

College Students' Addictive Behavior of Smartphone Use in Daily Life

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Abstract

Today, smartphones have become so popular that almost every adolescent in Taiwan has one or more in their hands. There is no doubt that smartphones have brought people great convenience; however, it leads to one serious problem: smartphone addiction which is so scarcely researched but awaits our immediate attention (Goswami & Singh, 2016). The aim of this study is therefore to examine college students' smartphone addictive behavior at a national university of science and technology in central Taiwan. A total of 250 students were recruited from various departments of the university to fill out a questionnaire designed to investigate how the participants used their smartphones in the daily life. It was found that more than half of the students admitted that they felt they were already addicted to smartphones. They reflected that the first thing they often did in the morning was using smartphones (53%, M=3.44) and would keep using even when they got so tired in bed at night (51%, M=3.42). The students even felt apprehension fearing that they could not keep up with others if they did not bring smartphones with them (53%, M=3.51). Many students often indulged in their phones to connect with their virtual community on the Internet (71%, M=3.84). Nonetheless, a good number of students took great advantage of smartphones to deal with emergency (86%, M=4.24), connect with relatives or friends (85%, M=4.13), search for information (71%, M=3.86), read documents (64%, M=3.73), take notes (60%, M=3.57), and self learn (54%, M=3.53). Education officials and lawmakers in Taiwan should be cautious about the serious matter of smartphone addiction to implement proper laws or rules that help to regulate our youngsters' inappropriate use of smartphones in public occasions and educational events.

Keywords: smartphone addiction, college students, addictive behavior, self-control

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大學生手機使用成癮行為之研究

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摘 要

現今的社會，智慧型手機盛行的程度，台灣的年輕人幾乎已是人手一機的情況。毫無疑問的，手機帶來了很大的便利，然而它也造成了一個嚴重而有待研究的問題 (Goswami & Singh, 2016) -- 手機成癮。因此，本篇研究的主旨在探索一所位於中台灣之國立科技大學的大學生手機成癮的行為。總共有二百五十位不同科系的同學自由填寫了一份問卷，以了解同學在日常生活中，使用智慧型手機的實際狀況。研究結果顯示：有超過半數的同學表示自己有手機成癮的現象。例如，他們早上起床做的第一件事經常是使用手機 (53%, M=3.44)。而且，即使晚上就寢前十分勞累也會繼續滑手機 (51%, M=3.42)。同學們甚至會感到憂慮，害怕沒帶手機會跟不上別人(53%, M=3.51)。很多同學經常沉浸於手機社群的虛擬世界裡(71%, M=3.84)。儘管如此，許多同學能夠運用手機的功能，處理緊急的狀況(86%, M=4.24)、與親友聯繫(85%, M=4.13)、查詢資訊(71%, M=3.86)、閱讀文件(64%, M=3.73)、筆記重點(60%, M=3.57)、以及自學(54%, M=3.53)。教育部門與立法機關應該提高警覺來重視手機成癮的嚴重議題，進而制定合宜的解決方案，來導正年輕族群在公共場所與教學場合不當使用手機的不良行為。

關鍵字：手機成癮、大學生、成癮行為、自我節制

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