

## **CAT 4 RESOURCE DEVELOPMENT**

### **Group 4-30**

#### **PW Mobile Usage**

**Group leader:**

Sim Xue Hao(26)

**Group members:**

Lu Junjie(22)

Nah Kai kiat(24)

Wong Zhi Wei(29)

**Abstract:**

PW Mobile Usage is a project that aims to reduce the time Hwa Chong students spend on their mobile phones. We want to do so by posting posters related to the overuse of mobile phones on our Instagram account and IEMB and a board game. We also made a website on google sites.

**Literature review**

Cyber wellness includes inappropriate content online and illegal activities like scamming, harmful and illegal online behaviour such as keeping personal information private, fake news, pornography, excessive and unnecessary use of electronic devices and cyber bullying.

**Examples of cyber wellness problem:****Cybersex Addiction**

A Cybersex addiction is one of the more self-explanatory internet addictions. It involves online pornography, adult websites, sexual chat rooms among others. An obsession with any of these services can be harmful to one's ability to form real-world sexual, romantic, or intimate relationships because watching porn reduces their ability to feel feelings.

Net compulsions concern interactive activities online that can be extremely harmful, such as online gambling, trading stocks, online auctions (such as eBay), and compulsive online shopping. These habits can have a detrimental impact on one's financial stability and disrupt job-related duties. Spending or losing excessive amounts of money can also cause stress in one's relationships. With instant and easy access to online casinos and stores, it is easy for those who are already susceptible to a gambling or spending addiction to get hooked online.

**Cyber (Online) Relationship Addiction**

Cyber or online relationship addicts are deeply involved with finding and maintaining relationships online, often forgetting and neglecting real-life family and friends. Typically,

people form online relationships in chat rooms or different social networking sites but can occur anywhere you can interact with people online. Often, people who pursue online relationships do so while concealing their real identity and appearance – this modern phenomena led to the creation of the term “catfish.”

When a social online life and persona consumes someone, he/she may be left with nothing but limited social skills and unrealistic expectations of interpersonal interactions. Often, it leads to an inability to make real-world connections, in turn, making them more dependent on their cyber relationships.

### **Compulsive Information Seeking**

The internet provides users with a wealth of data and knowledge. For some, the opportunity to find information so easily has turned into an uncontrollable urge to gather and organize data. In some cases, information seeking is a manifestation of pre-existing, obsessive-compulsive tendencies. Commonly, compulsive information-seeking can also reduce work productivity and potentially lead to job termination.

### **Computer or Gaming Addiction**

Computer addiction, sometimes referred to as computer gaming addiction, involves on- and offline activities that can be done with a computer. As computers became more widely available, games such as Solitaire, Tetris, and Minesweeper were programmed into their software. Researchers quickly found that obsessive computer game playing was becoming a problem in certain settings. Office employees would spend excessive amounts of time playing these games causing a notable decrease in productivity.

Today, not only are these classic games still available, but so are thousands of new ones. Computer addiction is the oldest type of internet/computer addiction, and it is still prevalent and harmful today. 3-4% of gamers suffer from addiction with 1 in 10% of them suffering from compulsivity which is more severe. From a local Singapore perspective, online gaming addiction is gaining prevalence. Another local study of secondary school students found that 17.1% spent an average of more than 5 hours daily on the Internet. 8.7% of 2998 people interviewed in 6 primary and secondary schools were classified under pathological players who

were very addicted to gaming. Singapore is a highly wired nation with Internet connectivity in almost every household. Accessibility is likely a major factor for gaming and internet addiction, with many children having access to smartphones and forming habits of Internet and online game use from a very young age. Hence gaming and computer addiction is a serious problem in Singapore society.

### **Cyber Ethics**

Cyber ethics include the acknowledgment of social and legal consequences related to one's software program, legally copying sources and giving credit to people's work when copying their work under copyright issued, never interfering into others' computer works in a disruptive manner along not peeping into others' private computer data, never use the computer as a source to create false witnesses of made up events, never using computers to afflict unnecessary harm to others, which may result in disputes. Authorisation is also required when using online computer materials and the way you use the computer must be in a considerate way to people.

### **Cyberbullying:**

Cyber bullying refers to the "deliberate and intentional attempt to cause harm to others through the use of the internet and/or other digital technologies" 2 and it can have real and adverse impact on one's emotional and psychological wellness. A survey of 3,000 secondary school students conducted by TOUCH Cyber Wellness showed that one in four students admitted to having bullied their peers online within the past year. Similarly, a cyber bullying survey commissioned by Talking Point, found out 3 in 4 youngsters have been bullied online, hence finding cyberbullying to be a growing problem. Although there is a high prevalence of cyber bullying, the vast majority of people did nothing in response to the bullying. Some more, 9 in 10 victims took no action.

### **Internet addiction disorder**

Problematic computer use is a growing social issue which is being debated worldwide. Internet Addiction Disorder (IAD) ruins lives by causing neurological complications, psychological

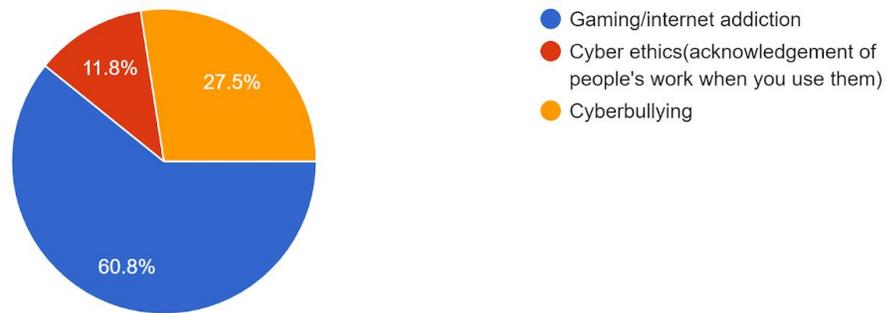
disturbances, and social problems. Surveys in the United States and Europe have indicated alarming prevalence rates between 1.5 and 8.2% of internet addiction

## Needs analysis

\*

Out of the following areas of cyber wellness, which area are you most concerned about?

51 responses

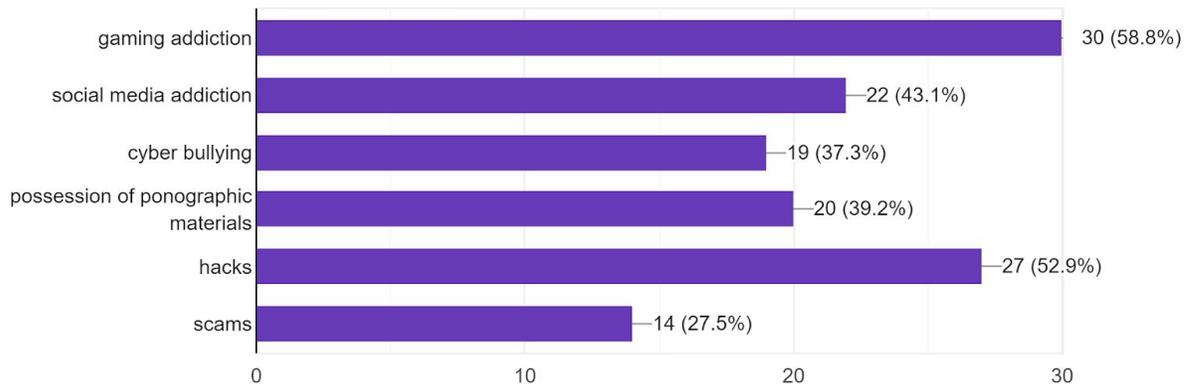


This shows that gaming/internet addiction is a big problem as 60.8% of our respondents choose gaming/internet addiction.

\*

What areas do you feel the school did not prepare you for in cyber wellness?

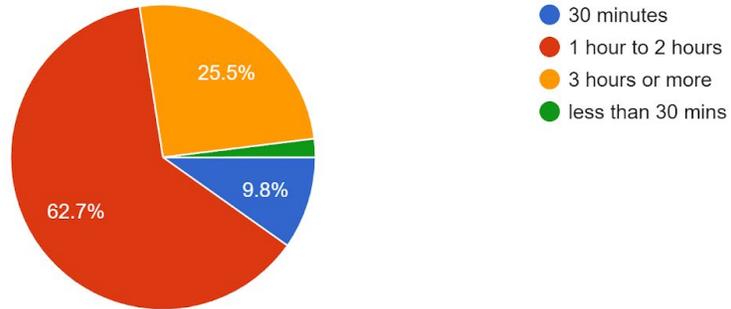
51 responses



From this we can tell that the majority of respondents agree that the school did not prepare us adequately in gaming addiction as 58.8% of respondents choose it.

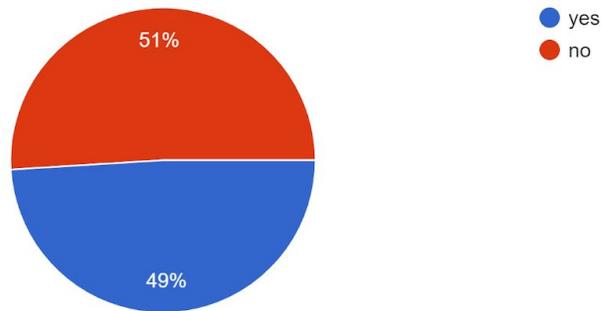
How many hours do you usually spend on your phone daily on weekdays?

51 responses



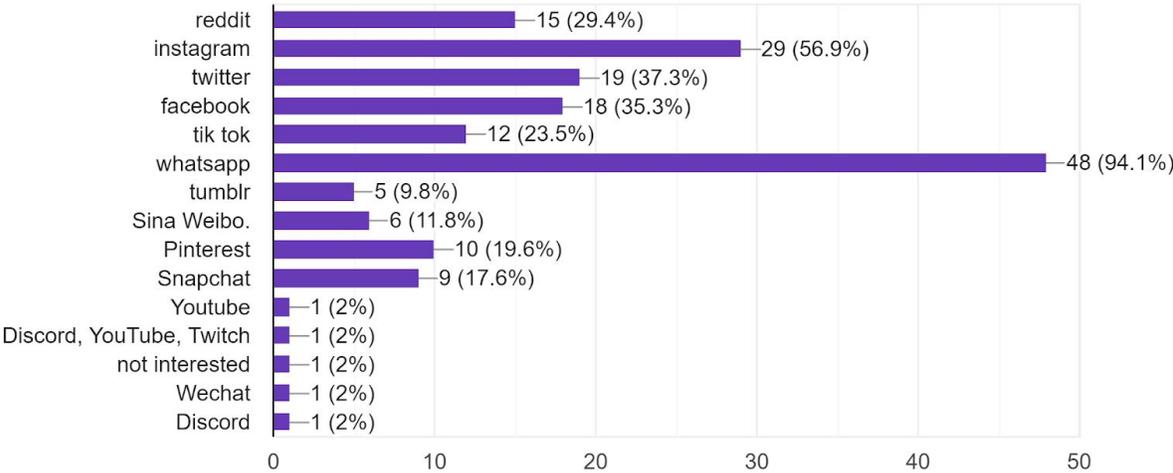
Have you experienced cyber bullying?

51 responses



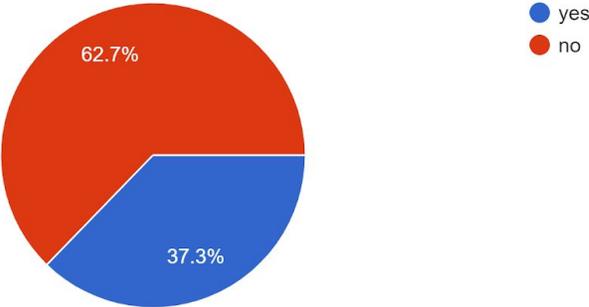
What are the social media apps you use daily?

51 responses



Do you play video games for more than 2 hours daily(except weekends)?

51 responses



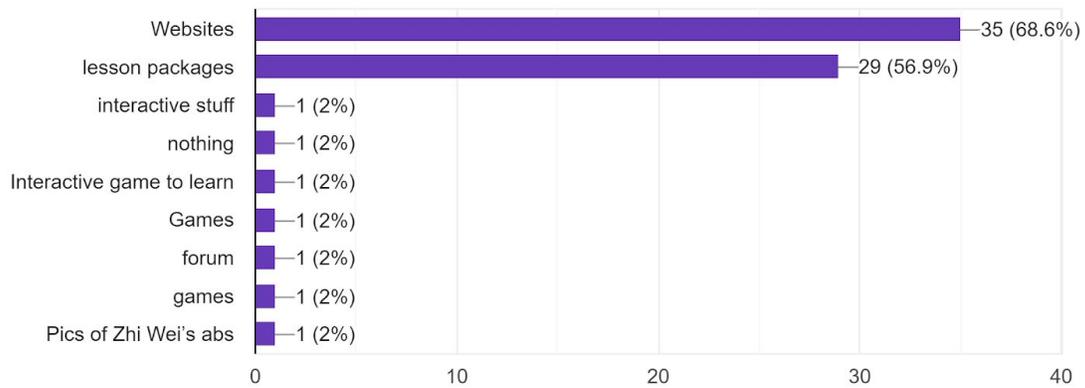
### How long do you play video games on weekends

51 responses



### What resources do you want us to develop?

51 responses



Hence, we can tell from the results above that gaming/internet addiction is a big issue.

## Methodology

### **Rationale behind our resources:**

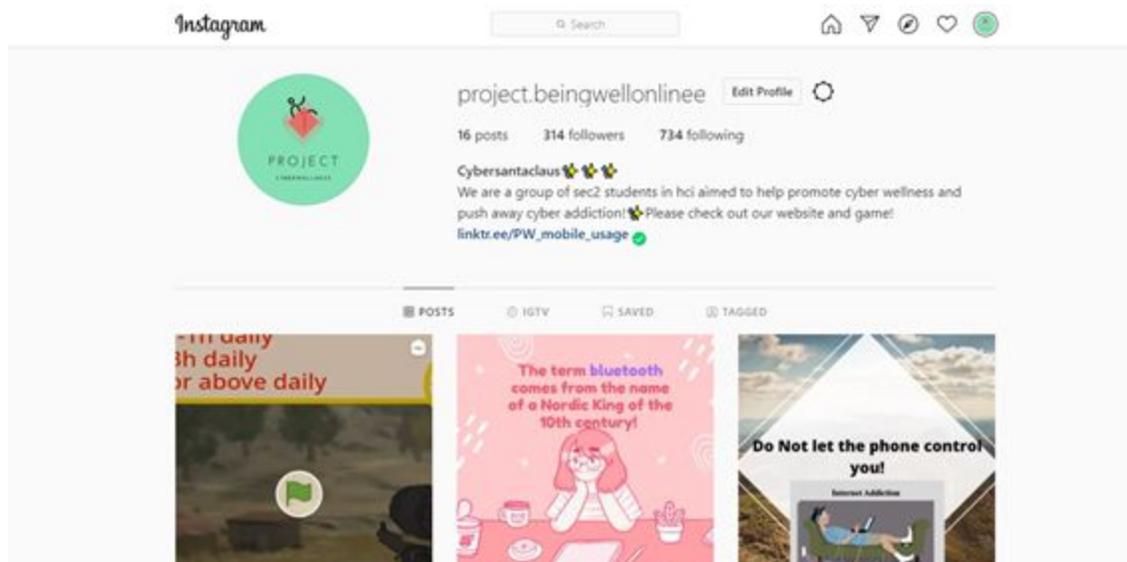
The rationale for our project was to help students with addiction to the internet, games. We decided to do this project because after a year in Hwa Chong, we realised that many students liked to game and like to use the internet, and many of our classmates received demerit points for gaming at the inappropriate time. From our needs analysis, the most students said that they were most concerned about gaming or internet addiction, and also that the school did not educate them enough in gaming addiction. So we decided to use the platform that many students use frequently, Instagram, to encourage them to reduce their phone usage/activity by posting various posters to encourage them to spend less time on their phones. We also made a website as many students also wanted us to make one.

### **Objectives and target audience:**

We aim to help people, especially students to understand what is cyber wellness especially on the topic of online gaming. We are starting from Hwa Chong Institution students as many seem to be unable to snap out of gaming addiction which results in their declining grades when they clearly have the potential to do well. Through this project, we hope that all those who use our resource package would be able to learn more about the negative impacts of gaming addictions and the different ways they could avoid or even “cure” such addictions by taking simple steps off their computers daily. Our target audience is secondary two students in hwa chong institution.

### **Resource package:**

#### **Instagram:**



The Instagram account is used to post tips for cutting down screen time and facts about mobile usage, alternative activities that are meaningful instead of using the mobile phone, fun facts about mobile phones and mobile usage quotes that help our followers know better about how to keep them safe on the internet. So far the instagram account has been quite popular with 314 followers and counting.

**Website:** <https://sites.google.com/student.hci.edu.sg/pw-mobile-usage/home>



The website contains information about **mobile phone usage** and explains what is mobile phone addiction. It also tells us why and how we should curb it and provides things to do instead of using your phone as well. Finally there are videos from YouTube about it. We hope that people using this website will find it useful to reduce their phone usage.

**Scratch:**

<https://scratch.mit.edu/projects/411122275>



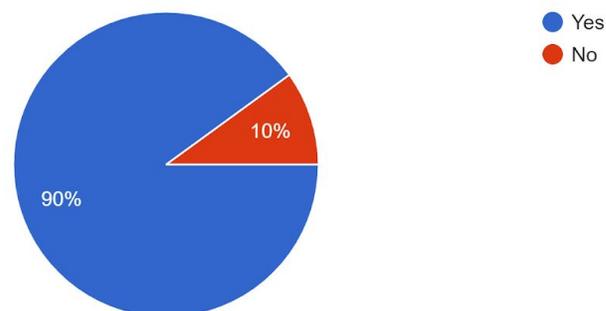
The scratch game is a shooting game. It is programmed using scratch and the aim is to shoot the correct answers to the questions in the form of targets. The questions are testing the player's knowledge of mobile usage and how to tackle it.

Shooting the correct answer gets one point while shooting the wrong answer loses one point. If the player misses the target he will not get any points deducted. The questions allow the player to learn more about mobile usage and how to tackle it via a fun, interactive and engaging way.

## Results of our pilot test of our resources:

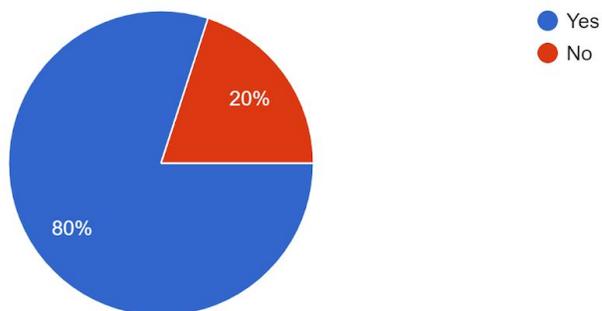
Does our Instagram page let you learn more about mobile phone addiction?

30 responses



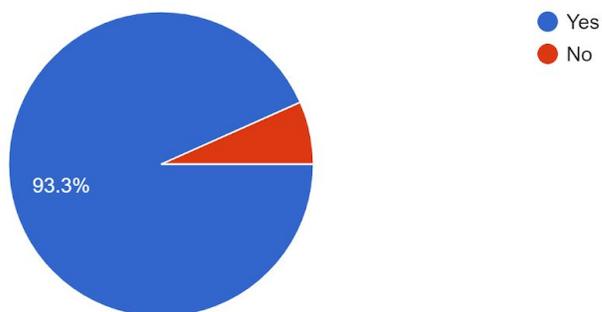
Is our Scratch game fun and engaging?

30 responses



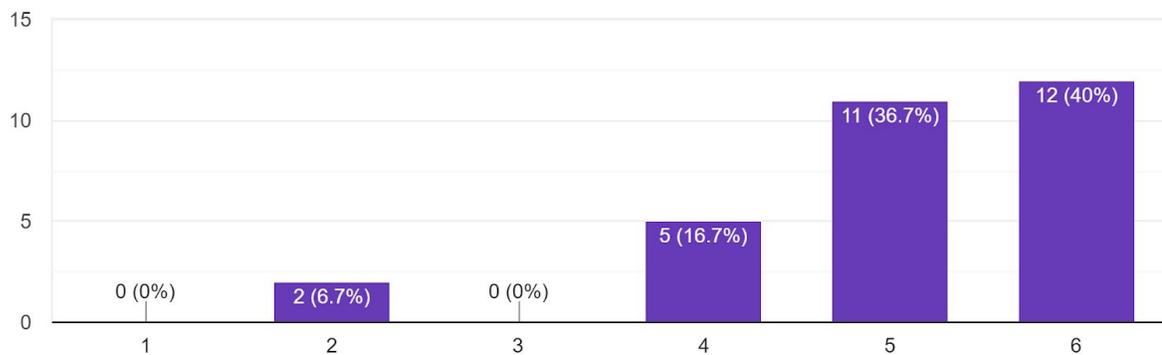
Does our website let you learn more about mobile phone addiction?

30 responses



How much did you learn about mobile usage and how to tackle it from our resources?

30 responses



From 1 (learnt nothing) to 6 (learnt a lot)

Overall, the results showed that our resources helped secondary two students in our school learn more about mobile phone addiction.

## **Challenges we faced**

1. We were unable to meet up physically at the start of the year due to our different time arrangements and our busy schedules, thus progress was hindered as we could not communicate effectively and keep track of our progress to ensure that work is done.
2. The Covid-19 pandemic worsened the situation as the school computer labs were closed and we could not meet at the computer lab anymore.
3. Some of our team members were unable to communicate and work effectively due to restraints such as lacking microphones or cameras at home and we are also unable to keep track of what everyone is doing at home.
4. Some of our plans also failed to work out. For example, we wanted to make a board game but it requires us to be physically present to make it but we could not stay back in school to make it. We decided to make an online game in Scratch instead. Luckily, these challenges did not affect us greatly as we were able to work together productively and finish the project. Also, we could not meet up with the other students that participated in the pilot test due to Covid-19, so there was no way of knowing if they actually benefited from our project apart from our survey results.

## **Reflections:**

Kai Kiat's reflection

Through this year's project, I learnt how to manage my time to take part in the project, especially the google site. At first, I faced many difficulties in trying to create a presentable and appealing webpage, but through it, I have gotten better and I have learned to appreciate the process of the project. I have also become more self conscious of my screen time, as I now know the harmful effects of over-usage of phone more in depth.

Zhi Wei's reflection

This project has prompted me to learn more about creating designs, in particular graphic

designs, as I implement the concepts into designing posters for instagram. This project made me understand what problems the lower secondary students face in relation to screen time. I am able to understand the negative impacts of high screen time and what activities can be carried out instead of using your phone which are meaningful and impactful at the same time.

#### Xue Hao's reflection

As the leader of the project group, I have learnt how to manage my group members and more effectively distribute tasks evenly for the group members. Although there were some difficulties faced in managing the group, such as members sometimes being non-participative for the project, I believe that our group members have grown stronger in connections with this project. Being the group leader also means I have to take more responsibility for the group and organise meetings in order for us to discuss and execute our ideas. The project actually made me use less of my phone because it has made me realise that much of the activities i use on the phone are a waste of time.

#### Jun Jie's reflection

I have learnt a lot especially through the scratch game I created to help students know more about good mobile usage and cyber wellness. It was tough to create the game at first as it was challenging to remember the coding and programming skills I had learnt last year. I learnt that it is important to manage one's mobile phone usage as the time can be used for other meaningful stuff and there are harmful effects of long mobile usage.

#### **Future Plans and areas for improvement:**

Due to covid-19, our resources had to be scaled down and we couldn't have such a good outreach to our target audience. Nevertheless, we hope to improve our outreach next year by ensuring our resources are more physical and not online so as to ensure that people really do tackle excessive mobile usage. We also hope that we can meet up with the pilot testers to have a better idea of how far our project helped them in cutting down the time they spend on their phones, instead of relying on online survey results. We can also expand into other areas of cyber wellness as cyber wellness is a very broad topic and includes many other issues such as hacking and scams.

## References and sources:

- Cyber Wellness. (2018, October 11). Retrieved from <https://www.moe.gov.sg/education/programmes/social-and-emotional-learning/cyber-wellness>
- Lopez. (2018, December 6). Video game addiction is real, rare, and poorly understood. Retrieved from <https://www.vox.com/science-and-health/2018/12/6/18050680/video-game-addiction-gaming-disorder-who>
- Lee, C. (2018, February 1). Common Forms of Cyber Bullying. Retrieved from <http://www.nlb.gov.sg/discovereads/2018/02/01/special-feature-by-help123-common-forms-of-cyber-bullying/>
- Cash, H., Rae, C. D., Steel, A. H., & Winkler, A. (2012, November). Internet Addiction: A Brief Summary of Research and Practice. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3480687/>
- Falconer, J. (2017, June 19). 11 Ways to Detect and Solve Internet Addiction. Retrieved from <https://www.lifehack.org/articles/featured/11-ways-to-detect-and-solve-internet-addiction.html>
- Video Game Addiction - Signs, Symptoms, Treatment and Causes. (2020, February 17). Retrieved from <https://gamequitters.com/video-game-addiction/>
- Heng, L. (2019, July 23). When gaming addicts can't shut down. Retrieved from <https://sg.news.yahoo.com/when-gaming-addicts-cant-shut-down-125756569.html>
- Kwang, K. (2018, July 23). 'As if it was something my whole life depended on': For some gamers, hitting pause seems impossible. Retrieved from <https://www.channelnewsasia.com/news/technology/online-gaming-mental-health-disorder-who-10534450>
- Paulo, D. A. (2018, March 6). 3 in 4 youngsters say they have been bullied online. Retrieved from <https://www.channelnewsasia.com/news/cnainsider/3-in-4-teens-singapore-cyberbullying-bullied-online-survey-10001480>
- Choo, Hyekyung & Gentile, Douglas & Sim, Timothy & Li, Dongdong & Khoo, Angeline & Liau, Albert. (2010).

[Pathological Video-Gaming among Singaporean Youth. Annals of the Academy of Medicine, Singapore.](#)

Cyber Ethics. (n.d.). In YourDictionary. Retrieved from <https://www.yourdictionary.com/cyber-ethics>