

**Future Trends Report**  
**Based on Analysis of the Team's Chosen Community / Organisation in Mid-Term and Final Evaluation**

**Community / Organisation Studied: Teenagers**

**STEP 1. Identify Challenges**

Read the Future Scene carefully and generate ideas for challenges, concerns, and possible related problems. Choose the 5 most important challenges and write them in the space provided. Include applicable research with appropriate in-text citations.

**Challenge 1: Stress on mental health**

This occurs when teens on social media are caught up in chasing the latest happenings online, neglecting their own wellbeing and mental state. This could result in a lower self esteem, anxiety and lower overall satisfaction with life (Observation)

This is due to the constant urge to be in the know and can put large amounts of unnecessary stress on the user. Teens also may feel pressured to use drugs or alcohol in order to keep up with friends or celebrities they follow on social media. They also may have lower levels of satisfaction with their lives, which makes them especially vulnerable to other mental health concerns. People who are extremely concerned with what peers, friends or others are doing may have feelings of anxiety, low self-esteem, and loneliness. They may engage in compulsive behaviors, checking social media constantly, even when they want to stop. And they may suffer from poor sleep, reduced mindfulness, and depression. (Why)

According to the National Stress and Wellbeing in Australia Survey found that 60 percent of teens said they felt worried when they found out their friends were having fun without them. And 51 percent said they felt anxious if they did not know what their friends were doing. What's more, the researchers said that there is a very real correlation between the number of hours spent on digital technology and higher levels of stress and depression. According to wikipedia "The process of relative deprivation creates FOMO and dissatisfaction. It reduces psychological well-being. FOMO led to negative social and emotional experiences, such as boredom and loneliness. An 2013 study found that it negatively impacts mood and life satisfaction, reducing self-esteem and affects mindfulness. (Research)

**Challenge 2: Taking things to the extreme**

Thanks to the fear of missing out, some people tend to take things to the extreme even if it means endangering others and themselves or their financial situation. Based on our research, we have found that 7 in 10 people suffer from FOMO. Some people might go out of their house even when they are sick just because they fear that they are missing out. While some people might also buy things they do not need just so that they will not feel left out. (Observation)

Firstly when you go out while being sick, you risk infecting others and you are also risking your health. Based on ScienceDaily, sleep improves the potential ability of some of the body's immune cells to attach to their targets. But because you went out, you will not be receiving the rest that your body needs to recover. Based on our research we have also found that 69% of millennials suffer from FOMO. We also found that millennials spend about \$600 billion every year in the United States alone and this number is expected to rise to 1.4 trillion in 2020. (Why)

Based on TrustPulse, we have found that 60% of people make purchases because of FOMO. Also, they mentioned that the desire to spend money on experiences has increased by 70% since 1987. Also based on Policygenius, 39% of millennials spent money they didn't have and went into debt to keep up with their

peers, according to a recent survey on millennials and social spending. (Research)

### Challenge 3: Addiction to social media

From our research, we have found out that teens can spend up to 9 hours of social media in a day. In addition, teens are also fully aware that social media can have the capacity to distract them from key priorities such as homework and sleep but are unable to control themselves from being distracted.

(observation)

This is a problem as the long usage of screen time can negatively affect a person's health. Not only does long usage of screen time result in blurred vision, myopia, or sore eyes, it can also cause headaches, sleep disorders or even depression. In addition, the effects of long screen time usage are even more severe on teens as their brains are still developing and they might suffer from a low level of health. (why)

Based on the Addiction Centre, excessive social media use can not only cause unhappiness and general dissatisfaction with life in users but also increase the risk of developing mental health issues such as anxiety and depression. Also, based on nbcnews, a research done by Common Sense found that more than half — 57 per cent —, of the 1,100 interviewees, said social media distracts them from doing homework and 54 per cent admitted that they sometimes ignored people they were with to pay attention to social media. (research)

### Challenge 4: The need to constantly have a good image on social media

From our research, we have found that the number of people on social media will have grown tremendously on social media, this means that more people will be able to view the things you post online. Based on Statista, the number of people using social media is increasing from 0.97 billion in 2010 to 2.95 billion in 2019. Social media users will then have to constantly remain a good social media image as there are a lot more people who are going to be commenting on the post. (observation)

The constant need to have a good social media image will make life stressful for social media users. Based on the guardian.com Alexandra Mondalek said that "I would worry about how a post was performing instead of making important calls." This makes people lead a more stressful life. Based on the pew research centre, those who experience stressful life events often suffer a range of negative physical outcomes, including physical illness and lower mental health. In addition, with an increased number of people on social media, the social media users might face social overload which is when social media users face too many others' social demands. (why)

From an interview, beauty influencer Mominatu mentioned that "I've definitely experienced Instagram anxiety in the past. I'd post a photo then quickly delete it. I was worried that my post wouldn't "perform" well." In addition, social media users feel that they always have to maintain a good social media image. Fink, a health and wellness influencer mentioned that she "spends about 2-3 hours per day on Instagram." Based on researchgate, the negative effects of social overload are exhaustion, low levels of user satisfaction, and a high intention to reduce or even stop using SNS. (research)

### Challenge 5: Fake news

Based on success gainer, we have found that social media platforms are becoming the primary source of news. according to an investigation done by forbes, 50 percent of internet users surveyed said that they hear about the latest news via social media before ever hearing about it on a news station. Since 60% of the world is already online, many people will be seeing these news. With an increased number of viewers the chances of the news getting shared are much higher. Based on nbc news, they found that false news

stories were 70 percent more likely to be retweeted than true stories were. In addition, untrue stories also had more staying power, carrying onto more "cascades," or unbroken re-tweet chains (observation)

This could be a problem as these fake news may cause distress among the viewers. Take the fake news incident in Singapore as an example. In Nov 11 2016, a picture posted on social media showed that the roof of Punggol Waterway Terraces had collapsed. However, this picture could also be photoshopped by terrorists to distract the life saving force. Dr Lee Bee Wah mentioned in the straitstimes that “[the scdf] could have been attending to other, more urgent matters.” (why)

Also on straitstimes, Dr Lee Bee Wah also mentioned that “it [can be] a scenario that [is] used by terrorists (as has happened in other parts of the world) either to distract first responders before carrying out an actual attack somewhere else or to lure these responders in so as to target them.” This would not only cause distress in Singapore, it could also be a danger to other people’s lives. Another more recent example is when a 40 year old man claimed that he had intel that the government would be closing coffee shops and food courts, and will only be opening supermarkets two times a week. This man also urged people to stock up on items. Mr Armin Amin, Senior Parliamentary Secretary for Home Affairs, mentioned that these ‘partial lockdowns’ might cause public alarm. (research)

## STEP 2. Craft the Underlying Problem

Using the challenges listed in Step 1, identify a problem of major importance to the chosen community/organization in the future. Write your Underlying Problem making sure your question clearly explains the action that will be taken and the desired results/goal of that action.

Incorporating Challenge(s):#3

### Underlying Problem

Based on our survey and our research, we found out that teenagers may be most vulnerable to FOMO in 2030 and are likely to suffer from FOMO along with its effects such as addiction to social media (condition phrase). How might we reduce the effects of FOMO of these teenagers (key-verb phrase) so that they can cope with the increased prevalence of social media (Purpose) in Singapore in the year 2030 and beyond (Future-scene parameters)?

## STEP 3. Produce Solution Ideas

Generate solution ideas to the Underlying Problem in Step 2. Choose the 5 most effective solutions and write the elaborated ideas in the space provided. Include applicable research with appropriate in-text citations.

### Solution 1: Allowing social media apps to appear on lock screen

We, project determined freedom, will make social media feeds appear on lock screens. When a user opens his phone, they would see the icon of the social media app pop up on their notification panel, and would be curious about what was newly posted. Once the user enters a social media app, they would likely be tempted to continue scrolling as they would want to keep up with the latest news, causing them to lose track of time. By only allowing the latest feeds to show up on the lockscreen, users would be less tempted to unlock the phone just to enter the app, as they may be satisfied with the content shown there. Moreover, the limited display on the lockscreen will serve as a reminder for users to stop too. The content displayed on the lockscreen may be specially curated for them, based on what they liked in the past so that they would find what they read satisfactory as it appeals to them. Hence, by placing a small barrier to prevent the user from getting drawn into the app, allows them to keep up with the latest posts at the same time. For example, based on independence.co.uk, iOS 10 has made their lock screen more functional by adding “opening up notifications so that they are actually little versions of the app. And that’s mostly useful – it means that you don’t ever have to open the Messages app to reply” this same idea can be applied to social media apps as now all you see is “x sent updated his story” or “y has a new post”. Based on sprout social, the curation of social media feeds “deliver only ‘relevant’ content rather than random posts.” This would make the user satisfied, not only will they be able to see the things they like, they would only be able to see that and not get distracted by other posts thus not spending extra time.

### Solution 2: Improvement to social media apps

We, project determined freedom, propose to improve social media apps as existing in-app screen time management of several social media platforms have limited functionality, only consisting of notification after a designated amount of time and management of notifications. Improving these capabilities could allow students that aim to decrease social media usage more effectively. This can include management capabilities that are made known to the user the moment they start using the app, as not many people use or even know about this. This could also include an option to see all post in black and white. According to former Google design ethicist Tristan Harris, who has founded the Center for Humane Technology, going grayscale removes positive reinforcements and dampens that urge to to keep loading up social media feeds or mobile games. According to Active health.sg, “ spending too much time with your digital gadgets can have a negative impact on work productivity and also interfere with your real-life interactions” and “a weakened ability to manage one’s behaviour because this nucleus is an essential part of our brain’s motor and reward system. A decline in our impulse control is really worrying because we could end up being trapped in a vicious cycle of screen addiction.” Improvements like setting the number of hours of approved usage time per day and the use of notifications to frequently remind the user to take breaks can be implemented on social media apps. This can not only break up the time teens spend on social media, it allows them to be aware about the time they spend as usually they lose track of time , ending up spending excessive amounts of time without noticing. These new improvements will be made on social media apps such as youtube and instagram such that the use for screen time applications will not be needed.

### Solution 3: Pop up notification

We, project determined freedom, will make pop ups appear during social media use. Pop ups can appear during the use of social media apps at certain time frames, 30 mins into the app ect, to suggest the user to take an eye break from social media. These pop ups can contain information on why they should not be on social media for extended periods of time. In addition, for the first time a user is reading the pop up, the user will be given a duration of thirty seconds to read the pop up. To make sure that they read the pop up, the ‘x’ button or the cancel button will only show up after 30 seconds. Most people also dislike the use of Pop ups, based on smartbug, 73% of internet users automatically disapprove of pop ups.

So, to solve this problem, the pop up can be blocked only after the user has seen it once, after blocking notifications will still be sent at 30 mins intervals to suggest the user to take a break. This is to make sure they are well educated on the dangers of social media. Many companies are also using the concept or Pop ups to promote something. Based on webdesignerdepot, pop-ups deliver extra value to online visitors... when a pop-up appears, they're going to immediately be drawn to that offer or value-added opportunity. Based on vertical-leap, Pop ups demand attention as they cover up most of the contents. This will force the user to read the contents of the Pop up. Along with our 30 seconds delay, the user is sure to be educated thus they would know what to do if the experience FOMO.

#### Solution 4: Device which produces an augmented reality of posts

We, project determined freedom, propose to create a device that creates an augmented reality of posts. This device or a software could be created to produce an augmented version of the posts you have seen on social media platforms. As the technology sector advances, augmented reality is slowly becoming a feasible software that could allow humans to have an interactive experience of a real-world environment where the objects that reside in the real world are enhanced by computer-generated perceptual information, sometimes across multiple sensory modalities, including visual ,auditory, etc. Thus, by creating an augmented reality, people would be able to experience what others would. This reduces the chances of them getting jealous of other people's posts and preventing FOMO from happening. As lockdown occurs all around the world, many virtual tours are provided in order to allow users to experience the outside world. However, augmented reality(AR) adds digital elements to a live view often by using the camera on a smartphone. Virtual reality (VR) implies a complete immersion experience that shuts out the physical world. Based on enterpriseproject.com, AR lets the user experience the real world, which has been digitally augmented or enhanced in some way. VR, on the other hand, removes the user from that real-world experience, replacing it with a completely simulated one. Since VR requires complete immersion, VR devices shut out the physical world completely. Therefore, through an augmented version of the posts being seen could potentially allow users to experience the world physically and prevent FOMO from happening.

#### Solution 5: Improvements to screen time applications

We, project determined freedom, also propose to improve screen time applications. Up to date, screen time applications have the ability to track your usage, set limits ect. But one thing it could not do is the set consequences, except your parents as they keep track of your daily usage. Through the screen time application you will be able to set a period of time where the apps that are chosen will be blocked for double the time that you used the app. For example, if i set the settings such that i should not be gaming from 7am to 2pm. However, I could not resist the urge and I started playing for 10 minutes, the next day, that app will not be able to be used for 20 mins. Based on dailyhunt, the true form of education comes with the real-life experience. After experiencing the dire consequences, the student will not want to commit that same mistake again hence reducing the chance that he or she will be using the phone, as the saying goes "experience is the best teacher". Based on psychlopedia.org, that mobile phones can have a negative impact on learning through distraction, also, based on psypost.org, the mere presence of a cell phone can impair learning during a lecture... cell phones tend to reduce attention and memory. These show the negative impacts of using a phone during lesson time, hence also showing the need to prevent students from using their phones.

### STEP 4a. Select Criteria

Generate criteria to determine which solution idea does the best job of solving your Underlying Problem and/or addressing the Future Scene situation. Select the 5 most important criteria for measuring solution ideas and write them in the spaces provided.

Criterion 1: Which solution is the most appealing to the teens in the future so that they may use it more often?

Criterion 2: Which solution is the easiest to maintain with the constant improvement of technology so that it will be around for a longer time as the world improves?

Criterion 3: Which solution is the cheapest so that people of all ages can buy or use the application?

Criterion 4: Which solution is the fastest to implement so that teenagers are able to cope better with the increased prevalence of social media?

Criterion 5: Which solution will have a more lasting effect not just for now but the future?

## STEP 4b. Apply Criteria

List the solution ideas from Step 3 on the grid. Use each criterion to rank the solutions on a scale from 1 (poorest) to 5 (best). The weighting for one important criterion may be doubled if necessary.

Step 3 Sol'n #	Solution Idea	Criteria					Total
		1	2	3	4	5	
#1	Allowing social media apps to appear on lock screen	4	4	3	3	3	17
#2	Improvement to social media apps	4	4	3	3	5	19
#3	Pop up notification	3	4	4	3	4	18
#4	Device which produces augmented reality of posts	5	4	2	2	4	17
#5	Improvements in screen time apps	3	4	3	3	4	17

## STEP 5. Develop an Action Plan and Evaluate its Feasibility

Develop your top-scoring solution idea into an Action Plan. Thoroughly explain how the Underlying Problem is solved, how the plan will be implemented, and how the community/organisation will be affected. Explain how this Action Plan is feasible with secondary research consulted, preferably also with primary research (feedback from chosen community/organization)

Action plan derived from solution 2:

### **Underlying Problem:**

Based on our survey and our research, we found out that teenagers may be most vulnerable to FOMO in 2030 and are likely to suffer from FOMO along with its effects such as addiction to social media. How might we reduce the effects of FOMO of these teenagers so that they can cope with the increased prevalence of social media in Singapore in the year 2030 and beyond?

### **Key Verb Phrase:**

Reduce the effects of FOMO

### **Purpose:**

So that they can cope with the increased prevalence of social media in Singapore

### **Best Solution:**

Solution #2: Improvements to social media apps

### **Outline of Action Plan**



**Who:**

Who will be our potential assistors?

- Our potential assistors could be organisations like the Health promotion board and other organisations promoting the mental wellbeing of teens. Many campaigns have been pushed out to tackle this issue and this solution could be a viable option to solve this.

Who might be our potential resistors?

- Our potential resistors could be social media companies that mostly rely on viewership to generate revenue. As the solution aims to decrease the amount of time teens spend on social media this could cause them to lose some traffic in the short run and seem unappealing to companies.

**What will be done:**

Social media apps will be given an update such that the parent or user will be able to monitor and control the amount of time used on social media through the app itself. This means that the user will not have to install other apps to control their screen time usage. This provides greater convenience for the parent or user as they would just have to only use that particular social media app.

**Give some details about how this will happen (e.g. what technologies, people, resources will be used?)**

Ideas for the improvement of the time management functionalities can be proposed to the social media companies. Existing software can be edited to meet the proposed functionalities.

**Refer to Key Verb Phrase and explain the link.**

This would be able to reduce the effect of FOMO as by controlling the time used on social media, the user will not be exposed to as many posts hence, reducing the chances of experiencing FOMO. According to Insider, experts say it is important to set limits to reduce addiction to social media. This shows the effectiveness in using time limits.

**Refer to Purpose and explain the link**

According to statista, the number of hours spent on social media has been increasing over the years. By limiting the time spent on social media, the user will not follow the trend of an increasing number of hours on social media.

**Timeline**

By December, we are expecting to release the updated features to the more popular social media apps in Singapore. We will have a 2 months period in determining if our solution will be effective and if it is, we are planning to release these updated features to the rest of the social media apps by February 2021. Our solution is expected to be released to all social media platforms by June 2021 as it has to be customized to each of the social media's unique styles. Based on our research, we have found that developing a new update takes about 3 months to complete.

**Potential problems and how we are going to solve the**

People not knowing this function:

- When the user opens the social media app, the app would show the updates that have been made on the app. This would make sure that the user would have read the update and is aware of the new features that have been added.

Other developers of screen time apps not approving:

- Instead of the social media app using their own software to make this new function, they can work with the developers of screen time apps. This way, it is a win-win for both companies as the social media app will have new features thus allowing more users and the developers for other screen time apps will not lose their jobs as they are also allowed to work with social media app developers. In addition , their work will also be featured on social media platforms.

## Bibliography

Cite the resources you consulted using the APA format.

### List of references

Blog.securly (17 May, 2019) *The link between social media and teenagers*

Retrieved from:

<https://blog.securly.com/2019/05/17/the-link-between-social-media-and-fomo-in-teenagers/>

evidencebasedmentoring (11 Nov, 2015) *FOMO leads to depression and anxiety in teen social media users*

Retrieved from:

<https://www.evidencebasedmentoring.org/fomo-leads-to-depression-and-anxiety-in-teen-social-media-users/>

mediakix(12 Nov, 2019) *The 8 social media addiction statistics everyone needs to see*

Retrieved from:

<https://mediakix.com/blog/social-media-addiction-statistics/>

Commonsensemedia() *Do tweens and teens believe fake news?*

Retrieved from:

<https://www.commonsensemedia.org/news-and-media-literacy/do-tweens-and-teens-believe-fake-news>

Forbes (18 Aug, 2017) *when comparing yourself to others turns self-destructive*

Retrieved from:

<https://www.forbes.com/sites/kathycapriano/2017/08/18/when-comparing-yourself-to-others-turns-self-destructive/#28fa32bf6539>

Healthline (10 Feb 2020) *how your social media feed can impact your diet*

Retrieved from:

<https://www.healthline.com/health-news/how-social-media-can-affect-your-diet>

Socialmediatoday( 9 Nov 2016) *the psychology of foodstagramming*

Retrieved from:

<https://www.socialmediatoday.com/social-networks/psychology-foodstagramming>

Healthy.wa *junk food*

Retrieved from:

[https://healthywa.wa.gov.au/Articles/J\\_M/Junk-food](https://healthywa.wa.gov.au/Articles/J_M/Junk-food)

TheDailyMeal *yes it is possible to eat too many vegetables*

Retrieved from:

<https://www.thedailymeal.com/healthy-eating/yes-it-possible-eat-too-many-vegetables>

Pri.org (28 Nov, 2014) *more people die from eating too much than from not eating enough*

Retrieved from:

<https://www.pri.org/stories/2014-11-28/more-people-die-eating-too-much-not-eating-enough>

nbcnews( 10 Sept, 2018) *more teens are addicted to social media*

Retrieved from:

<https://www.nbcnews.com/health/health-news/more-teens-addicted-social-media-say-they-re-wise-distractions-n908126>

Addictioncenter (29 April, 2020) *Social media addiction*

Retrieved from:

<https://www.addictioncenter.com/drugs/social-media-addiction/>

thehealthy.com(18 Jan, 2020)*10 hidden negative effects of social media on your brain*

Retrieved from:

<https://www.thehealthy.com/mental-health/negative-effects-of-social-media/>

azcentral(Sep 8, 2019) *Social media is biased and dividing us? Blame the algorithms*

Retrieved from

<https://www.azcentral.com/story/opinion/op-ed/2019/09/08/social-media-bias-blame-algorithms/2208612001/>

novisurvey.net(Aug 30, 2012) *The Importance of health online surveys on human and economic development*

Retrieved from

<https://novisurvey.net/blog/the-importance-of-health-online-surveys-on-human-and-economic-development.aspx>

www.ncbi.nlm.nih.gov(Mar 1, 2015) *Understanding and Evaluating Survey Research*

Retrieved from

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4601897/>

movableik.com (Nov 12, 2018) *29 Incredible Stats that Prove the Power of Visual Marketing*

Retrieved from:

<https://movableink.com/blog/29-incredible-stats-that-prove-the-power-of-visual-marketing/#:~:text=The%20human%20brain%20processes%20images,percent%20of%20what%20they%20read.>

pcdreams *Texting vs calling: which one is better*

Retrieved from:

<https://pcdreams.com.sg/texting-vs-calling-which-one-is-better/>

pubmed.ncbi.nlm.nih.gov (Jan 17, 2020) *The Effectiveness of Crisis Line Services: A Systematic Review*

Retrieved from:

<https://pubmed.ncbi.nlm.nih.gov/17579545/>

thethirty.whowhatwear.com (Aug 19, 2019) *3 Influencers on How They Got Over Instagram Anxiety—Because Yes, It's a Thing*

Retrieved from:

<https://thethirty.whowhatwear.com/instagram-anxiety>

pewresearch.org (Jan 15, 2015) *Psychological Stress and Social Media Use*

Retrieved from:

<https://www.pewresearch.org/internet/2015/01/15/psychological-stress-and-social-media-use-2/>

Forbes.com (Aug 22, 2019) *Here's How Long It Takes Your Favorite Influencer to Create An Instagram Post*

Retrieved from:

<https://www.forbes.com/sites/nataliezfai/2019/08/22/heres-how-long-it-takes-your-favorite-influencer-to-create-an-instagram-post/#629c28f53f46>

researchgate.net *Giving Too Much Social Support: Social Overload on Social Networking Sites*

Retrieved from:

[https://www.researchgate.net/publication/270898617\\_Giving\\_Too\\_Much\\_Social\\_Support\\_Social\\_Overload\\_on\\_Social\\_Networking\\_Sites](https://www.researchgate.net/publication/270898617_Giving_Too_Much_Social_Support_Social_Overload_on_Social_Networking_Sites)

straitstimes (May 4, 2020) *Parliament: About 40 instances of Covid-19 fake news debunked since start of 2020, says S. Iswaran*

Retrieved from:

<https://www.straitstimes.com/singapore/parliament-about-40-instances-of-covid-19-fake-news-debunked-since-start-of-2020>

CNA (Nov 14, 2019) *Report of Punggol Waterway Terraces roof collapse a 'hoax': HDB*

Retrieved from:

<https://www.channelnewsasia.com/news/singapore/report-of-punggol-waterway-terraces-roof-collapse-a-hoax-hdb-7714182>

Straitstimes (Jan 11, 2018) *Fake news and its real consequences*

Retrieved from:

<https://www.straitstimes.com/politics/fake-news-and-its-real-consequences>

forbes (Nov 13, 2018) *how social media has changed and how we consume news*

Retrieved from:

<https://www.forbes.com/sites/nicolemartin1/2018/11/30/how-social-media-has-changed-how-we-consume-news/#44790ffd3c3c>

enterpriseproject (Oct 10, 2019) *Augmented reality(AR) vs Virtual Reality(VR): what's the difference?*

Retrieved from:

<https://enterpriseproject.com/article/2019/10/ar-vs-vr-whats-difference>

activehealthsg *How too much screen time is affecting you and your child's mental and physical health*

Retrieved from:

<https://www.activehealth.sg/read/screen-time/how-too-much-screen-time-is-affecting-you-and-your-childs-mental-and-physical-health>

psypost(May 14, 2018)*Just having your cell phone in your possession can impair your learning, study suggests*  
retrieved from:

<https://www.psypost.org/2018/05/just-cell-phone-possession-can-impair-learning-study-suggests-51228><https://www.psypost.org/2018/05/just-cell-phone-possession-can-impair-learning-study-suggests-51228>

psychlopedia(Nov 16, 2017) *Mobile phones in the classroom: A helpful or harmful hindrance?*

Retrieved from:

<https://psychlopedia.org/learning-and-development/mobile-phones-in-the-classroom-a-helpful-or-harmful-hindrance/>

sciencedaily (Feb 12, 2019) *How sleep can fight infection -- ScienceDaily*

Retrieved from:

<https://www.sciencedaily.com/releases/2019/02/190212094839.htm>

trustpulse(Oct 23, 2019) *FOMO Statistics You Need to Grow Your Business*

Retrieved from:

<https://trustpulse.com/fomo-statistics/>

policygenius(Aug 28, 2018) *How FOMO is costing millennials more money*

Retrieved from:

<https://www.policygenius.com/blog/how-fomo-is-costing-millennials-more-money/>

www.fi.edu (Sep 21, 2017)*What's the difference between AR, VR and MR?*

Retrieved from:

<https://www.fi.edu/difference-between-ar-vr-and-mr>

sproutsocial.com ( Aug 13, 2019) *Everything you need to know about social media algorithms*

Retrieved from:

<https://sproutsocial.com/insights/social-media-algorithms/>

independence.co.uk (Sep 16, 2016) *IOS 10 LOCK SCREEN MAKES IT EASY FOR ANYONE TO READ TEXT MESSAGES – HOW TO STOP THEM*

Retrieved from:

<https://www.independent.co.uk/life-style/gadgets-and-tech/news/ios-10-lock-screen-home-iphone-7-update-messages-how-to-a7311016.html>