

Cell Phone Addictions of Japanese and American University Students



Dr. Sekine & Dr. Saito
JAPN 403 Pre-Capstone
12/7/2016
David Bath, John Holaday

Outline

- Significance of the Study
- Research Questions
- Research Background
- Literature Review
- Research Method
- Bibliography

Significance of the Study

John:

- Spent over \$2000 this year on video games and accessories this year.
- Have never really been one to spend hundreds of dollars on my cell phone.
- Friends are different, spend thousands on apps and games.

David:

- Many friends have struggled with addictions.
- Everyday and everywhere you see people on their cell phones.
- Friends look at their cell phones even when talking to them.

Research Questions

1. How do Japanese and American college students perceive cellphone addictions in general?

2. How much influence does cell phone addiction have on American and Japanese college students and in what ways?

Research Background

- History of the Cell Phone
- Addictions of College Students Regarding Cell Phones
- Cell Phone Addiction
- Addicts in Japan
- Addicts in the US
- Possible Solutions

History of Cell Phones

A. History of Cell Phones

a. 1994-2012

- i. Drop in nearly 80% of people who would have a landline only
- ii. Rise of 36% who would have a cellphone only
 1. “Consumers make choices to maximize utility based on individual and household attributes, as well as characteristics of the choice alternatives.”

(Thacker, M. , & Wilson, W. (2015). Telephony choices and the evolution of cell phones)

Addictions of College Students Regarding Cell Phones

A. Addictions of College Students

- a. Cell phone addiction is going from habit to addiction
- b. College students spent nearly 9 hours a day on the cell phones
 - i. “Can be both freeing and enslaving” (Pg. 263)
- c. Cell phone addiction can be fueled by positive and negative reinforcement

(Roberts, J. , Yaya, L. , & Manolis, C. (2014)

Cell Phone Addiction

- 2005 study in Australia
 - Higher usage rates from 1.5-5 hours
 - “They also highlighted the financial costs, emotional stress, damaged relationships and falling literacy as adverse consequences of excessive usage”
 - “identified a linkage between its usage and criminal activities like alcohol, fighting, theft and narcotics use”

(Khezhie, P., & Srivastava, A. (2016))

Addicts in Japan

- Survey conducted between both Japanese and Korean female university students
 - 159 Japanese women, 85 Korean
- Given two questionnaires
 - “Cellular Phone Dependence Questionnaire”
 - Stress Survey
- “Mail exchange” was significantly higher among those who scored over a certain number.
- Japanese students stress levels were significantly higher when they have high scores

広瀬万宝子, et al. "日韓女子大生における携帯電話依存傾向と心理的ストレスとの関係." 民族衛生 77.1 (2011)

Addicts in the US

- The Effect of Personality Traits on Cell Phone Addiction
 - Impulsive people generally are more likely to become technology addicts
 - Significant tie between materialism and cell phone addiction

(Roberts, J. , Pullig, C. , & Manolis, C. (2015))

Possible Solutions

- Literally going without it
- Author had his cellphone break
- Knowticed friends were completely obsessed with their cellphones
 - Become part of the world around you
 - Worried that you are going to miss out on something
 - i. “Without my cellphone I had the feeling of absolute clarity to the world.”

(Hanson, L. (2014, Nov 11))

Research Method

Subject/Participants of the Study

Total of 60 University Students (30 Japanese University Students and 30 American Students)

Demographics

30 Japanese University Students

15 Female, 15 Male

Ages 19-28

Studying at various universities in Japan

30 American University Students

15 Female, 15 Male

Ages 18-28

Research Instrument

Online Survey(Japanese-English)

Bibliography

Sapacz, M., Rockman, G., & Clark, J. (2016). Are we addicted to our cell phones?. *Computers In Human Behavior*, 57153-159. doi:10.1016/j.chb.2015.12.004

Khezhie, P., & Srivastava, A. (2016). Mobile Phone Addiction among College Students. *Int. J. of Multidisciplinary and Current research*, 4.

Nishiwaki, M., & Kiuchi, A., & Nakamura, T., (2014). *Japanese Journal of Physical Fitness and Sports Medicine*

Vol. 63 (2014) No. 5 p. 445-453, The relationship between Internet addiction and steps -A cross-sectional study in a sample of male college freshmen in Japan-

Toshiro, T. (2011). Practical Study about Instruction of Internet Addiction Utilizing R-PDCA Cycle. *Japan Journal of Educational Technology*

Bibliography

Roberts, J. , Pullig, C. , & Manolis, C. (2015). I need my smartphone: A hierarchical model of personality and cell-phone addiction. *Personality and Individual Differences*, 79, 13-19.

Roberts, J. , Yaya, L. , & Manolis, C. (2014). The invisible addiction: Cell-phone activities and addiction among male and female college students. , 3(4), 254.

Thacker, M. , Thacker, M. , & Wilson, W. (2015). Telephony choices and the evolution of cell phones. , 48(1), 1.

Bibliography

Hanson, L. (2014, Nov 11). Breaking cell phone addiction. University Wire
Retrieved from
<http://search.proquest.com/docview/1622451968?accountid=10355>

Hirose, M. Inaba, R., Kurokawa, J., Inoue, M., Japanese Journal of Health and
Human Ecology
Vol. 77 (2011) No. 1 P 19-25

Tayama, J. (2011). Japanese Journal of Psychosomatic Medicine 51(3), 245-253,
The Relationship between Mobile Phone Addiction and Psycho-Behavioral
Factors among High School Students