ENQUÊTE SUR L'USAGE DU SMARTPHONE AUPRÈS DE 1.589 JEUNES EN FÉDÉRATION WALLONIE-BRUXELLES

Engl. transl.: INVESTIGATION ABOUT THE USE OF SMARTPHONE OF 1,589 YOUNG PEOPLE IN THE FEDERATION WALLONIA-BRUSSELS

# Details

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* Social mediation
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* Wellbeing

## Sample

1589 young people aged 12 to 18 from 37 secondary schools in French-speaking education in Brussels and the Walloon Region

## Implications For Educators About

School innovation

# Abstract

In terms of the balance sheet, we examine the modes of acquisition of the smartphone (bought, received, recovered ...), the brands, the period of ownership, the times and durations of use, the applications used, their frequency, intensity, importance accorded, reactions of parents and educational circles, confiscation, school results, etc. These results provide significant and scientifically valid information that can be used by the various stakeholders concerned. It has also shown that young people consider it to perform a set of functions whose interest and importance are expected by all, already from the age of 12. The smartphone would therefore not perform age-specific functions, at least between 12 and 18 years old. It would therefore be a cross-age product for our population. In general, however, with age, the more frequent use of operational apps will come at the expense of fun apps. For older people, the smartphone more often becomes a tool and less a toy. The analysis of excessive or abusive uses reveals that they frequently result in the issue of dependence. It is posed as much in the family, social, educational environment as in that of health. This notion is however questioned from a scientific point of view insofar as not all psychiatric criteria for dependence are met, in particular the physical aspects such as those observed in addiction to tobacco or other drugs. We will then talk more often about the abusive or excessive use of the smartphone in a given context. However, for convenience, we also use the term dependency in this text. It appears that dependence is a relative notion. In fact, unlike addiction to substances, we cannot find an objective limit threshold (as could be the time of use) beyond which the young person would fall into the "dependent" category. Indeed, the uses and fields of application of the smartphone continue to grow and, with them, the time spent in its use. The question then does not arise in terms of a border period beyond which it would be excessive, but in terms of the conflicts that its use generates, both for the experience of the individual, his entourage or with others. 'other activities that it would restrict or prevent. The reactions of those around you should be considered in context. We estimated the degree of dependence using a scientifically validated questionnaire-type instrument (SAS-SV), supplemented by items from the preliminary phases of our study (focus groups and daily monitoring of a group of young people). From this measurement, 21.1% of young people would be dependent, 45.5% in an intermediate state and 33.4% non-dependent. Among dependents, there are more girls (64.2%) than boys (35.8%). In addition, a peak appears in the 14-16 age group.

# Outcome

More than 95% of the 12 to 18 years old in French speaking Belgium have a smartphone. Although it has extended the ways of communication, some respondents also fear being filmed or photographed in delicate situations or attitudes, especially during parties or
in a group, then to find oneself permanently indelible on the social networks. Yet, there is also the existence among young people of a
a certain lightness or a recklessness in the face of the dark side of applications (1/3 doesn't feel spied on, 1/5 doesn"t know ntheir online activities are being traced, 2/3 thinks that networking companies (like Google, Facebook, YouTube ...) must have their authorization to use their personal information). This could be due to a lack of information or naivite.
There is also a educational heterogeneity concerning the use of smartphones at school. 40.2% of young people say their school bans the use of smartphones within the establishment, against 35.2% for whom he is allowed everywhere except during lessons and which 49% of the professors allow it for certain work. Additionally, 29.3% stays without consequences while 48.6% have their smartphone confiscated during a course or up to a week. Considering that there's a rate of 8.5 to 16.6 computers per 100 students while the rate of smartphones is close to 100%, it could be interesting to integrate the smartphone in the school system for certain works or certain
consultations, including thematic research.
Another problem that is encountered is smartphone addicitons. By a 10-item scale (SAS-SV) measurement, 21.1% of young people would be dependent and 45.5% in an intermediate state. Among the dependents, there are more girls (64.2%) than boys (35.8%) and there is a peak in the 14-16 year old age group. This could be explained by the fact that it fulfills certain needs such as strengthening the feeling of belonging to a group, the recognition of the individual by others and their esteem (by likes), assertiveness, reducing anxiety related to isolation and uncertainties about oneself. Networks are an amplifier for the ego and therefore the self-satisfaction. Yet, the
fear of missing something that would happen on the network if we don't cling to it and the thought of cutting yourself off is to fall behind, is very real.