Do Mobile Phone Bans Work? Rules and the use of technology in school in relation to adolescents' behavior. Research report from primary and secondary schools

# Details

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English

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Brno

## Topics

* Internet usage, practices and engagement
* Wellbeing
* Learning

## Sample

1,031 Czech adolescents (54% girls) who use the Internet. The age distribution corresponds to 60% of adolescents aged 11-14 and 40% aged 15-17. The average age was 14.1 (SD = 1.4 years).

## Implications For Educators About

Other

# Abstract

# Outcome

- adolescents in our research sample communicate with classmates during breaks, whether or not they are allowed to use their mobile phones
- adolescents with and without a ban on mobile phones during breaks did not differ in their indication of problems with concentration during lessons or their lack of rest after the breaks
- adolescents who are allowed to use their mobile phones move a little less and spend more time passively during the break (i.e., relaxing)
- students use mobile phones during breaks to do things related to school and search for information related to school responsibilities
- rules for using mobile phones are not related to the problems that are reported in the media as a result of using mobile technology during breaks