# **Fitphone**

How is my smartphone usage?

**Door Herm Kisjes (Fontys Hogeschool, november 2019)**

preface

There is not one particular measure of (un) healthy handling of activities on your smartphone such as WhatsApp, Instagram. Netflix etc. By completing the toolkit you will get answers to questions such as how often you use social media, what the consequences are for you and how it makes you feel. Are you satisfied with how you deal with this or do you sometimes use your smartphone too much? Do you use it for work, study or friendship or especially for your friends to get attention and appreciation? The exercises are intended to be more aware of your use of your smartphone and to make more conscious choices. By learning how to become more aware of a habit, you can use it when you support clients with unhealthy habits, problems or perhaps an addiction.

About the exercises

You can do the exercises in the toolkit yourself. Working with someone who asks you questions often provides more insight. The goal is more insight into your daily social media habits. With more insight you can make better choices in your life.

Honesty and openness are very important when implementing the toolkit. Be honest with yourself. Don't beat around the bush and give desirable answers. Dare to discuss these matters openly. Only then can you learn to use social media when you want to and social media will not run off with you.

Registration app.

Measuring is knowing! So install an app on your phone that keeps track of exactly what activities, how long, how often you perform on your smartphone. If possible, try to include this information with your weekly registration to better see what you do and when.

In short, working with the Toolkit has two important goals:

• You will learn how to become aware of your habit using exercises, some of which stem from CBT (cognitive behavioral therapy).

• You will learn through the Toolkit how you as a nurse can help clients with unhealthy habits, problems or addictions.

For the next 8 weeks you will delve into your own habit. We first give you a time schedule in which all exercises are listed.

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Opdracht  A,B | Opdracht  C,D | Opdracht  C,D,E | Opdracht  C,D,E,F | Opdracht  C,D, E,G | Opdracht  C,D, E | Opdracht  C,D,E | Opdracht  C,D, E, H |

# **a. Overzicht van je ervaringen en activiteiten op je smartphone.**

In this exercise you make an overview of all your experiences. You make an overview of all activities that you do with your Smartphone (schedule). Using the schedule and questions below, you will map out your habit. It is important that you are honest with yourself to get a real overview.

Below are a number of questions that can help you create an overview of your experiences.

• When did you receive your first phone and what did you do with it?

• What activities on your smartphone did you do in the past?

• Have you ever stopped activities on your smartphone?

• What is your motivation to do one activity and not another?

• When did you first start using social media on your phone?

• What experiences do you have now with various activities on your phone?

• How often, for how long, when, where and with whom?

• Have you ever stopped or reduced certain things for a longer period

• activities?

• What grade do you give your activities. Here you can see to what extent you value your activity on your smartphone and to what extent you experience your activity as a problem.

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| **Middel** | **Leeftijd begonnen? Nog steeds actief?** | **Hoe vaak per dag kijk je?** | **Hoe waardeer je het? (0-10, 0 is zeer negatief, 10 zeer positief)** | **In welke mate ervaar je het als een probleem?**  **(0-10, 0 is geen probleem, 10 is groot probleem)** |
| **Snapchat** |  |  |  |  |
| **Instagram** |  |  |  |  |
| **Whatsapp** |  |  |  |  |
| **Linkedln** |  |  |  |  |
| **Youtube** |  |  |  |  |
| **Twitter** |  |  |  |  |
| **Facebook** |  |  |  |  |
| **Pinterest** |  |  |  |  |
| **Games, spelletjes** |  |  |  |  |
| **Netflix, Videoland** |  |  |  |  |
| **Tinder, andere datingsites** |  |  |  |  |
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| **Overige** |  |  |  |  |

Below are a few more questions to ask about your activities on your smartphone.

• Which 4 most important activities on your smartphone do you really like to use and why do you enjoy doing them?

• What is healthy use of social media for you?

• What is an unhealthy use of social media for you?

• How often do you receive messages and how often do you respond to messages from others per day and per item of social media?

• How important do you think it is to get your own responses? How many friends, followers do you have per medium? Are you satisfied with this and how important do you think it is?

• How often, with whom and where do you use social media? Enter per medium.

• What experience do you have with gaming, gambling via your smartphone?

**Geef een korte samenvatting van bovenstaande vragen.**

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**Als je het bovenstaande overzicht maakt en vragen beantwoord, wat valt je dan bij jezelf op?**

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# **b.Voor/nadelenbalans**

In this exercise, you will look for all the pros and cons of different social media activities. The so-called "pros and cons balance" was devised by an American and a British researcher (Miller & Rollnlick, 2005). The purpose of the balance is to gain more insight into why you do things on social media. A difference has been made in the short and long term advantages and disadvantages. In this exercise you express how you experience the pros and cons.

Short and longer term

Advantages and disadvantages often differ in the short and long term. A habit can have benefits that it is fun, relaxing or that others appreciate you. But in the long term it can, for example, lead to poorer school performance, conflicts with your parents or that you have less attention.

Complete the schedule below. Maybe someone can help you. Questions from others sometimes help to think better about something. For the questioner it is important not to give advice or judgments. Discussions are not necessary either. The goal is an overview of the advantages and disadvantages that is as comprehensive as possible.

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| **Voordelen korte termijn** | **Nadelen korte termijn** |
| **Voordelen langere termijn** | **Nadelen langere termijn** |

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| ***Voorbeeld:*** *Facebook*  *Voordelen Facebook korte termijn: Nadelen korte termijn:*  *Voel me minder gespannen Ik kijk automatisch op Facebook*  *Vind het leuk Ik word de hele tijd afgeleid*  *Gezellig kletsen met vrienden Ik vind het vervelend dat ik afhankelijk ben*  *Weten wat anderen doen Anderen merken dat ik geen vriend met ze*  *Weten wanneer er een feest is wil worden* |
| *Voordelen lange termijn: Nadelen lange termijn:*  *Je kunt iedereen altijd weer eenvoudig Privacy, ik heb geen idee welke informatie*  *terugvinden zoals vrienden die je wordt bewaard.*  *lange tijd niet hebt gesproken. Meerdere foto’s van mij zwerven*  *op internet.*  *Die foto’s krijg je er niet snel meer af.* |

**Werkwijze**

Below are the different steps that you go through to fill in the pros and cons balance:

. You can fill in the pros and cons balance with someone else who will ask you questions about your pros and cons. These questions can help you think about this better. Certain advantages / disadvantages can be made more concrete

What makes you like to do activities on your smartphone, what are the best moments and why? Or what moments do you feel tired and listless? It is important not to give advice or to receive a discussion in a conversation, but to have an overview of the advantages and disadvantages that is as comprehensive as possible.

. Advantages and disadvantages can possibly be scored to give the balance sheet figures. A score makes the balance more visual and can provide tools for tackling certain elements in the supervision.

You may also want to change how you use your smartphone. You could then look at the advantages and disadvantages of a change in your use of smartphone.

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| **Voordelen korte termijn** | **Nadelen korte termijn** |
| **Voordelen langere termijn** | **Nadelen langere termijn** |

# **c. Oefening dagregistratie/weekregistratie (7 weken)**

You are often not aware of how often you check your phone, how long you watch Netflix or how many messages you send via Snapchat. It is interesting to know this better about yourself. This gives you a clearer picture. You do this every day. It is even easier to download an app on your smartphone that registers your use on your phone. You first measure and then investigate what m

Method

In this exercise you proceed as follows. Register daily based on the following questions:

• Register how often, how much, when, etc. of various activities on your smartphone?

• You can also register the number of times you check your phone, respond to others, etc. per activity.

Write down the above questions every day in a notebook or on your PC.

Through this exercise you become more aware of the activities on your smartphone. It gives you more insight into your habit and can help you make better choices.

# **d. Oefening dagboek (7 weken)**

n the following exercise, we ask you to keep a diary. This diary is a means to gain a better insight into the time you spend playing games, to gain more insight into feelings and thoughts that influence your smartphone use. You will keep a daily diary and the assignments and questions below are a tool to help you with this.

a. Method. You can carry out the diary as follows:

• You can discuss your diary weekly with a friend who also keeps a diary.

• You can fill in the diary by reflecting on open questions or by using structured closed answers.

• Before you start with the diary, check whether you have completed the day / week registration.

• Record your thoughts / feelings every day and the thoughts and feelings during and outside your activities via your smartphone.

• Do you notice anything about yourself? What do you appreciate about your habit or where do you experience a certain burden?

List of feelings

breathless, alert, anxious, scared, sad, depressed, comfortable, fearful, satisfied, animated, joyful, angry, bubbly, cranky, grateful, overjoyed, terrified, busy, lonely, energetic, enthusiastic, ecstatic, lifeless, amused, agitated, fascinated, frustrated, irritated, hurt, happy, blissful, irritated, touched, shocked, startled, tense, stimulated, sensitive, glorious, jolly, calm, cool, cold, angry, lively, powerless, melancholy, miserable, tired, despondent, curious, nervous, uncomfortable, impatient, unhappy, uncomfortable, restless, boisterous, upset, moved, relaxed, startled, horrified, insecure, open, uplifted, relieved delighted, excited, upset, overwhelmed, panicky, perplexed, quiet, sleepy, painful , gloomy, sparkling, silent, satisfied, mournful, sad, proud, elated, exhausted, determined, safe, amazed, bewildered, astonished, sad, longing, surprised, strengthened, delighted, ardent, confused, amazed, satisfied , peaceful, fiery, joyful, kind, watchful, warm, desperate, melancholy, meek, smug, gentle, blissful and nervous, sure

**Coping**

In coping you look at how you deal with an event and what emotions you have with it. For example, in order to keep emotions under control, you look for a lot of distraction, you work hard, you sometimes drink too much alcohol to be able to tolerate difficult situations. This makes you feel less sad, feel bad or feel alone. Or you don't feel this at all. On the one hand, coping is healthy and helps you to tolerate a situation better. On the other hand, coping can cause problems and complaints if you suppress your feelings for a long time.

What situations and examples do you know where you suppress feelings with activities with your smartphone? And how do you view this?

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b. Discuss the following questions daily or weekly:

O What do you notice in the past week when you look at your record of your diary?

O What made you spend more or less time on your smartphone in the past week?

O Did your thoughts / feelings influence your use of your smartphone?

c. Consent Thoughts

Below you will find a random list of thoughts that you may have to spend a lot of time with your smartphone. These are also called consent thoughts.

O Relaxing for a while.

O I have earned Netflix after a busy day.

O I did some sports yesterday !.

Oh I want to be alone for a while.

Oh I don't want to think for a moment.

O Nice with friends.

O Just a moment for myself.

O You only live once!

O I have to respond otherwise the other will think that ... ...

O Otherwise I'll miss something!

O I don't have to worry about everything I have to do.

O My friends do it too ..

O ……………………………………….

O ……………………………………….

*“Onder de les zitten we ook wel eens te whatsappen. Vroeger stuurden ze waarschijnlijk briefjes naar elkaar. Die docenten hebben dat heus wel in de gaten. Soms zeggen ze er wat van. Meestal kijk ik even snel op Facebook en dan stop ik mijn telefoon weer weg.*

*Ik kan geen twee dingen tegelijk doen dus dan mis ik wat er is gezegd. Nu is dat mijn eigen verantwoordelijkheid. Ook tijdens mijn werk bij de Praxis, kijk ik af en toe. Eigenlijk mag dat niet, maar ik doe het even snel tussendoor”.*

*(Marcel, 19 jaar. Uit boek Socialbesitas, 2015)*

**d. Dagboek en slaap**

Smartphone use can affect your sleep, making it interesting for your research into your habit to look at. Many people have developed a habit of activities with their smartphone that they have before going to sleep and getting up.

What habit, what activities do you do on your smartphone before going to sleep?

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What habit, what activities do you do on your smartphone when you wake up?

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**e. Mulitasken**

People cannot multitask unless they are simple tasks you have to do. Are there times in your week that you do activities and are also busy with your smartphone? And when do you think there is less attention due to your activities with your smartphone and when not? Or are there times when you postpone activities in your life by working on your smartphone?

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f. Want to follow everything, react?

Messages from Whatsapp, Snapchat etc arrive on your smartphone throughout the day. From friends, work or people you follow. How do you deal with these messages, to what extent do you react immediately or do you postpone watching or responding? Or do you ever have the feeling that others think of you if you don't respond?

Provide an explanation with examples based on the above questions!

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g. Profile

You often have a profile on Facebook, Instagram, Tinder, etc. A photo of you that you want to show others. All kinds of experiences that you share with friends or publicly with others. You create a certain image of yourself.

How would you describe yourself from activities on your smartphone?

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s there a difference, similarity with your profile on social media and how you really are? Can you describe differences and similarities? And what do you notice about this?

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e. The G schedule (6 weeks)

Sometimes you have set yourself the goal of exercising more, drinking less alcohol or quitting smoking. This goes well for three weeks and then you have a weekend that nothing will come of your goals.

With the help of the G-scheme you can look more closely at yourself in your difficult situations. The diagram deals with the relationship between the five G's: Event, Thoughts, Feelings and Behavior can be in a scheme.

**.**You will use the G-scheme in your diary and aims to gain insight into your behavior when experiencing your habit. Discuss some G-schedules with a fellow student, friend, etc. and describe the feedback in your diary

Example of a G scheme:

Event: I was home alone and had to complete all kinds of reports for my education this day. Before I started I looked on my phone, clicked on Netflix and watched my favorite series. Then looked on Instagram to various messages.

Thoughts:

I kept thinking that I still had a lot of things to do for school

I liked seeing other people at Intsagram but sometimes I also had negative thoughts, because it seems like the other people have a nicer life or more to do than me.

I can still watch Netflix for a while because I still have enough time.

Just watch Netflix to think about nothing.

Maybe tomorrow can do something about school because I am actually quite tired.

Feelings:

I felt tired?

I felt bad and was bothered by it

I got relaxed from Netflix.

Behaviour:

In retrospect, I regretted not doing anything productive. But still I kept going with my phone because it makes me feel better than doing homework, for example.

Reflection:

I notice that I do this more often. I wonder if Netflix really gives me relaxation. It is nice to "not have to do something", to have no thoughts, but it does not seem to give any real relaxation and I should have done sports. But I don't mind going to watch Netflix either. Only next time I have to leave it at one episode and I tend to watch multiple episodes

Consider a situation in relation to your habit at three moments each week and work out the G-schedule for this.

f. Are you going for a challenge (week 4)?

You have been researching your habit for a while now. What do you notice about your activities on your smartphone? Before answering the questions below, read your diary, day / week registration again carefully? And is there a challenge that you would like to take on from your research into your use of your smartphone? A challenge to reduce (certain) activities on your smartphone and to investigate how this is for you?

A number of questions play an important role in choosing a challenge about the use of your smartphone:

• Are there (several) activities on your smartphone that you would like to reduce for this Toolkit?

• How do your environment experience your use of your smartphone?

• How important is it to cut back on certain activities on your smartphone?

• How confident is you that you will succeed in cutting down?

• What are the benefits if you reduce for a longer period of time with an activity on your smartphone?

a. Describe below which challenge you would like to take on?

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The concepts of interest and trust are used in motivational interviewing. You look at the importance of a change and to what extent you have confidence in a good outcome (Miller & Rollnick, 2005).

b. You can also make this concrete using the exercise below.

How big do you think the problem is with your use of your smartphone? What grade would you give for this, 1 (very small) to 10 (very large)?

0 1 2 3 4 5 6 7 8 9 10

How big according to your environment (girlfriend, friends, parents, teacher) is the problem of your habit? What grade would you give for this, 1 (very small) to 10 (very large)?

0 1 2 3 4 5 6 7 8 9 10

How important do you think it is to change with certain activities on your smartphone? What grade would you give for this, 1 (completely unimportant) to 10 (very important)?

0 1 2 3 4 5 6 7 8 9 10

And suppose you decided to cut back on (certain activities), how confident are you that it would work? What grade would you give for this, 1 (no confidence) to 10 (very important)?

0 1 2 3 4 5 6 7 8 9 10

Suppose you would cut back on your use of your smartphone for longer. Will this have a negative or positive outcome on your life? What grade would you give for this, 1 (very negative) to 10 (very positive)?

0 1 2 3 4 5 6 7 8 9 10

What do you notice about the above questions? Can you explain certain questions?

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“I often check if I haven't missed anything. I am unconsciously working on that. When I go on Facebook, I watch nice videos and answer immediately. Then you will be half an hour further. When I go to college I leave my phone upstairs. But after a week my attention span diminishes. Then I am more inclined to look on the internet longer and more often ”. (Femke, 21 years old. From the book Socialbesitas, 2015)

g. Set goals

You have described the challenge you would like to take on. This challenge could make you more concrete one goal or several goals. Reducing certain activities on your smartphone is not a goal in itself. It is important that you know, experience what you get in return, what you do it for. You have more time, you perform better at school, you feel better, you get compliments, etc.

You can set goals by filling in the form where you write a score for each theme. 1 is a score that you do not like it and 10 that you are very happy with it.

• You discuss with someone and with yourself how much you want to reduce with activities related to smartphone?

• What goals do you want to achieve this week?

• Determine in advance which goals you want to set. For example in the field of sports, social contacts, school, discovering new hobbies, sleeping better, better concentration or other things.

• In the goal, mainly state what you would like to do / achieve instead of what you would not want to achieve / do.

• Make small, concrete goals that are achievable for you.

a. Briefly describe below which goals you want to set for your habit. You also indicate what it could yield you in the short and / or long term?

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A goal is set like this. Tomorrow I will exercise more, I will eat healthier, I want to sleep better, etc. but how are you going to do that. A habit is something you have been doing for a long time, that you sometimes don't think about at all. For a change it is helpful to make a plan. These are also called self-monitoring measures. You can ask yourself the following questions before making a plan to get more "control" over your changes, your goals!

• Are there any measures you can take to get your habit more distant? For example, by removing Instagram from your smartphone, by sometimes putting your phone away, switching on airplane mode while studying, etc.

• Sustaining changes is often difficult. This is easier if you think about your goals more often in your daily life. How can you increase the focus on your change in the longer term? You can do this, for example, by keeping a diary, discussing it with others, etc.

• What would you like to have in place of the time, space that becomes available for your goals? Less activities on your smartphone may give you more time, energy that you can use for something else. It is important to consider what is important to you.

b. Describe a plan below that matches your goals

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c. Risk situations

There are often all kinds of situations that you are used to doing activities with your smartphone. Below are a number of examples that have an increased "risk" that you will revert to your old habit:

When I'm bored?

When I am at home and have to learn?

When I feel alone?

If I still have a lot to do?

When friends text me and I feel that I am not speaking enough from me?

When I'm in my room?

If I ……………………..?

What "risk" situations do you have and what are you going to do with them?

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h. Setting goals and other activities

After you have set goals, it is important to start doing alternative activities

that replace decreasing activity on your smartphone. Provide activities that you enjoy, enjoy, or that you may expect to sleep better, have better concentration. Sometimes it is difficult to do other activities because you are in the habit of watching Netflix series, posting to Instagram, Whatsapp etc.

## **Voorbeeld van studente die doelen heeft gesteld op diverse gewoontes**

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| **Thema** | **Cijfer (1-10)**  **1 = gaat niet goed**  **10 = gaat uitstekend** | **Doelen** | **Acties bij doelen** |
| **Alcohol/drugs** | 8 | Door de week geen alcohol drinken  In het weekeind 6 glazen bier per avond.  Ik gebruik geen drugs | Vrienden vertellen welke doelen je hebt gesteld en of ze daarbij ondersteunend kunnen zijn. Door de week geen alcohol in huis hebben.. |
| **sociale media** | 6 | Minder Netflix, niet tijdens het leren op Whatsapp | Maximaal 1 aflevering van Netflixserie,en smartphone niet binnen handbereik tijdens leren |
| **Vrienden, sociale contacten** | **6** | **Andere activiteiten met vrienden plannen dan uitgaan.** |  |
| **Familie** | **8** | **Gaat goed** |  |
| **School/werk** | **6** | **Langer en vaker studeren om studieresultaten te verbeteren.** | 2 uur per dag studeren, eerst studeren en iets met smartphone, laptop, studieplanning maken.. |
| **Vrijetijdsbesteding** | **7** | **Een keer gaan skiën** | Sparen voor skivakantie samen met vrienden |
| **Vriendin/relatie** | **8** | **Gaat goed.** |  |
| **Financiën** | **8** | **Wil sparen voor een reis** | Wekelijks 20 euro opzij zetten |
| **Huishouden en wonen** | **8** | **Gaat goed.** | . |
| **Verzorging** | **8** | **Is prima.** |  |
| **Beweging** | **4** | **Meer sporten, eerder naar bed**  **Zekerder voelen als je meer hebt gesport** | **2x per week met vriendin hardlopen** |
| **Slaap** | **5** | **Minder Appen en Netflix voor het slapen.** | **Door de week na 22.00 niet op internet en niet uitgaan** |

Method

You can proceed as follows to plan other activities:

• Make an overview as in the diagram above. For each theme, give a mark between 0-10 indicating your appreciation.

• Indicate per theme which goal and which actions you are going to take.

When you have completed the schedule, what do you notice about yourself?

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i. How do you look back on the past 8 weeks?

You have often developed a habit for longer and cannot always be changed in a short time. It therefore takes time and practice. Even though you know that exercising for a longer period of time has a greater chance of success, there are various thoughts that ensure that your "old" habit will come back instead of your healthy one.

E.g.

• Now I don't feel like it.

• I don't have time for it.

• Yes not today, I will check tomorrow.

• Well, it is not too bad!

• Yes I only live once.

Below are some questions you can ask yourself about your habit.

How did you manage to (partially) achieve your challenge with goals?

What has helped you with that?

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What have you noticed about your habit?

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And now? Do you want to continue your challenge (motivate your answer)?

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Waar en hoe kun je anderen (bijvoorbeeld cliënten in je stage) helpen met de ervaringen die je hebt opgedaan met de Toolkit?

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