

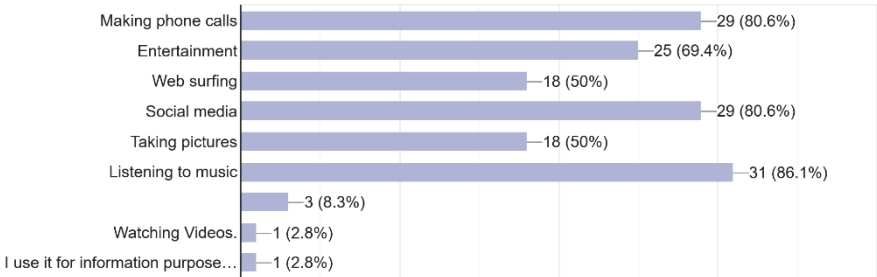
The Impact of Smartphones on Teenagers: Survey Analysis

Smartphones have become an essential part of modern life, particularly for teenagers. A survey conducted among 36 respondents aged 13-15 explores the extent of smartphone usage, its benefits, and potential drawbacks. The findings shed light on how teenagers interact with their devices and the impact on their daily lives.

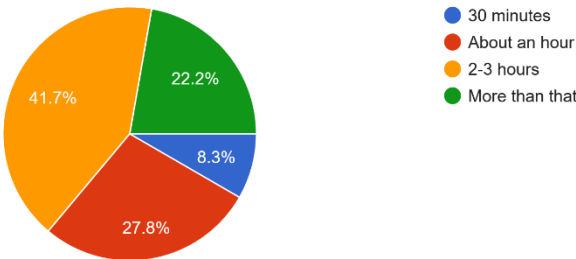
Smartphone Ownership and Usage

All 36 respondents reported owning a smartphone with internet access, emphasizing the widespread reliance on these devices. The primary uses of smartphones include listening to music (86.1%), making phone calls (80.6%), engaging with social media (80.6%), and watching videos (50%). Other common activities include web surfing (69.4%), taking pictures (50%), and entertainment (69.4%). A small percentage (2.8%) use their phones exclusively for information purposes.

3. What do you mainly use your smartphone for? (You can choose more than one answers)
36 responses



4. How much time do you usually spend on your smartphone on weekdays?
36 responses

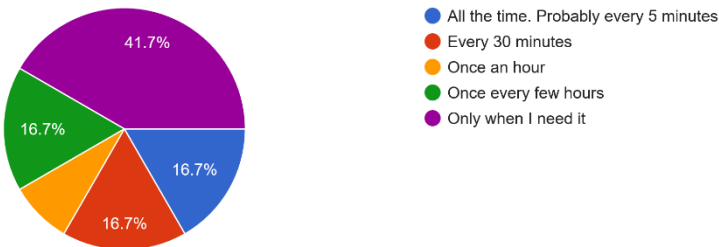


When it comes to checking their devices, 41.7% do so every 30 minutes, while 16.7% check it constantly. However, 41.7% also reported making an effort to have screen-free time during the day.

Screen Time and Habits

During weekdays, 41.7% of respondents spend 2-3 hours on their phones, while 27.8% use them for more than that. On weekends, usage increases, with 47.2% exceeding three hours. Additionally, 41.7% admit to frequently losing track of time while using their phones.

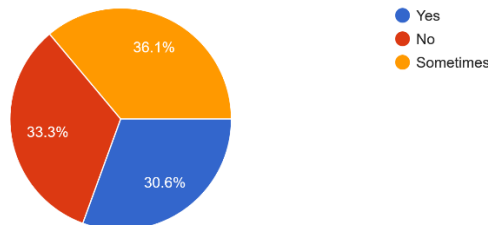
7. How often do you check your phone during the day?
36 responses



Smartphone Use in Daily Activities

The survey reveals that while the majority (80.6%) refrain from using their phones while walking or cycling, a significant number (36.1%) use them while studying. Despite this, only 19.4% report difficulty concentrating due to smartphone use.

10. Do you use your smartphone while studying or doing homework?
36 responses

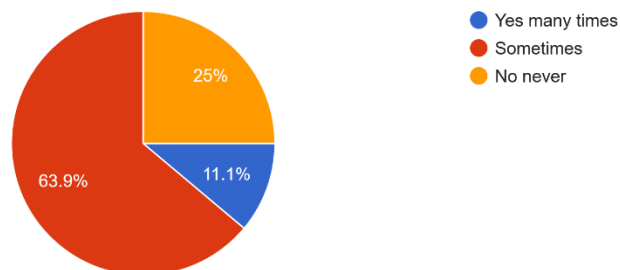


Interestingly, 83.3% of respondents stated they could go the entire school day without their phones, while only one person would turn back home to retrieve a forgotten device. Additionally, 72.2% reported using their phones when with loved ones, with 38.9% keeping their phone in hand.

Impact on Sleep and Well-being

Smartphone use also affects sleep patterns, with 25% of respondents sleeping next to their phones and 13.9% checking them throughout the night. While 36.1% believe their phone use affects their sleep, 58.3% do not perceive any interference.

22. Have you ever experienced physical discomfort such as eye strain, headaches, or neck pain from using your smartphone for extended periods?
36 responses



Smartphone Dependency and Addiction

When asked to rate their level of smartphone addiction on a scale from 1 (not addicted) to 5 (fully addicted), the most common rating was 2 (36.1%), followed by 3 (27.8%) and 4 (22.2%). Only 5.6% rated themselves at the highest level of addiction. Additionally, 27.8% believe most of their friends are addicted to their phones, while 38.9% are unsure.

Despite this, 66.7% do not use apps to track or limit phone usage. Furthermore, when faced with the scenario of a teacher confiscating their phone, 36.1% would feel embarrassed, 25% indifferent, and 16.7% frustrated.

25. How would you react if a teacher took your mobile phone?

36 responses



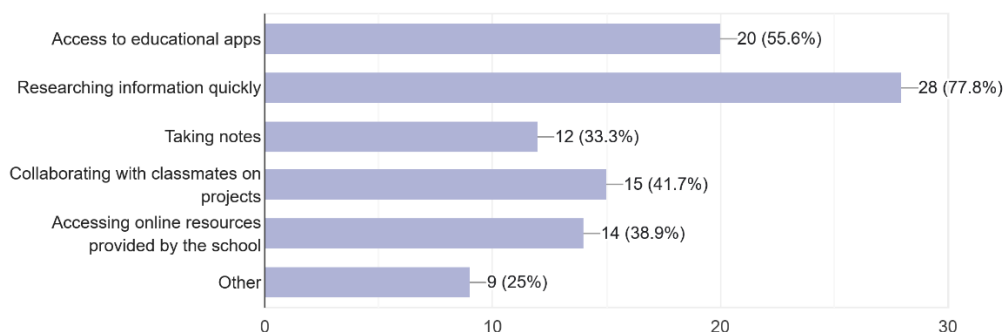
Smartphones in Education

Smartphones are not just a source of entertainment; they also play a role in education. The majority of respondents highlighted their usefulness for quick research (55.6%) and accessing educational apps (55.6%). Other benefits include collaboration with classmates, taking notes, and utilizing online school resources.

30. In what ways do you believe your mobile phone enhances your learning experience at school?

(Check all that apply)

36 responses



Conclusion The survey reveals that while smartphones are integral to teenagers' lives, most exhibit a **balanced approach** to their usage. Though some experience difficulties concentrating or sleeping due to smartphone use, many are conscious of their screen time.