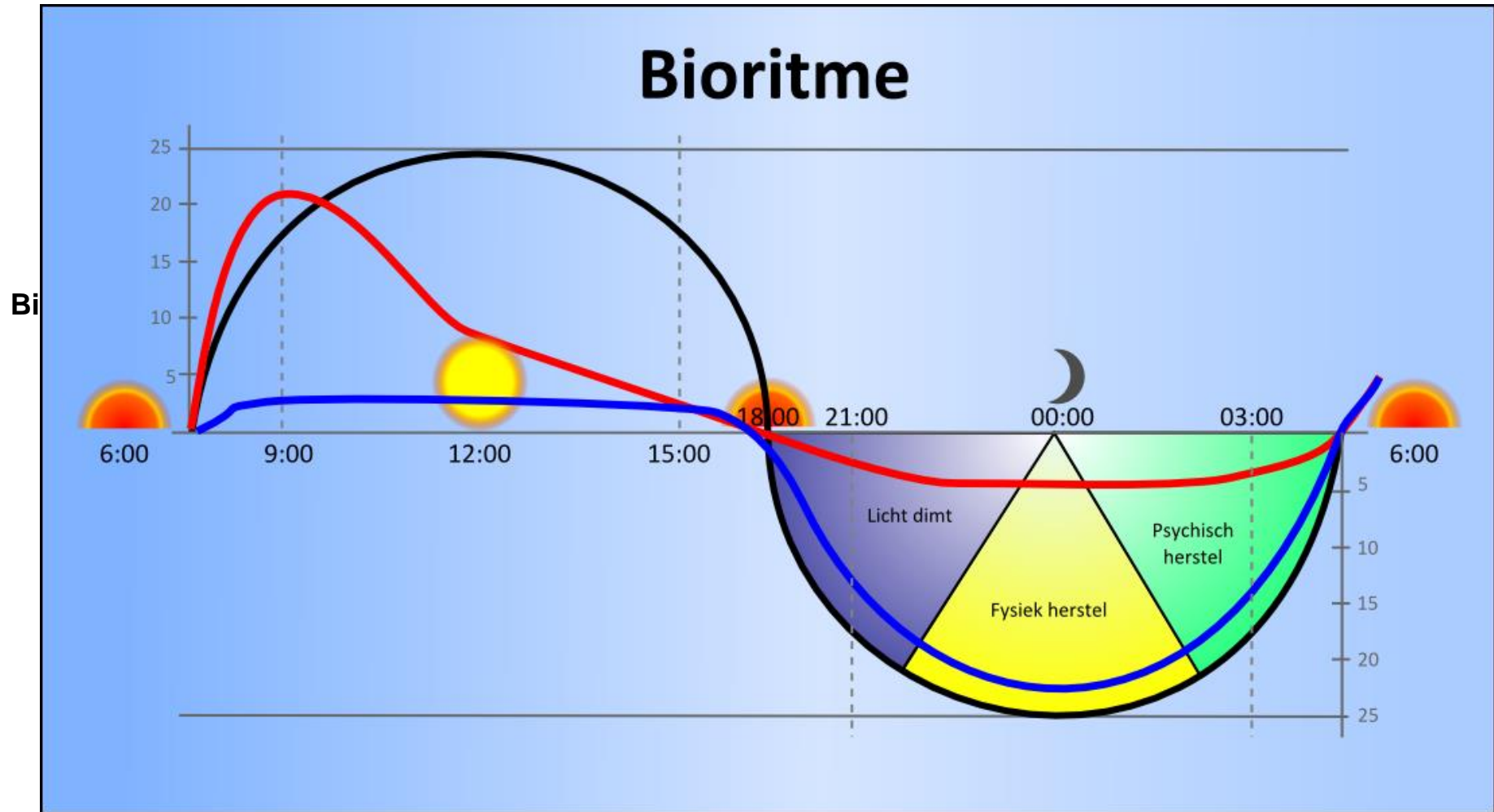


# Huidige onderzoeken



- Smartphone en zelfbeeld
- Smartphone en slaap
- Smartphone en sociale angst
- Smartphone en stress
- Smartphone en uitstelgedrag
- Smartphonegebruik, communicatie en Fontys

# Smartphone and sleep

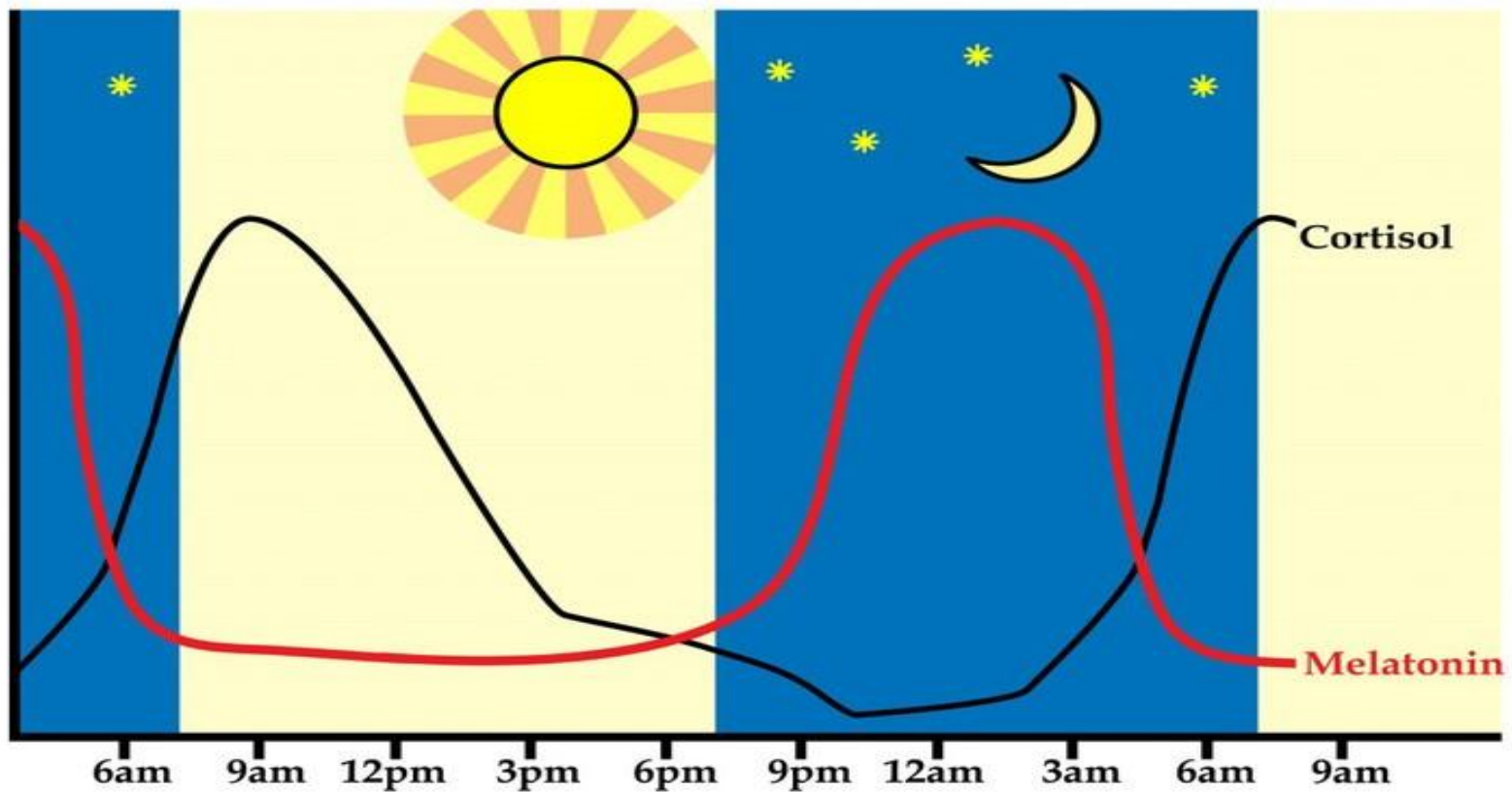


# How do you use your phone before going to sleep?

Answer with chat





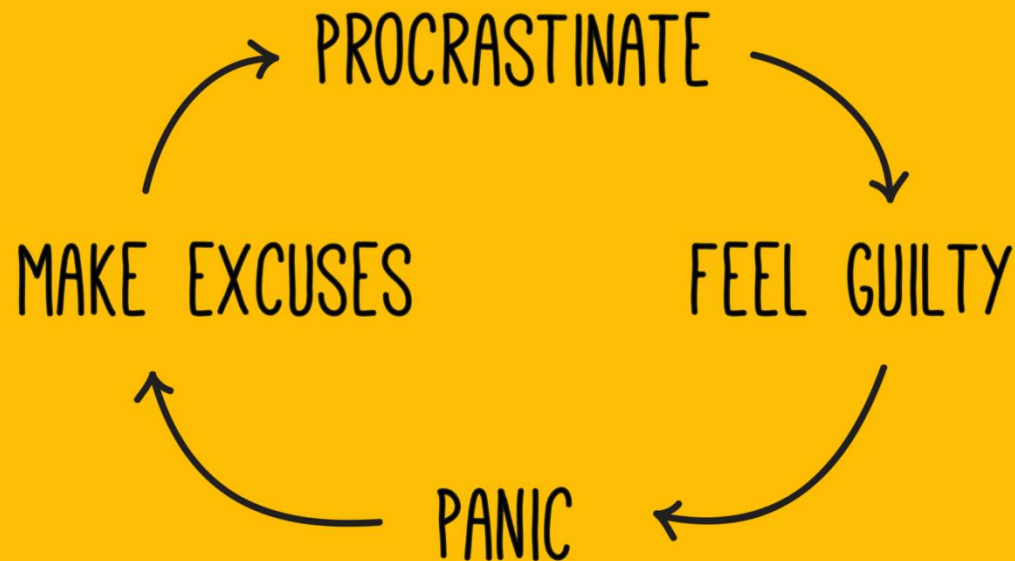


# Smartphone and concentrate

- Human's ability to concentrate is even shorter than that of a goldfish (Microsoft)
- Lee (2015) shows in his research that people who multitask a lot have better multi-sensory capacities
- Wu and colleagues (2013) conclude that there is a deteriorated concentration due to the many possibilities that social media have to offer.
- Cabral (2011) indicates that adolescents become accustomed to absorbing information quickly and to quickly divert their attention by other stimuli.
- Carr (2011) "The Shallow: How our brains interact with the Internet".

# Procrastination

## THE PROCRASTINATION CYCLE



# Whats your FOMO

Write it in the chat

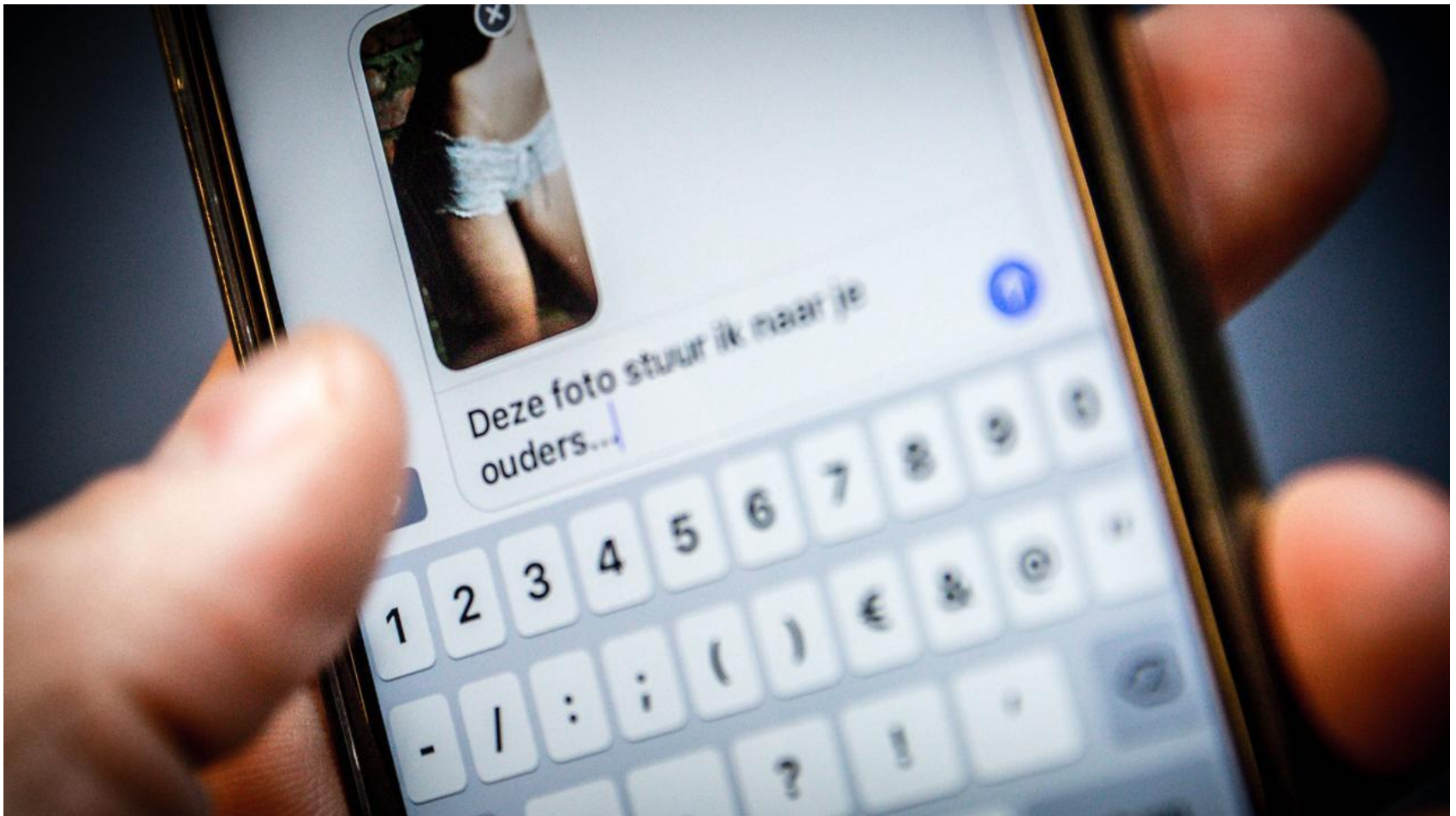
## FEAR OF MISSING OUT



# cyber bullying



# sexting





# Internet addiction

## Internet Gaming Disorder

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### Proposed Criteria

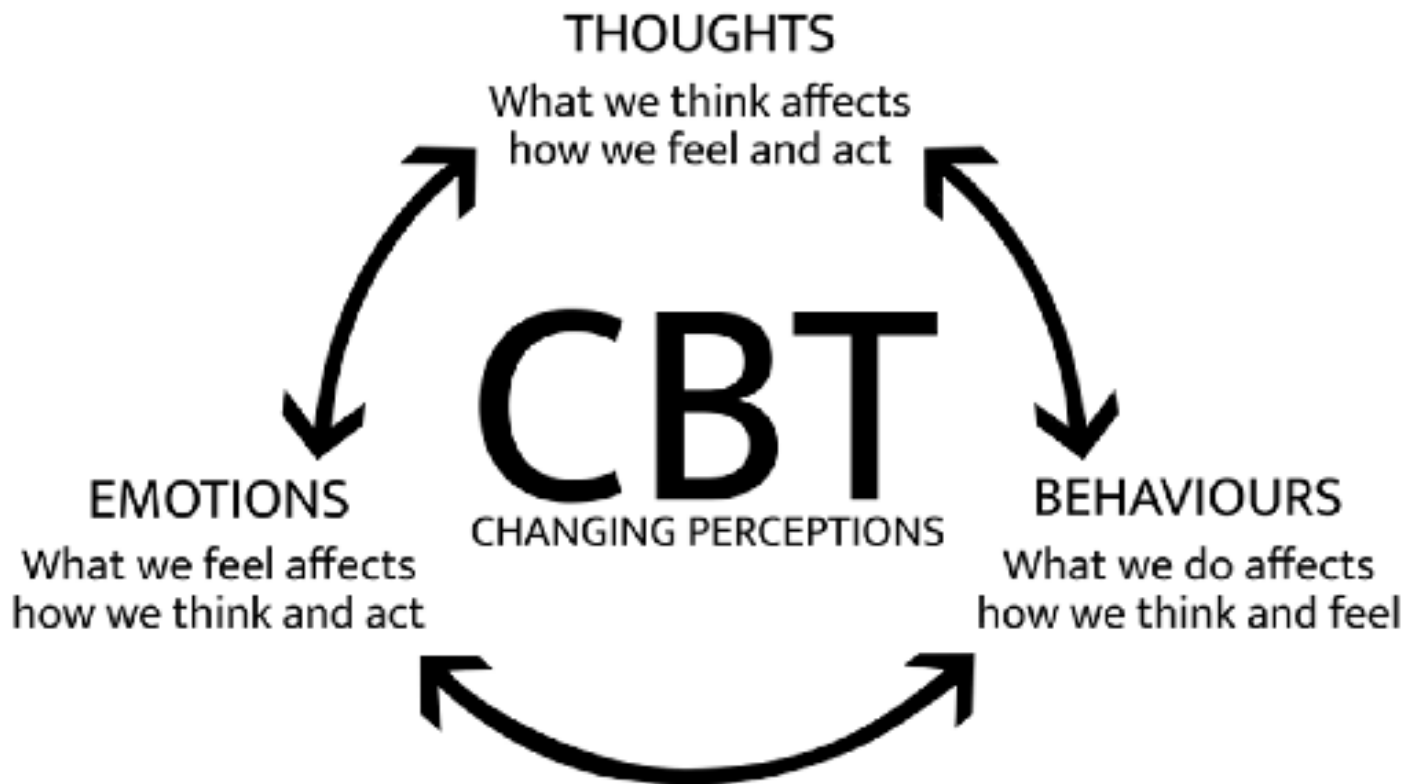
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Persistent and recurrent use of the Internet to engage in games, often with other players, leading to clinically significant impairment or distress as indicated by five (or more) of the following in a 12-month period:

1. Preoccupation with Internet games. (The individual thinks about previous gaming activity or anticipates playing the next game; Internet gaming becomes the dominant activity in daily life).  
**Note:** This disorder is distinct from Internet gambling, which is included under gambling disorder.
2. Withdrawal symptoms when Internet gaming is taken away. (These symptoms are typically described as irritability, anxiety, or sadness, but there are no physical signs of pharmacological withdrawal.)
3. Tolerance—the need to spend increasing amounts of time engaged in Internet games.
4. Unsuccessful attempts to control the participation in Internet games.
5. Loss of interests in previous hobbies and entertainment as a result of, and with the exception of, Internet games.
6. Continued excessive use of Internet games despite knowledge of psychosocial problems.
7. Has deceived family members, therapists, or others regarding the amount of Internet gaming.
8. Use of Internet games to escape or relieve a negative mood (e.g., feelings of helplessness, guilt, anxiety).
9. Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of participation in Internet games.

# Fitphone toolkit

## cognitive behavior therapy







# Proposal Fitphone

- Create an app for Fitphone with the following conditions.
- App to become aware of your phone use
- Target group of young people from 18 at Fontys
- Content is in current fitphone (see attachment that you will receive)
- The app must also be able to be used in the long term
- Costs for development are low

# Meetings Fitphone

- 26 november 10.00-11.30
- 10 december 10.00-11.30
- 7 january 10.00-11.30
- Final presentations 22 january 9.00-11.00