

Leah Brown

Sorry I'm preoccupied

Do you get distracted by your phone, if
not how do you stop from looking?

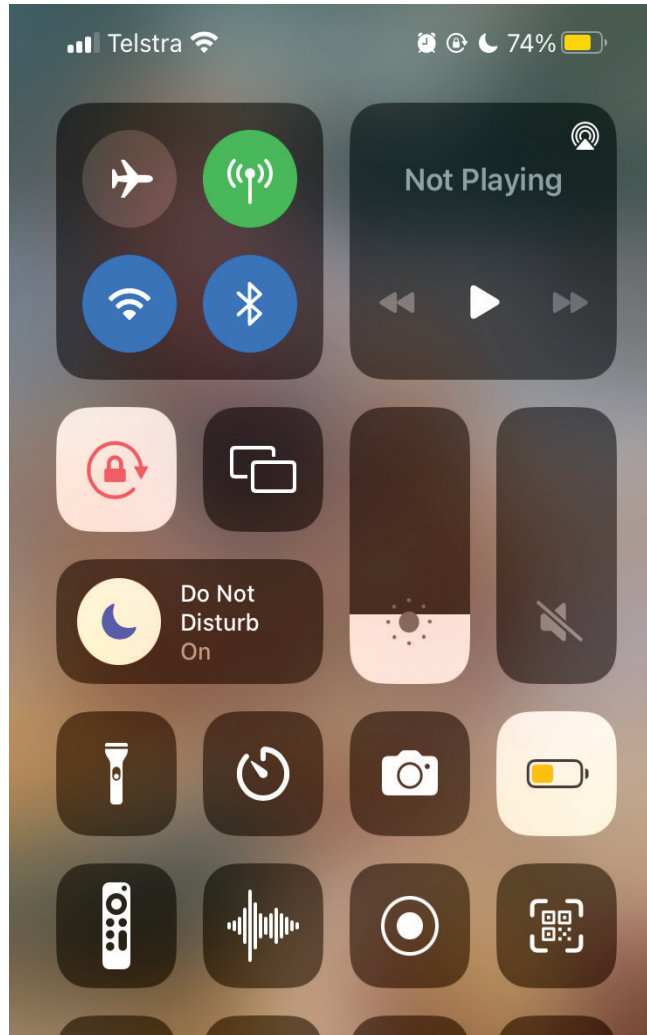


Distractions of your iPhone

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Having a phone in our pockets has revolutionised the way we communicate and the way we go about our days making everything easier, but that has come at a cost. Throughout the development of phones children and adults have become addicted to being on electrical devices, especially phones. The development of phones has resulted in people having a lower attention span, being distracted, having reduced psychological well-being, cognitive emotion preoccupation, and decreased social interactions and commitments. The addiction of a phone can cause stress, depression, anxiety, and can disturb sleep which affects your cognitive abilities and results in tiredness. Apple have incorporated two system preferences that enable you to mute notifications and get a report of the time spent on your phone, these are called Focus and Screen Time.

Chu, J., Qaisar, S., Shah, Z., & Jalil, A, data shows that out of 914 students the demographic of the data is 48.1% males and



51.9% females aged under 18 to above 42 and when asked questions about mobile phone distractions the average percentage is 76% that use their phone instead of completing work, the average percentage for cognitive emotion pre-occupation is 75% as their mind is thinking about using their phones, for attention control the average is 80% for not being able to keep their attention on a task, and the average for psychological well-being is 74% indicating that one's view of one's self is diminished. We can see that the use of phones degrades students' ability to concentrate and effects their study.

'Focus' filters notifications that appear on the phone screen, it was designed to reduce distractions and increase attention span. It allows you to select specific 'Focus' features such as personal, work, sleep, or any other customisations. Apple have designed it that it will automatically process notifications from all apps or particular apps that when one receives a message from it that it won't

disturb your work. When one of the features is selected and turn-on it will prohibit the phone from any visible or auditable distractions such as the lightning up of the screen, the ringtones as well as the vibrations that are emitted. This is useful for students as they can just put their customisation of school, turn it on and not be distracted by their phone whilst studying and in class.

'Screen Time' is another setting preference that calculates the amount of time spent on your phone and apps. This setting helps set reasonable time limits on your phone and once the time limit has been reached, you no longer have access to view that app. It calculates the usage, how many times your phone was picked up, and when it received a notification. It also allows parents to have some control over the amount their children are consuming. Apple provides a report that discusses the apps most used and for how long every week. There are five subheadings;

downtime, app limits, communication limits, always allowed and content & privacy restrictions. Downtime allows for only phone calls and specific apps you choose that are available to use, you can use a password to allow more time to approve 15 more minutes on the app but that defeats the purpose. App limits sets a daily limit for app categories and resets every day at midnight. Communication limits helps control who your children are communicating with and for how long. Always allowed are the apps that even during downtime you can still use. Content & Privacy restrictions enables you to choose the content that appears on your phone, it can block inappropriate content and everything else.

Apples forward thinking has allowed for the distractions of phones to decrease with the help of 'Focus' and 'Screen Time' but how long will that last, and will Apple update their settings to assist in the distraction of phones?

References:

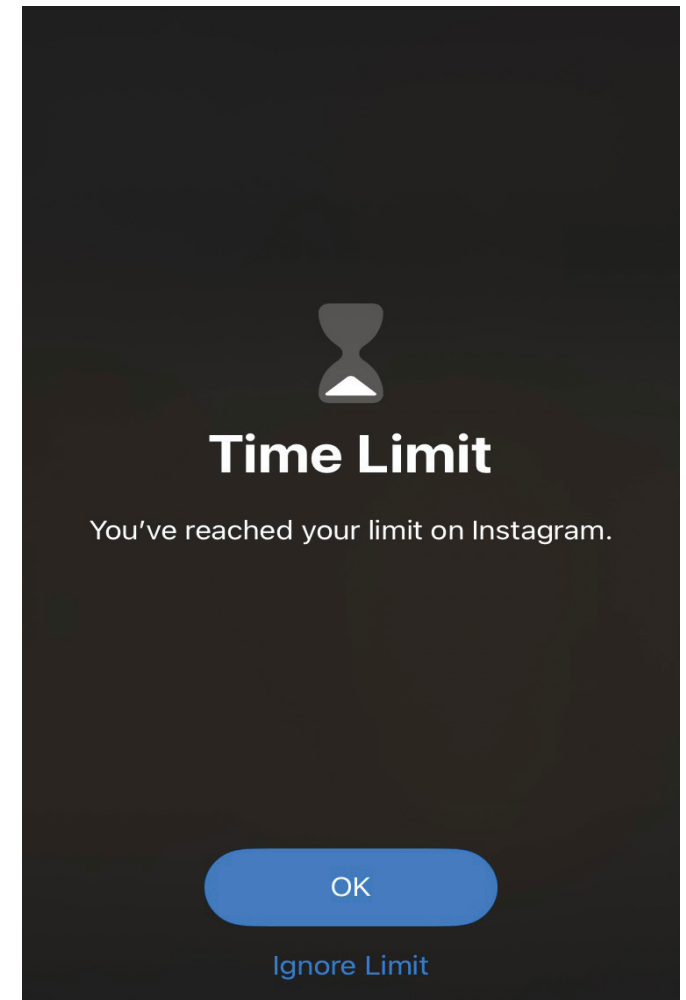
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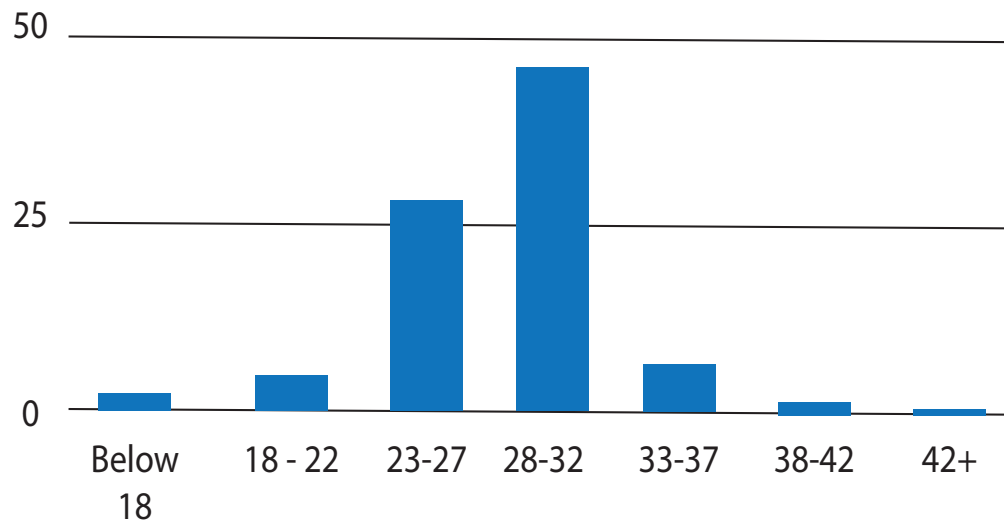
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Age Range Percentages



Frequency of Mobile Phone Use

