

# Literature Review

## 1. Review Digital wellbeing in general (definition, the roles, history of development)

According to tutor slide: Digital health is a trend that is being talked about by medical experts, researchers and equipment manufacturers to use technology to support the mental and physical health of people. The goal of digital wellbeing is to create technology products that promote the use of healthy technology and help users maintain a healthy lifestyle.

Another definition: Digital wellbeing is a movement for balancing the time we spend using technology (smartphones, wed, etc) and other activities. The goal is to reduce the potential harms caused by overuse on screens such as decreased focus and productivity at work and school. (Sinicki, 2020)

According to Gareth Hughes’s team , Digital wellbeing is about taking care of people's health and the balanced relationships between life and work using digital technology. Use technology to promote people's well-being and increase awareness of safe and responsible use of technology. (Gareth Hughes, n.d.)

From the 3 above definitions of Digital wellbeing, it can be concluded that: Digital wellbeng is a trend used to indicate the application of technology to support and improve to improve human health. The goal is to use technology to minimize the potential harms caused by technology and to change bad habits when using technology (addiction to technology, etc.).

According to website name “digitalwellbeing.ie”: Digital wellbeing help people use technology effectively, by giving them the tools they need to use technology to advance the pursuit of their goals. Using technology to pursue your goals By delving into everyday lifestyle habits, technology helps people develop new habits and improve their quality of life (Wellbeing, 2019).

Sumary, the role of Digital Wellbeing helps people to have better habits of using technology. Using technology to help people reach their goals easily, and creating and maintaining habits that improve quality of life. At the same time, it helps people reduce the time they spend using technology in unnecessary tasks, helping people to balance life and technology.

1. Review the impact of digital wellbeing on human being in the past and current now (how it change the way we live, what is the trend, pros and cons...)

## How it change the way we live:

Technology has a great impact on how people communicate, learn and think (Allen, 2019). It has positive and negative effects on the world and affects everyday life. First, technology has a huge impact on learning. Technology makes learning easier by providing resources that make it easier for learners to refer to the material they are working on. Technology also promotes self-learning through websites such as youtube, etc. Secondly, technology has changed the way we communicate. Technology has brought us new ways of communication such as video calling, texting, etc. Ultimately, technology has played a large role in the medical industry. There are many technology applications to help users monitor health (heart rate, blood pressure, etc). Besides that, technology also has potential risks. Mobile technology can reduce communication and relationships between people. In addition, it can cause distraction from school work..

According to Tapaleao and Vaimoana’s study, there are several change in life. The first thing is technology influences children's development. Technology has changed children learning and parenting. Children tend to imitate, learn more from technology through technology devices than learning from parents. Further, The fact that technology develops has caused an increase in people with mental illness because users have bad habits when using technology. In addition, people's social activities have undergone major changes thanks to the digital age. Social media has become a platform that helps like-minded groups collaborate and grow together. "But it also allows antisocialists to take advantage of the dark web to build new groups based on violent, antisocial, morally offensive or illegal behavior. ". Finally, there is a private and public security issue. Online abuse over internet and social media sites is highlighted as a number of specific issues related to personal and public security. Example: Cyberbullying and phishing, etc. (Tapaleao, 2018 )

Both authors say the pros and cons of technology. Technology is very important in today's life, making a great contribution in many fields but also has many potential risks. Both articles say that the advancement of technology has changed children's development and has also caused mental health problems with great information security risks. These potential harms are very worrying in the current technology age. To minimize these risks, people must have a habit of using technology properly.

## Trend:

There are number of trends that will be developed by digital wellbeing in the coming years (Sanchez, 2020) . The first is sleep hygiene. Getting enough sleep is now one of the essential things for a healthy life. To have a good sleep, people need to have good habits to improve sleep quality such as: taking phones out of the room, etc. The second is to use technology to improve health (mental and physical). Currently, there are starting to appear many applications of technology to improve human health through exercise videos (yoga, gym, etc) and time control applications to limit the technology's risk to mental health.

"There are some digital wellbeing trends in the coming years," says by a report from the Digital Institute of Care and Wellness. (Laura Rooney, 2018). The first is AI. The potential benefits of AI in Health and Care are assisting in the diagnosis and detection of minor changes in patient health (heart rate, etc), early identification of underlying disease, and monitoring of incidence. disease to help prevent and stop its spread and diagnostic imaging (radiology, pathology). The second is Blockchain. Blockchain's potential benefit in Healthcare is that Blockchain is an element that can significantly reduce the time, cost and risk associated with the way Health and Care organizations operate. This technology could provide a new paradigm for the exchange of medical information by making electronic medical records more efficient, uninterrupted and more secure. medical data, drug development, medical research, data confidentiality ...

Generally, the growing digital trend revolves around health issues. In the article 1 author gave problems that the technology was intended to be developed in the future (health, sleep, etc). In a research by the Digital Health and Care Institute has shown that specific technologies will be integrated to improve human health such as: using AI for medical examination, Optimizing management hospital with blockchain, etc. The one problem that unnoticed is mental health and the adoption of technology to reduce it. In the era of internet boom and smartphones can be addictive, people spend a lot of time on screens affecting health, mind and fitness. Adopting Digital wellbeing will help users improve their smartphone time, thereby improving their health and helping teenagers lead healthy lifestyles.

Digital has a number of benefits as follows: Limiting screen time to a certain number of hours, Reducing eye strain in frequent device users, Being aware of unforeseen mental health impacts, Increasing emphasis on physical activity and nutrition, Supporting healthy sleep patterns, especially for users that bring devices with them to bed. Besides, there are also the following disadvantages: Social Disconnect, Digital Media Manipulation, etc

#### 1. Identify your topic (research question) in the wider context.

According to Subramani Parasuraman's study (Subramani Parasuraman, 2017 ) on Smartphone Use and Increased Risk of Cell Phone Addiction, out of a total of 409 people surveyed showed that about 95% of study participants were using a smartphone. , with 81.7% of them having at least one cell phone. Nearly 36.7% of study participants have a habit of checking mobile phones in the middle of sleep. The majority of respondents use mobile phones for communication purposes (87.8%), photography (59.7%), entertainment (58.2%) and for educational / learning purposes (43 ,8%). Many of the study participants also agreed that using cell phones causes fatigue (12% agree; 67.5% highly agree), sleep disturbance (16.9% do Agree; 57.7% strongly agree) and disturbed psychology (10.8% agree; 54.8% strongly agree). Smartphone usage behavior analysis showed that 70.4% of study participants used a smartphone longer than intended and 66.5% of study participants interacted with a smartphone. longer. More study participants (58.2%) felt uncomfortable without a mobile phone and could not bear to have a smartphone, and felt discomfort when the battery was running out (73.8%). ), feel anxious if they don't browse through their favorite smartphone app (41.1%), and 50.4% of study participants declare that they will never quit using electricity smart phones though their daily lifestyles are affected by it. The study also revealed another key finding of 74.3% of smartphone users are feeling dependent on their smartphone use.

Research by Ajay Raj Sethuraman, Ajay Raj Sethuraman (Ajay Raj Sethuraman, 2018) suggests that the reason for the high smartphone use may be due to the lack of entertainment and other sources of entertainment. There are no and few shopping complexes, gyms, very few theaters, no training classes for extracurricular activities, etc. is my only source of entertainment. The study also found a high difference in smartphone use rates between girls and boys (85.7% in boys and 85.3% in girls). Miss use of this smartphone has an impact on their psychology and makes them addicted.

In the MUHAMMAD MUJAHID KHAN study (KHAN, 2007), among study participants, 84.3% admitted that they had some understanding of the harmful effects of cell phones on human health. Among them, 76.92% of respondents said they were carrying a cell phone while 23.08% more than one. There were 55.94% of subjects with daily average MP usage of less than 30 minutes, 27.97%, using electricity between 30-60 minutes, 11.53% using in the time period. 60-90 minutes and 4.54%, phone usage lasts more than 90 minutes. Among those 30.77% rated their health as very good, 62.24% were fair and 6.99%. The study also found that a large number of young students complain of health problems and impaired concentration. Up to 83.57% of subjects said some symptoms of their health: 16.08% complained of headache, 24.48% were tired and 34.27% decreased.

concentration. Facial dermatitis was reported to be 16.78%. The most common symptoms associated with MP use were memory disturbances (40.56%), difficulty sleeping (38.8%) and hearing problems (23.07%). 28.32% report a warm feeling inside and behind / around the ear. 44.4% of respondents related to their symptoms when using MP.

The above studies all talk about the health effects of cell phones in young people and those who work. The issue of the impact of telephones on student's mental health has not been studied much in Vietnam, so it is necessary to conduct a research paper on the impact of telephones on the mental health of students.

### **Type of mental health are effected by smart phone:**

There are a number of mental health types can affect young people when using mobile phones (Adolescent, 2019): Anxiety Disorders: People with an anxiety disorder have signs of anxiety or panic, a fast heart rate, and sweating before normal situations, not worth fearing.

Eating Disorders: An eating disorder is a disease related to unusual eating habits. People with this disease often suffer from or worry about their physique and body weight. Most eating disorders are caused by too much emphasis on weight, shape, and food, leading to improper diet.

Addiction and impulse control disorders: People with impulse control disorders and addiction are often incapable of resisting the attractiveness of the drug (alcohol, etc.). May engage in harmful behaviors for themselves and others.

Obsessive-compulsive disorder ([OCD](#)): Obsessive-compulsive people often have fearful thoughts that cause them to follow a certain habit.

Switch to Dror Ben-Zeev's team: The data they collect have shown that smartphones can cause mental health problems such as Stress, Depression, Loneliness (Dror Ben-Zeev, 2015 ). It can be seen that smartphones, apart from their immediate benefits, still have potential risks to mental health. Mental health problems today are not well known and of little concern, so the development of the disease will be very dangerous for students. Issues such as anxiety, stress will cause students to have negative thoughts in life and can do thoughtless things (self-harm, suicide ...). In addition, depression also makes students afraid to communicate that threaten life relationships. These potential risks of the phone directly affect students' (physical and mental) development.

### **Purpose using smart phone:**

According to data from research by Ben group (WOODCOCK, 2012), in the survey of 188 smartphone owners, about 88 (46.8%) of people use it for academic purposes. From there, it can be seen that using mobile phones for learning purposes is being received by young people. Besides, the data collected from their interviews suggests that young people also spend a lot of time playing games and entertainment. Most young people use their phones to text everyday with their friends (Lenhart, 2012). According to the Lenhart study, 63% of all teenagers in Lenhart's study said they exchanged messages daily. Just 1% of teens say they text less than once a week. When they were asked specifically about texting their friends, 49% of teens send and receive text messages with their friends every day while 28% of teens say they never text their friends. In 2009, 54% of teenagers texted their friends every day. To sum up, both authors conclude that most of student's activity in thier phone is texting and spending time on social meadia but children also do other activity for entertainment likes: watch flim, play game,etc. It can be seen that smartphones meet many of the needs of students, from which students will increase the frequency of using smart, which will make students change their habits in life (study, etc). In addition, the increased frequency of cell phone use will also cause mental problems causing eating disorders, anxiety, sleep disturbances, etc.

### **How much time are young people spending on screen-based activity?**

According to Shashank V. Joshi's team: American teenagers (13- to 17-year-olds) spend an average of six and a half hours and tweens spend an average of four and a half hours on screen media use (Shashank V. Joshi, 2019). According to Frank Bentley's group study , Based on the data they surveyed among teenagers, they found that teenagers use an average of 173.6 minutes per day to interact with their phone and 130.9 minutes to use mobile apps. Average total teen usage time per day is 304.5 minutes (about 5 hours) (Frank Bentley, 2015). From 2 data above, Teenagers spend an average of nearly 5 to 6 hours per day interacting with their smartphones. Shows that the frequency of young people using smartphones is very thick in 1 day. Since then, it is easy to experience mental problems (eating disorders, sleep disorders, etc).

1. Discuss research methodologies.

Primary research is the study that collects data from events, objects and people to be able to observe, analyze, measure directly through Surveys, Observations and interviews (Driscoll, 2011). Primary research does not get data from available sources such as books, newspapers, etc. The objective of primary research is to find out about a problem that can be confirmed by other subjects and to eliminate the researcher's prejudice about the research process. Three common ways to conduct primary research is Observations, Interview and Survey. Observations is observe and analyze the subjects that need research. Including observations of other related objects and events. Interview is ask participants directly questions about the subjects that need to be studied to get information. Survey is ask participants about their opinions about the research object through a questionnaire about the research object. The pros of primary research are Better data analysis, no need to worry about ownership issues, etc. The cons of primary research are high cost, spend time doing research, information provided may not be incorrect, resources are needed to conduct research (interviews, data analysis, etc).

Secondary research is one that is based on data collected from other relevant studies (questionpro, n.d.). Those are the data that has been analyzed and selected. These data will be aggregated and collated for analysis for the study. Secondary research includes research papers that are published in research reports and similar papers. These documents may be provided by public libraries, websites, data obtained from filled out surveys, etc.

The advantage is the information is readily available and the source of data is large and does not cost much to obtain data. No research time is wasted as the data are available. The disadvantage is the reliability of the data must be carefully selected. Required data may not be updated for long periods of time. Research results may depend on the quality of such research.

Qualitative research is the study of collecting and analyzing non-numeric data such as: text, video, etc. to understand concepts, opinions, experiences (Bhandari, 2020 ). Research is often used to gather insights into a subject. Qualitative research is often used in social sciences, history, etc. There are some qualitative methods. The first is observations. Record everything observed where needed to study. The 2nd is interviews. Question people to find out ideas, experiences, etc. The 3rd is group practice medium. Questioning and discussion among a group of people. The 4th is survey. Distributing questionnaire with open-ended questions. The 5th is secondary research. Collecting existing data in the form of text, images, records audio or video, etc.

Amanda Lenhart (Lenhart, 2012) used survey method to study data on young people texting over the phone. They surveyed and achieved the following results: The average number of texts submitted by teens on a single day has increased from 50 in 2009 to 60 in 2011 and most of this increase occurs among older teenagers aged 14-17, from an average of 60 messages per day to an average of 100 over the next two years. And 63% of teenagers exchange messages daily with the people in their lives. This outpaces the frequency they choose to use other forms of daily communication, including phone calls (39%), face-to-face communication outside of school (35%), and texting on the internet social (29%), instant messaging (22%), talking on landlines (19%) and emailing (6%). Through the survey they obtained their results and compared them with a 2009 research and found an increase in texting among young people and giving specific numbers..

Christopher Bulpitt's team used the interviewing method in his research paper, "Views of elderly people on living wills" (Rebekah Schiff, 2000). Through interviewing 81 people, they found that the average age of the participants was 81 ( about 66-97) years old. Most live in independent housing (69; 93%), alone (44; 64%) or with family members (25; 36%). One participant is wheelchair-dependent; others can walk: 25 (34%) independently, 26 (35%) with sticks, 22 (30%) with frames. Half of them received help at home. Sixty-one participants (82%) have not heard about the will to live. When in the terminal stage of terminal illness, 68 people (94%) said they would refuse surgery, 67 (93%) artificially fed, 66 (92%) ventilated, 65 (90%) recovered cardiopulmonary strength, 62 (86%) subcutaneous or intravenous fluids, and 59 (82%) antibiotics. From the collected data, they completed a study of the elderly's perspectives on the will to live.

In this research, surveys and interviews are the two best data collection methods for the research paper. Using survey method will help to get data quickly through internet survey. Besides, there is no cost to do the implementation. However, the survey information may be impractical and lead to erroneous results. Therefore, it is necessary to conduct interviews to get information directly. Based on the face-to-face interview, the respondent will give more truthful information and based on his or her appearance, we can conclude that the information is true or false.

1. Identify some Propose hypothesizes in your topic after reviewing lots of materials in section 1, 2 3.

Phone use can be addictive in students

Trong bài nghiên cứu về nghiện điện thoại ở sinh viên của Tessa Jones, sinh viên thường sử dụng điện thoại vào các lý do sau: 83,1% sinh viên đề cập đến tính năng nhắn tin là tính năng được sử dụng nhiều nhất, tiếp theo là gọi điện là 10,8% và Facebook,

Twitter hoặc Instagram là 1,5% mỗi tính năng. Hơn một nửa số sinh viên được khảo sát cho biết họ tin rằng họ nghiện giao tiếp tức thì và liên tục (56,9%). Đối với câu hỏi về những đặc điểm rõ ràng cho thấy nghiện điện thoại di động, những người trẻ tuổi cảm thấy cần liên tục kiểm tra điện thoại di động của họ để biết bất kỳ hình thức liên lạc nào từ gia đình, bạn bè và công việc. Các sinh viên cho biết họ cảm thấy mất kết nối (77,4%), khóa thân (25,8%) và căng thẳng (25,8%) khi họ không mang theo điện thoại di động. Mọi người muốn được liên lạc và nhận thông tin trong vòng vài giây. Bên cạnh đó, nhiều cá nhân cảm thấy căng thẳng và lo lắng ở mức độ cao khi họ sử dụng điện thoại của họ, bởi vì họ đã quá quen với việc liên tục truy cập nhanh vào liên lạc. Khi được hỏi về cách sử dụng điện thoại di động chính của họ, Hầu hết tất cả học sinh (98,5%) tin rằng thanh niên tìm kiếm sự hài lòng và chấp nhận từ bạn bè của họ thông qua mạng xã hội, liên tục có sẵn thông qua điện thoại di động.

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