

CATEGORY 4 RESOURCE DEVELOPMENT

Group ID 4-092

Outsmart your smartphones

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Abstract

Our eyes are an essential part of our body as they allow us to see the world. However, with the rise of electronic devices like smartphones. More people need to wear spectacles or even contract eye diseases. As smartphones emit radiation which causes your eyes to weaken. This, causing smartphone usage to be an important issue in Singapore as it is hard to control your smartphone usage which in turn leads to eye problems. Therefore, outSMART your SMARTphone provides resource packages so as to educate on the importance of controlling your smartphone usage and how to do so. The resource packages include educational posters and a website with easy-to-digest information and a time limit. Through our resource package, we hope to educate teens on how to control their smartphone usage so that we can decrease the number of people having to wear glasses and contracting critical eye diseases.

1 Introduction

1.1 Rationale

Singaporeans using their smartphones for a prolonged period of time is an important issue as from a survey we conducted amongst HCI students, more than 68.5 % of HCI students spend more than 2hrs on their devices daily while MOH only recommends students to spend less than 2hrs on devices daily. As using smartphones for more than 2 hrs daily let students have a higher risk of contracting eye diseases and wearing glasses.

Eye disease is a serious health condition as it may result in total blindness which unfortunately results in the person not being able to see anything and thus has to live in total darkness forever. The Singaporean government wants to prevent Singaporeans from being totally blind as it will affect their future and total blindness also causes mental issues like depression etc.

Plus, current programs which are trying to help students curb their addiction are not really effective as students still persist in being addicted. Therefore there is a need to come up with a resource pack that is effective to students so that it is not too late for the students to recover from their addiction.

Reducing students from being addicted to their smartphones will not only benefit them but will also benefit Singapore as they will no longer be addicted and will be able to manage their smartphone usage which will drastically reduce their chances of wearing glasses or contracting eye diseases. Singapore also benefits as there will be more able people who can help contribute to society as people with total blindness are unable to work in some jobs which is needed for the country to have a bright future like the healthcare industry.

1.2 Objectives

The objectives of OutSMART your SMARTphone consists of :

- Raising awareness of health risks that accompany the prolonged use of smartphones.
- Minimize addiction to smartphones through proper management of such devices.

1.3 Target Audience

The target audience is HCI secondary 1 to 4 students where we observe that there is an over-usage of smartphones, and also so as to allow our project to be more targeted and effective.

1.4 Resources

The resources created for this project were:

- 1) Posters
- 2) Google slides on our project
- 3) Outsmart your smartphone website
- 4) Survey numbers 1 and 2
- 5) Written report

Outsmart your smartphone

learn how to control your own screentime without your parents



Why should you limit your screen time yourself?

If we need parents to control our screen time, we may end up with problems like feeling a lack of privacy, which may end up in an argument and worsen relationships with our parents.



So now after you have somewhat controlled your own screentime and can keep to it, now what?

Now you can start to learn how to prioritize important things. How to prioritize things? Think, is this thing important? Does it have an upcoming deadline? If you answered yes to both of these, you should prioritize them first.

How do you control your own screen time?

You can start by trying to slowly reduce your device usage day by day slowly down to 2h/day so you can adapt and not feel the urge to use your phone excessively.

**Did you know:
WHO considers
excessive
gaming as a
mental disorder!!**

From our survey, more than 68.5% of HCI students spend more than 2hrs per day on their phones while MOH recommends students to spend only 2hrs per day on our phones!

OutSMART your SMARTphone



Protect your eyes! Take a break in



04

52

Minutes Seconds



Free

Countdown

Timer

Try not to spend more than 5 minutes on this
website in order to protect your eyes

Manage Sections



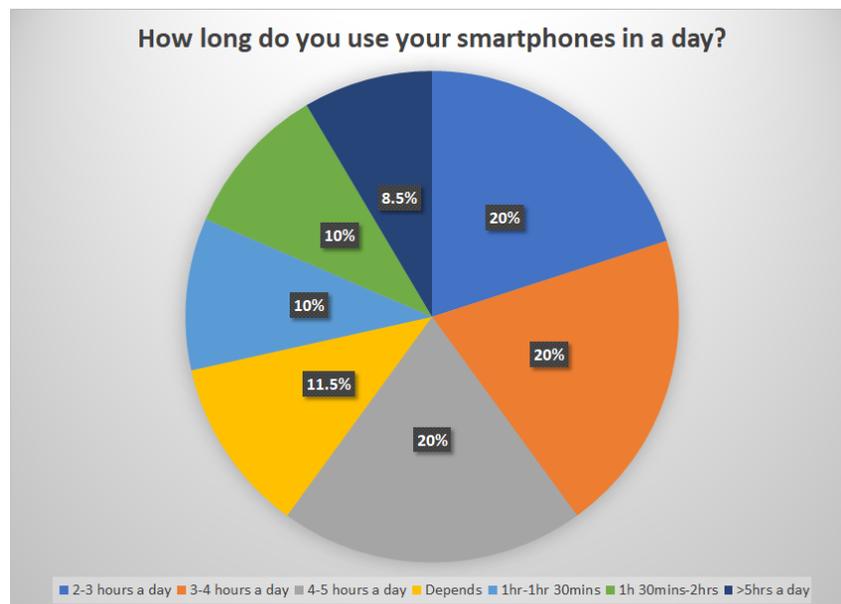
2 Review

Currently there have not been very active or successful projects launched, while most are targeting adults. As seen from the survey, most of the students in our school did not find the available projects helpful in controlling their daily screen time usage.

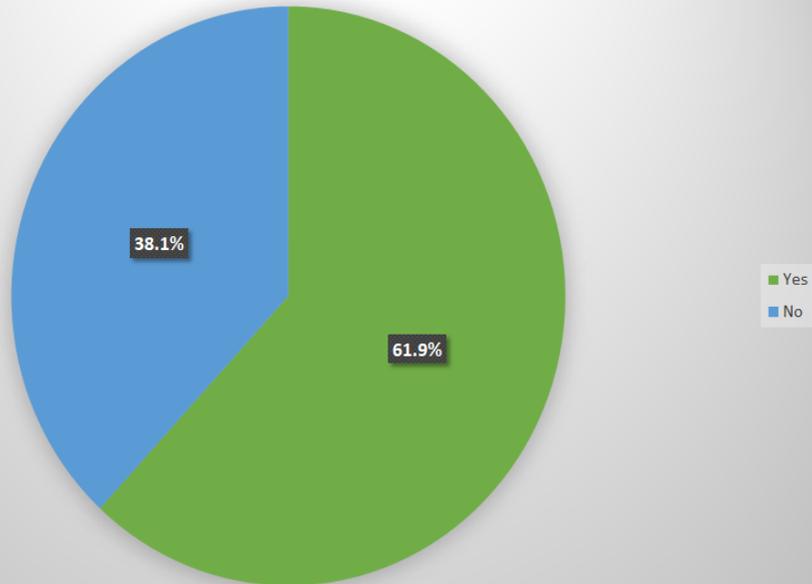
3 Methodology

3.1 Needs Analysis

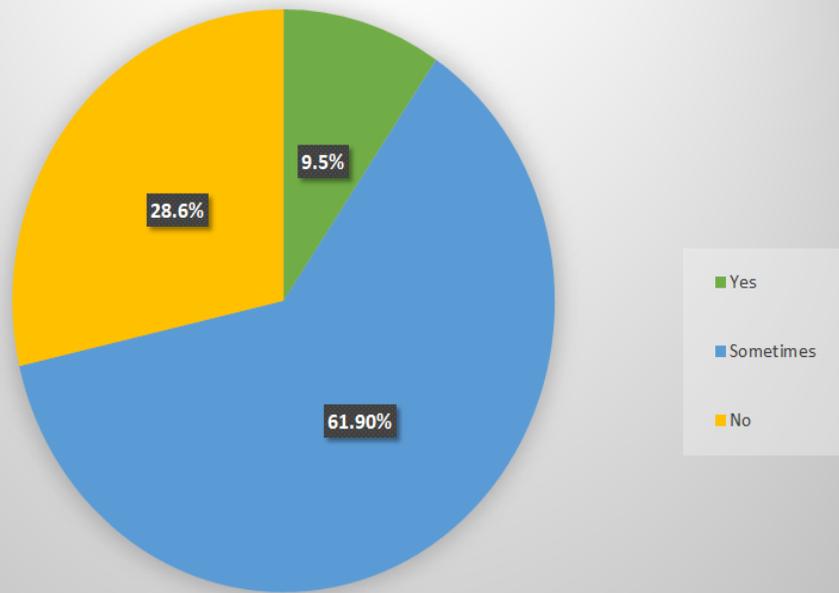
Multiple surveys were conducted to find out more about things like student's handphone usage, whether they have screen time/parental controls, and how they feel about them. From our survey, more than 68.5% of HCI students spend more than 2h per day on their phones while MOH recommends students to spend only 2hrs per day. A whopping 61.9% of students who took our survey said they have screen time/parental controls. According to our survey, 61.9% of students sometimes feel unhappy and sometimes do not if they do not use their smartphone for a period of time, 9.5% of students said that they feel unhappy if they do not use their smartphone for a period of time, and the remaining 28.6% said that they will not feel unhappy if they do not use their smartphone for a period of time.



Do you have screen time/limit or other parental controls?

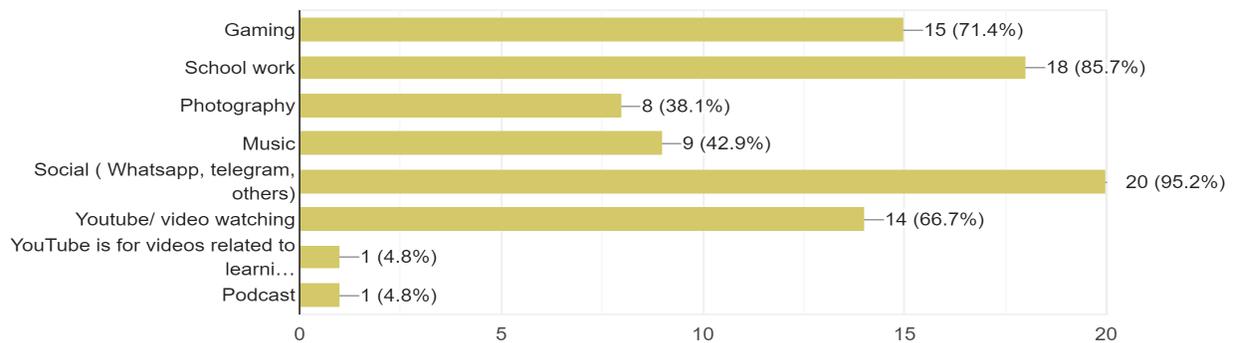


Do you feel unhappy if you do not use your smartphone for a period of time?



What do you use your smart phones for usually

21 responses



3.2 Development of Resources

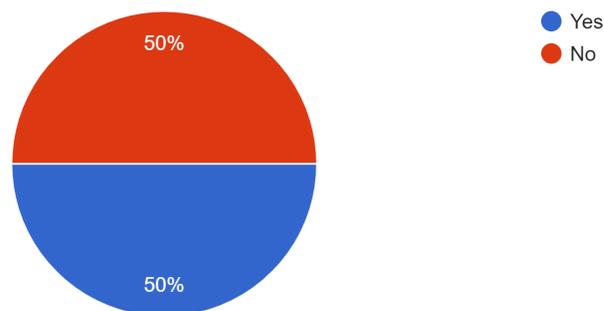
Research was done through the internet from websites such as CNA(Channel News Asia) and WHO(World Health Organization) websites. We will include videos of us setting good examples(etc. recording our screentime) on the website.

3.3 Pilot Test

A website and poster will be created to help students understand the importance of managing their own screen time, to educate students on the harmful effects of prolonged usage of smartphones, and to teach students how to manage their own screen time. We conducted a survey and here are the student's views of our resource package:

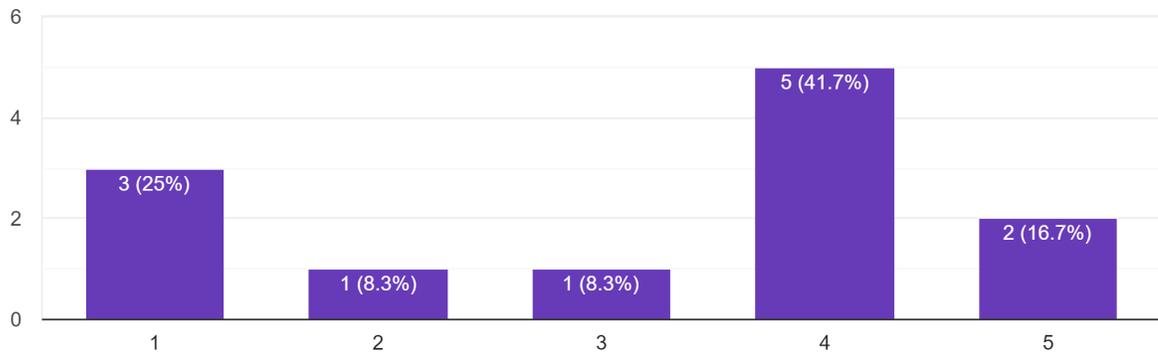
Did our websites and posters help you curb your smartphone usage/let you understand the dangers of smartphone addiction?

12 responses



How satisfied were you with our website and posters?

12 responses



4. Outcome & Discussion

We conducted a survey to find out the amount of phone usage by our schoolmates. We can see that most students do use their handphones more than 2 hours per day. This was a little disappointing as MOH recommends students to use their handphones for 2 hours or less each day. Moreover, there are 61% of students with screen time limits or parental controls. Screen time limits and parental controls are safe enough to control the screen usage of a child. We can also see that most of the students don't feel happy sometimes when they are not allowed to use their phones for a period of time. We HCI students should practice more self control and not just bug on a handphone. It is satisfying to see that most students use their handphones on school work and communicating with others on social media. We should spend our screen time wisely so that smartphones will become a helpful tool to us. However, quite a handful of students use their smartphones for gaming and watching gaming videos. We should only do this during our free time and not spend too much time on that each day.

5. Conclusion

It would be better if we practice more self control so that parents would not have to limit our phones any more. Screen time limits and parental controls are here to help us control our screen usage, however, I think we should be the ones controlling ourselves instead of being forced into this. Even so, we should not get angry and quarrel with our parents. Instead, we should limit the screen time ourselves and have more self control.

6. References

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