

Reflection

The thing I found consistent in my assignment 1 research was the normalisation of teens in this generation using their phones for social media before bed however, a question that I always thought of was how and when the normalisation/social norm of this routine came about. Looking at the advancement in technology of this decade, I can see how was never a problem in the 19th century and before but at what point did this problem appear? Another question that could be asked is if this is purely a designer's fault or is it the teens who must learn self-control. Approaching this question could mean making a more in-depth survey that is more app based (Facebook, Instagram, etc..) and asking questions like what are the features that draw you to using this app daily and if there were more self-control features would that benefit you. From knowing this, I could essentially improve my design by adding additional features where they can control specific parts of the social media apps on their phone to benefit them like the amount of posts they see a day or the amount of media they are allowed to view at night which "allows people more control over their own hook cycles" (Schulson, M., 2020) as part of a 'regulation' method that could potentially be implemented on all social media websites to promote self-control. Some further investigation could see me researching if teens are actually 'addicted' to social media apps, or if its more of a general problem where the purpose of having a phone promotes the instinctual behaviour of using their phone everyday which often leads to social media. This is an investigation which would help me figure out whether I must focus on specifically controlling social media app functions or the wider picture in terms of minimising the behavioural attempts for teens to use their phones everyday by creating an alternative device/object. As "Clinically speaking, you can't become addicted to a device, but you can develop behavioural addictions to smartphone functions" (Campbell, A., 2018), I could physically research this by asking a set of questions to teens that specifically relate to why they like to buy new phones (if their old ones still function) and how often they check their phones a day (and what do they check/look for).

References

- Schulson, M. (2020, May 18). If the internet is addictive, why don't we regulate it? – Michael Schulson: Aeon Essays. Retrieved from <https://aeon.co/essays/if-the-internet-is-addictive-why-don-t-we-regulate-it>
- Campbell, A. (2018, February 26). You're not 'addicted' to your phone. Here's why. Retrieved from <https://www.smh.com.au/lifestyle/health-and-wellness/you-re-not-addicted-to-your-phone-here-s-why-20180226-p4z1tf.html>