

## INTRODUCTION

Cell Phone use has been on the rise for many years. People, especially teens, have grown more and more dependent on these devices. While they are useful and very important to have in modern day society, there are some very strong side effects to overuse, including headaches, impaired short term memory as well as concentration, fatigue, dizziness, disturbed sleep and insomnia, according to scholars. Those are just the physical problems that can occur, there are many social problems that can also manifest and affect one's life.

## RESEARCH QUESTION

What factors play the biggest role in problematic cell phone usage amongst teens?

## HYPOTHESIS

Income and age of receiving a phone are primary factors influencing a teen's phone use.

## STUDY DESIGN

Researcher used articles from the literature to design questions and to conduct a survey - the researcher used a cross sectional survey design to gather data on teens' phone use patterns.

## TARGET AUDIENCE

The target population is a very diverse range of teens between the ages of 14-19, any race, any income, and any gender from the city of Pittsburgh.

## METHODS

The researcher conducted a survey on problematic cell phone use. The researcher created it using questions developed during a summer employment experience. The survey consisted of 24 questions; the first section captured demographics characteristics, the about cell phone usage. Respondents were asked questions about how much they used their phones and for what reason. Survey respondents were asked these questions to identify factor that contribute to problematic cell phone use. Those in question include: one's income, age in which one received their first cell phone and household status.



## RESULTS

Demographic Characteristics	
<b>Age</b>	14 (34.%), 15 (11%), 16 (16%), 17 (26%), 18 (11%), 19 (3%)
<b>Race</b>	Black (67%), White (25%),
<b>Gender</b>	Female (60%), Male (40%)
<b>Household Status</b>	Single-parent household (41%), Two parent household (59%)
<b>Household Income</b>	Under \$80,000 (79%) over \$80,000 (21%)

Survey Questions	Respondents	%
At what age did you get your first cell phone?	10 or younger- 18	50%
Using your phone for more than 4 hours a day?	29	80.6%
Using it within 30 minutes of waking up?	30	83.3%
Feel addicted to their cell phone?	16	42.1%
Showed signs of problematic cell phone usage?	24	66.7%



## DISCUSSION

Although it seems to be a combination of many factors, the age in which a person receives their first cellphone appears to be the largest indicator of addictive cellphone behaviors. As predicted, it was the biggest correlation. Interestingly, income seemed to play little to no role in problematic phone use as it seems to affect people of every income. Another factor was the primary use of the cell phone. Those who used cell phones for mostly social media showed the highest usage. But the age in which the person received their first phone was by far the strongest predictor - the younger they received their phones, the more hours they would spend on their phone and more likely to use their phone within 30 minutes of waking up and falling asleep.

## STUDY LIMITATIONS

Limitations to this study are the fact that anyone can fill it out which increases the likelihood of misinformation, it is also a small sample size and lacked national reaching. Many younger students completed the survey which limited participant age range. Study questions also failed to investigate why youth are so connected to their phones.

## RECOMMENDATIONS

Based on the results from this survey, parents should adjust the age at which their children receive their phones; phone companies should also create greater restrictions on monitoring screen time. Teens should be instructed to reduce their phone use an hour bed, replace phone alarm clock with a physical one, so youth don't have to check their phones as soon as they wake.