Mobile Madness

Background:

In 2011, the number of cell phones in the United States exceeded the number of people (Kang, 2011). There are now 320 million people in the United States (census.gov, 2014). As of January 2014: 90% of American adults own a cell phone, 32% of American adults own an e-reader, and 42% of American adults own a tablet computer. It is clear that we as a society are becoming more mobile. People want portability and technology on the go. The age of wires is a thing of the past. Americans are now more concerned with battery life and processing power. They want to do more with less. They want one device to rule them all and they want it with them always. (Pew Research Center, 2014)  
As these numbers are steadily rising, there is much more research being done into making the smart phone smarter. As of 2015, nearly two-thirds (64%) of U.S. adults own a smartphone, up from 35% in 2011 (Pew Research Center, 2015). Perhaps now that the technology is now more readily available, there is an expectation placed upon us to not only have the device but also to master it. It is clear that younger generations have more of a natural knack for these devices but with that comes its own problems. Young adults, ages 18-29, are more likely (15%) than other age groups to be smartphone-dependent (Pew Research Center, 2015). I will provide current research and analysis that supports the theory that we are addicted to our devices.

Now lets break that down into my Objectives:

* Firstly, I will provide the reader with lots of background information regarding the topic.
* I will highlight 3 sources which I will rely heavily upon
  + Pew Research: "U.S. Smartphone Use in 2015."
    - This article is the most recent and most significant piece of research pertaining to my argument. Statistics gained from this study will be a great introduction and support to my agreement especially since they are recent and it was a large study. This study also improves upon previous research that I have and shows a clear impact and influence that the smartphone has on our daily lives.
  + "ReSTART Center for Technology Sustainability
    - Found through my connection with the Institute of Digital Media and Child Development. The ReSTART center is one of the few in the country that treat internet addiction. I will provide the reader with lots of suggested guidelines and statistics. I will highlight the positives and negatives through a formal analysis.
  + National Day of Unplugging
    - A non-profit organization that promotes taking a break from technology once a year as a sort of “digital detox”. Sets a good example for national awareness of the issue and it has gained lots of support.
* Next I will analyze the effect on health or a biological/psychological perspective
  + Dopamine is released with every notification
  + Overuse of internet can cause anxiety and depression
  + Neglecting work, friends, family
  + Overall life satisfaction: Am I liked enough? Do I have enough friends?
  + Phantom Vibration
  + Electromagnetic Radiation
  + Effect on Sleep
* Next, I will analyze specific platforms: Main: Google, Facebook. & more
  + What is it about these platforms that is so useful?
  + How is the mobile experience different from a desktop or laptop
  + Big question: Now that we have technology, can we live without it?
* Next I will analyze the history and culture of technology and how it is now a necessity and an expectation.
  + I will look at how different generations use technology and why there is a difference.
  + Highlight a few different typologies: Selfie-Crazy, Promoters, Workaholics, etc
  + All citizens born after a certain time are expected to be digitally literate.
* Because I provided the reader with enough background to understand the issue, my own personal observations, statements and my suggestions will be easier to understand.
  + All of my statements will be supported by research and/or data.
    - * Consensus among top researchers is needed
      * Guidelines for data collection are needed
      * An official definition of internet addiction is needed
      * A specialized professional on internet addictions is needed and must be popularized
      * Classes taught at universities
      * Public awareness of health effects is needed