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Chapter 1 : Scholarly Facts About Texting (Pro's and Con's) - Sue Scheff BlogSue Scheff Blog

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The concern is the devices emit short-wavelength blue light, which may disrupt the production of melatonin, a hormone that helps us sleep. This study confirmed the three devices do produce this light, with text producing slightly more intense light levels than the popular Angry Birds game. It also found special orange safety glasses filter out some of the blue light, and a sleep app for children produces less blue light. The researchers suggest the design of future devices and apps could be adapted to limit the colour palate at night. Where did the story come from? No people were involved in this study, which only measured the light the devices produce. What kind of research was this? This study examined the short-wavelength blue light emissions produced by a tablet iPad Air , e-reader Kindle Paperwhite first generation and a smartphone iPhone 5s. The researchers say there is growing evidence to suggest using light-emitting LE devices in the evening may have an adverse effect on sleep quality, duration and daytime performance. It is said the brightness, colours and patterns of these devices may influence our body rhythms, particularly when used before bed. Light and brightness during the day has a positive effect on alertness, function and mood, but at night this can impair the production of the sleep hormone melatonin, and so affect sleep. In particular, short-wavelength blue light is believed to have the most disruptive effect on melatonin. This study aimed to measure the blue light produced by three popular LE devices – a tablet, smartphone and e-reader – allowing comparison by activity type. What did the research involve? All of these devices are said to be easily viewed in darkness without additional room lighting "backlighting". The tests were therefore carried out in a dark room. The researchers also looked at the effect of two devices designed to reduce light disruption: Essentially, all the devices showed similar short-wavelength blue light peaks when displaying text around nm. The light intensity was slightly lower when showing Angry Birds. The orange-tinted glasses significantly reduced the intensity of short-wavelength light that got through. The colour palate used in the Kids Sleep Dr app had a different spectral profile and also reduced short-wavelength light emissions. How did the researchers interpret the results? The researchers concluded that all the LE devices they tested produced short-wavelength enriched emissions. Conclusion This study measured short-wavelength blue light emissions produced by widely used tablet, smartphone and e-reader devices when displaying text or a game. The study demonstrates the devices do produce this light, which previous research suggested can have a disruptive effect on the sleep hormone melatonin. The research also found less blue light passes through special orange safety glasses, and a sleep app for children produces less blue light. Little more can be said about the results of this study. Despite the media headlines, the study does not show these light-emitting devices disrupt our sleep or alter our melatonin levels. There are also many other questions readers of these news headlines may have, such as: Does it make a difference whether the user is a child or an adult? Does it matter what activity I am using the device for? For example, as the emissions from the game are less than text, is this "safe" to use? How long do the effects last? What time delay is needed between the last use of the device and trying to go to sleep? Does the duration of last use make a difference? Is it OK to sleep with the device in the room with me, or do I need to power-off the devices at night? For a couple of these, the study has leant on previous research and recommendations to give some answers. The researchers say Harvard Medical School suggests avoiding blue light two to three hours before going to bed, while the National Sleep Foundation suggests turning all electronic devices off at least an hour before bed. The researchers also suggest parents can easily remove devices from the bedrooms of young children or turn them off before they go to bed. As the researchers rightly acknowledge, sleep duration and quality is rarely influenced by one factor alone. Many personal and environmental factors can contribute to this. Read more advice about methods that can help you, and your family, improve the quality of your sleep.

Chapter 2 : Demographics of Mobile Device Ownership and Adoption in the United States

While an increased risk of brain tumours from the use of mobile phones is not established, the increasing use of mobile phones and the lack of data for mobile phone use over time periods longer than 15 years warrant further research of mobile phone use and brain cancer risk.

The use, distribution or reproduction in other forums is permitted, provided the original author s or licensor are credited and that the original publication in this journal is cited, in accordance with accepted academic practice. No use, distribution or reproduction is permitted which does not comply with these terms. This article has been cited by other articles in PMC. Abstract We present a review of the studies that have been published about addiction to cell phones. We analyze the concept of cell-phone addiction as well as its prevalence, study methodologies, psychological features, and associated psychiatric comorbidities. Research in this field has generally evolved from a global view of the cell phone as a device to its analysis via applications and contents. The diversity of criteria and methodological approaches that have been used is notable, as is a certain lack of conceptual delimitation that has resulted in a broad spread of prevalent data. There is a consensus about the existence of cell-phone addiction, but the delimitation and criteria used by various researchers vary. Cell-phone addiction shows a distinct user profile that differentiates it from Internet addiction. Without evidence pointing to the influence of cultural level and socioeconomic status, the pattern of abuse is greatest among young people, primarily females. Intercultural and geographical differences have not been sufficiently studied. The problematic use of cell phones has been associated with personality variables, such as extraversion, neuroticism, self-esteem, impulsivity, self-identity, and self-image. Similarly, sleep disturbance, anxiety, stress, and, to a lesser extent, depression, which are also associated with Internet abuse, have been associated with problematic cell-phone use. In addition, the present review reveals the coexistence relationship between problematic cell-phone use and substance use such as tobacco and alcohol. This problem is identical to the one regarding the existence of behavioral addictions as opposed to substance addictions 1. The existence of cell-phone addiction, as opposed to it being the manifestation of an impulsivity disorder, has been questioned without necessarily considering the concept of addiction 2 , 3. Prior to the arrival of the cell phone, abundant research had been conducted on behavioral addictions to videogames 4 , exercise 5 , online sex 6 , food 7 , shopping 8 , 9 , work 10 , and the Internet 11 “ Indeed, for several authors, a large number of behaviors are potentially addictive 16 if there is a concurrence of negative consequences and physical and psychological reinforcements in a specific context Before reviewing the characteristics of cell-phone addiction, it is important to highlight the uniqueness of behavioral addiction in relation to drug or substance addiction. In substance addiction, with the exception of alcohol that shows a more dimensional course profile, there is a clear moment at which changes in and interferences with daily life can be observed. In the case of behavior, it is difficult to determine whether problems result from problematic behavior, personality traits, or psychiatric comorbidities. However, the existence of an underlying biological sub-layer, which can manifest itself through pharmacological procedures, is indubitable. Thus, administering specific dopamine agonists can activate previously non-existent behaviors, such as compulsive gambling, compulsive eating, hypersexuality, and compulsive shopping 18 “ An increasing number of studies have focused on the most important body of behavioral addictions today “ the Internet, videogames, and cell phones. Historically, Internet use could present as either a global addiction or interaction with addictive contents and activities. In this sense, Young 12 studied five different forms of addictive behavior on the Internet: Subsequently, Young solely studied games, online sexual contacts, and text messaging If the Internet was initially the technological addiction par excellence, the cell phone soon emerged as a source of potentially addictive behavior, particularly since the arrival of smartphone devices 22 , 23 , along with the evolution from a global approach to a progressive differentiation of addictions by contents and concrete applications. Whether the problem is the cell phone itself or its contents and applications 24 is a topic of current debate, similar to previous debates with respect to

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the Internet 25 , From this perspective, the cell phone offers activities that can lead to problematic use 3 , There is evidence that the smartphone, with its breadth of applications and uses, tends to induce greater abuse than regular cell phones In general, Brown 29 and Griffiths 17 , 30 note that an addiction entails abuse without control, alterations in mood, tolerance, abstinence, and personal harm or conflicts in the environment, as well as a tendency to relapse. Specifically, Echeburua et al. In any case, the research and literature on Internet, videogame, and cell-phone use are ever-increasing. One bibliometric study 37 indicated a progressive and growing body of research, with the Internet being the most highly studied area, followed by videogames and then cell phones. In recent years, research interest in cell-phone use has notably increased. Cell-Phone Addiction In April , the number of cell-phone lines exceeded The age of cell phone initiation is becoming increasingly younger: These data imply that the cell phone enables behavioral problems and disorders, particularly in adolescents. A continuation of the behavior is observed despite the negative effects or the personal malaise caused 50 , Table 1 Symptomatology of problematic cell-phone use vs. DSM-5 criteria for compulsive gambling and substance use. Similarly, in a recent longitudinal study on student smartphone use, addictive behavior was related to the downloading and use of specific applications along with compulsive consultation and writing. There exists, however, a broad spectrum of positions taken by researchers, ranging from the absolute existence of addiction to a broader interpretation of these symptoms, as the result of an impulse control disorder or of problematic or psychopathological personality traits, which offer a greater range of behavioral possibilities beyond addiction itself. In this sense, Sansone and Sansone 55 note that the delineations between abuse, misuse, dependence, and addiction have yet to be clearly defined. However, considering the general profiles of addiction indicated, the symptoms and specific predicament observed, and analyzing its correspondence to the criteria for pathological gambling in the DSM-5 and substance addiction “ a fundamental comparative medium for many researchers evaluating phone addiction “ an important parallelism can be appreciated, which requires the consideration of its existence without excluding other potentially problematic behaviors. This could explain the frequent coexistence of problematic cell-phone behavior and problematic traits or psychiatric comorbidities, as seen below. Within each criterion, broad percentage ranges are supported by various methodologies, instruments, and samples, making comparisons difficult.

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Chapter 3 : Google Duo - The simple video calling app.

At the present time, the Marketing Research Association (MRA) is working for the benefit of the research community to amend the TCPA to exempt research calls. 3 However, in the meantime, research call centers should only use manual dialing to reach cell phone numbers unless expressed prior consent has been received from the respondent that it.

Updated Cell Phone Statistics: Updated Maranda Gibson January 23, General No Comments Cell Phone Statistics New information has been released about how we used our cell phones, smartphones, and mobile devices in Some of the stats show a clear move among the average cell user towards it being their primary gaming, internet, and communication device. Cell phones are seen as key to actively participating in your community. This data is still forthcoming from the final quarter of We will post a new update soon. The increase over the last ten years has been incredible and the way we use our phones to stay connected and informed continues to change. The average American smartphone user spent nearly 30 minutes a day checking or updating social networks. Once upon a time, we used cell phones to make calls while we were away from our homes. Recent studies show that we may be migrating away from our primary use of the phone to more of a texting and mobile web device. Updated Statistics for I was sitting around the other day marveling about how popular cell phones have become. Anyway, I did a quick Google search and stumbled upon an interesting article with a list of cell phone statistics that I thought was worth sharing. Cell Phone usage in the US has increased from 34 million to million in the last ten years There is an estimated two billion cell phones world-wide, which means about 4. It beat out the alarm clock and the television! Other stats show cell phone use in restaurants, theaters, supermarkets and subways. A telephia survey said that Americans average 13 talking hours a month â€” with the age group averaging 22 hours. I wonder how many people would stop blogging to answer their cell phone? Most carriers allow free in network calls like a Verizon to Verizon call. Alltell and T-Mobile offers a select number of phone numbers which you can call for free. Also make sure to regularly check your bills to determine if you need to increase or decrease your lines. No sense in paying for more than you need. From the web parents can limit the phone numbers dialed, duration of calls and more. Pay Attention to All Charges Getting a good deal on minutes is good, but make sure you consider all other charges. Text messaging is a great feature but can add up very quickly. The standard rate for one text message is 15 cents. With Texting Plans, messaging can drop to only a penny per message. Also make sure to check the rates for data and web access. PrePaid Phone If you barely use any minutes, and minutes is an overkill for you, then a prepaid phone may be the best option.

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Chapter 4 : Cell Phone Statistics: Updated - arkadin

The relationship between cell phone use, physical and sedentary activity, and cardiorespiratory fitness in a sample of U.S. college students. International Journal of Behavioral Nutrition and Physical Activity, 10, Article

No comments You probably already have a few pretty good ideas about text messaging. For instance, you know walking while texting can be tricky, and you know texting in your college courses has a negative impact on your grades. Getting a text makes you happier: Berkeley psychologists found even sending a text message makes people feel more connected and causes an upswing in mood. Hypertexters are less healthy: Texting may make you happier, but those who do it too much seem prone to unhealthy habits. Texting behind the wheel is even riskier than we thought: Few things are as distracting to a motorist as trying to read or send a text message. In the test, drivers using their phones were 11 times more likely to miss a flashing traffic light than focused drivers. Texting while driving killed 16, in a six-year period: Exactly measuring the number of traffic deaths caused by texting is impossible, but researchers from the University of North Texas Health Science Center have put the number at 16, between and They estimated that in alone, 5, people died as a result of drivers distracted by texting. Texters use fewer abbreviations than we thought: The study began in December , and head researcher Christian Guilbault of Simon Fraser University in British Columbia says the research has already revealed some interesting info. Black people send the most text messages: The Nielsen Company looked at monthly cell phone bills of 60, users in the U. The text messages they send per month, on average, is more than twice the amount sent by Asian-Americans, who send an average of per month. Texting helps HIV sufferers take their meds: A study that recently appeared in the Cochrane Database of Systematic Reviews found that sending HIV patients weekly text messages to remind them to take medicine and to ask them how they are doing can help them stick to their antiretroviral therapy treatment plans. Blame it on autocorrect. The people who were more open to a range of new words were readers of traditional media like magazines and books. Texting makes it easier to lie: And buyers who were lied to via text proved to be much angrier than buyers lied to in person. Many people are addicted to texting: Researchers at the University of Maryland studied students after 24 hours of no texting or other media. They found many of them were basically experiencing withdrawal, anxiety, and difficulty functioning. David Greenfield of the Center for Internet Behavior has compared constant texting and checking email to gambling addiction. Most people still prefer a phone call: Nearly three-fourths of American adults text. Banning texting while driving is not the answer: At least one group of researchers is making a case against laws banning texting while driving. Researchers at the Swedish National Road and Transport Institute found that driver education is more effective than a ban, partly because people would disobey a law and partly because hands-free devices meant to replace texting as a safer alternative do not actually lower crash figures. Female teens text the most: Girls send a median of texts a day. Texting has spawned its own injury: Texting is convenient, but it could also be a pain in the neck. He even started the Text Neck Institute in Florida to treat pain in the neck, back, arms, and shoulders of frequent texters. Using the built-in dictionary when texting on a cell phone makes children prone to making more mistakes. An epidemiologist from Monash University in Melbourne studied children ages who sent 20 texts a week and found that the autocorrect technology makes children more impulsive and less accurate in their learning.

Chapter 5 : Cell-Phone Addiction: A Review

Web browsing is somewhat less intense in usage: most smartphone owners browse the web on their phones at least several times a day, although only 14% use their phones' browser continuously (roughly half the proportion who continuously use apps).

Phone interviewing as a means of data collection [4] 2. Planning, pre-testing, and organizational skills are most heavily used in this stage of conducting a study. In other words, first conduct a pilot study of your list of interview questions with a group of persons who are demographically similar to your ultimate sample profile. This helps to determine the most logical and smooth-flowing order of the questions. It will also identify wording issues that need to be addressed for clarity sake, which will enhance the integrity of your data. Lastly, a pre-test will shed important light on the amount of time it will take to conduct the interview, which is one of the first questions you will be asked by potential participants. We will elaborate upon this issue in a later section. This would be especially relevant if you are researching a topic that is abstract, such as intuitive decision-making. Participants need time to reflect and think about their responses, and we found that this padding of time ultimately yielded more thick, rich descriptive data from participants. There are multiple ways one could audiotape the participant conversations, depending upon the sophistication of the equipment at your disposal. For example, you could use a speakerphone and then tape record with some type of portable taping machine. Or you could use a computer software program e. A couple notable problems were encountered during pilot testing, including low-end speakerphones that tended to "cut out" after a minimal length of time e. When this would happen, the interviewer had to pick up the phone receiver to continue talking with the person, while at the same time missing the tape recording of the conversation. Before conducting our main study, we therefore obtained a high-powered telephone from the telecommunications department at our school to solve this problem. Whichever technology you choose, conduct several "test" conversations ahead of time with your setup to ensure that: Also, ensure that background noise is minimal to avoid unwanted distractions during the interview. This provided a method for matching the written record with the audio taped record of each interview. We found participants more responsive to setting up interview appointments via the phone, compared to email. But this process can also become a scheduling quagmire that takes as much time as conducting the interviews themselves. Stress in your communication with participants that you will be making a special effort to re-connect with them at the agreed upon time. Then, pleasantly repeat the agreed upon time and suggest that they record the appointment in their personal scheduler. Be extremely organized in setting up these phone call appointments, given the inevitable re-scheduling that will occur. Keep a daily log of who you call and the result of the phone call e. Regardless, your introduction in the phone call is critical because you cannot assume in these situations that the person even knows who you are or why you are calling. Have a prepared script for the introduction that is brief and positive and that emphasizes the importance and usefulness of their participation. Also, realize that if you mention in the first breath that the interview is voluntary, many potential respondents will automatically bow out of the study. We found the following introductory approach most effective: By guaranteeing confidentiality, you will not identify participants specifically with anything they have said during their interview. Relay to them that the information will be used only in aggregate when compiling and documenting your research findings. This is a vital piece of information, which if not communicated effectively can easily sway persons not to participate. Nonetheless, some interviewees continuously gave very short, non-specific answers, which may be due to the act of tape-recording in and of itself. And a couple respondents seemed apprehensive about getting into the specifics of anything, so it was important to keep asking these individuals to elaborate upon their answers. We found both sources of data to be very useful i. For example, if the speakerphone malfunctioned in any way, the interviewer could still hand-record information. When are you going to mention this to them in the interview? If you do plan to share results with those who participate in your study, you will need to communicate exactly

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what you will be sharing and the estimated timeframe for generating this report. While some of this information we found covered generally in research methods books, other finer nuances of this process are discussed below. As such, interviewers should read questions in a conversational tone and avoid awkward pauses between questions. Given this, it is useful to presume the role of a reporter trying to keep the interview on focus—“not that of an evangelist, debater, curiosity seeker JUDD et al. Finally, ask every question with the same exact wording, and in the prescribed order, for each interview. This will maintain data reliability and integrity. In other words, do not suggest a possible answer and also avoid agreeing with a position any interviewee takes. At the same time, you need to get participants to elaborate upon things that you know are interesting JUDD et al. It is helpful to have some questions where people respond, for example, in a specific Likert scale fashion i. The open-ended questions will then provide you with the rich filler to elaborate upon such responses. If you collect demographic variables, be sure to ask these questions at the end of the interview. For example, we asked people their formal job title, industry, total years of work experience, time with the firm, time in current position, and years of education completed. By asking these questions at the end of the interview, you will avoid enticing participants to guess your hypotheses, or to think about how the answers to such questions “are supposed to” affect their responses. You could, for example, praise an insightful response by saying something like “Uh-huh, this is the kind of information we want” or “Thanks, we appreciate your frankness. In this way, you will maximize the potential of each interview. Some people are able and willing to expound more than others. We found that if a potential participant asked how long the interview would take, and the interviewer responded with an answer above minutes, most persons either bowed out of participating or said they could not spend that much time. We discovered this is in our pilot study, and it affected our ultimate interview length and the number of questions we planned to ask. Know the length of the interview you want to conduct, determine the length of the interview your participants are willing to give, and ask questions that will fit in that specific timeframe. Again, this is where your thorough pre-testing will pay off. Being familiar with these ahead of time will further enhance the quality of your study. Each is summarized in Table 1 and discussed in turn. Immediately after each interview, re-read your interview notes from the phone conversation to make sure they are complete and accurate. Do not procrastinate or put off this task, as enticing as it might be. So once all of your interviews have been conducted, it is time to move into data analysis. First, realize that you are likely to be overwhelmed by the incredible amount of rich, descriptive data in your possession. However, methods exist for making sense of this type of data. While not the focus of the current paper, there are various methods that can be and have been used in qualitative studies e. That is, we constantly compared interviewee responses, with the goal of organizing the data into systematic categories of analysis by seeking recurring themes. This was a very time consuming process. We also kept a research project journal during the data collection phase as a third source of data in an attempt to identify themes in the data that we were seeing over the course of time. We found that doubling any original time estimates for completion of our data analysis steps was necessary. You will also need to be good at seeing the forest and not all the trees or you will not progress sufficiently through the mounds of rich data that have been collected. Conclusion Conducting qualitative field research is dynamic but also affected by many factors that must be proactively addressed by the researcher. What is needed in research methods coursework, at all levels, is a more realistic portrayal of the ambiguity and complexity surrounding field research and suggestions for successfully navigating through the process. This paper represents an initial attempt to address that need. The suggestions discussed in this paper should educate the novice researcher about the reality of using phone interviewing as a data collection technique. Experimental and quasi-experimental designs for research. Research methods in social relations 6th edition. Holt, Rinehart, and Winston, Inc. The effects of coupling IT and work process strategies in redesign projects. Organization Science, 10, Qualitative evaluation and research methods 2nd edition. Research methods in human resources management. Measuring business starts, success and survival: Journal of Business Venturing, 8, Her primary research interests include management training, development, and education.

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Chapter 6 : Distracted Driving Research

ing body of academic work devoted to call centers, research ranging in discipline from Mathematics and Statistics, through Operations Research, Industrial Engineering, Information Technology and Human Resource Management, all the way to Psychology and Sociology (see Mandelbaum [97]).

Chapter 7 : Americans' cellphone use nearly constant

marketing have also become increasingly relevant to call center operations and associated academic research. In this paper, we provide a survey of the recent literature on call center operations management.

Chapter 8 : Does Cell Phone Use Cause Brain Cancer? What the New Study Means For You - Consumer

In research conducted by a group of Korean scientists from Injr University an effect of cell phone on hand-held device users was "a significant association between the total times spent using a 6.

Chapter 9 : About Google Scholar

Mobile phone ownership over time The vast majority of Americans - 95% - now own a cellphone of some kind. The share of Americans that own smartphones is now 77%, up from just 35% in Pew Research Center's first survey of smartphone ownership conducted in