

Title of your paper: Addictive Personality and Problematic Mobile Phone Use
Your name: Danick Lenoir (699568)
Your email: d.d.s.lenoir@tilburguniversity.edu

Original paper:
Addictive personality and Problematic Mobile Phone Use

Reference for the original paper

Takao, M., Takahashi, S., & Kitamura, M. (2009). Addictive personality and problematic mobile phone use. *CyberPsychology & Behavior*, 12(5), 501-507.

Link to original paper online

https://www.liebertpub.com/doi/pdfplus/10.1089/cpb.2009.0022?casa_token=cYCniHg6uz8AAAAA%3A81M9SRetQ-xgx-nsm5HMtenDipEx7ybZ0QpUI5lxya5pn2LhwNem0T_g9cGJIhFlzmv6cSiZHb7ug&

Project created for the class:
Visual Thinking and Composition, Winter 2019
Tilburg University, Department of Communication and Cognition

Instructor: Neil Cohn, neilcohn@visuallanguagelab.com, www.visuallanguagelab.com

Addictive Personality and Problematic Mobile Phone Use



Mobile phone use is banned or regulated in some circumstances (Takao, Takahashi, Kitamura, 2009)

Abstract



Some people do not refrain from using mobile phones.

Introduction



The research group estimates that at least 70% of the Japanese population and 62% of U.S. inhabitants used mobile phones in 2005. In Australia, 81% of people used mobile phones in the same year. (Chu, 2005; Phillips, Butt, Blaszczyński, 2006)



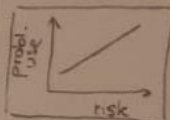
...can be considered to be an addiction-like behavior



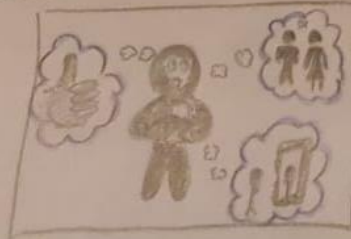
To find the potential predictors, we examined the correlation between problematic mobile phone use & personality traits



While mobile phones are extremely attractive as a tool for communication and interpersonal interaction,

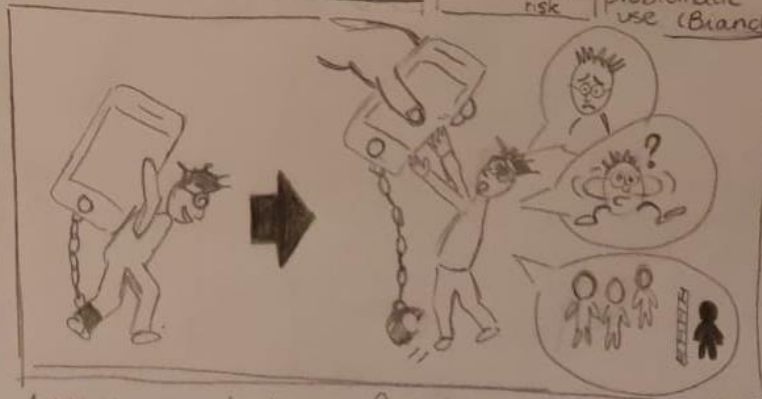


there has been an increased risk in its problematic use (Bianchi, & Phillips, 2005)

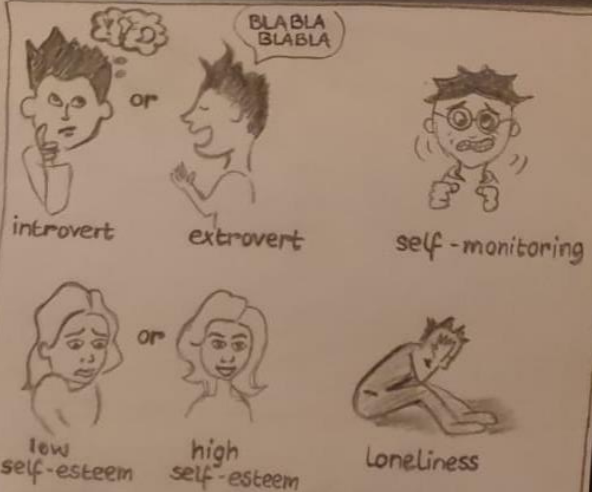
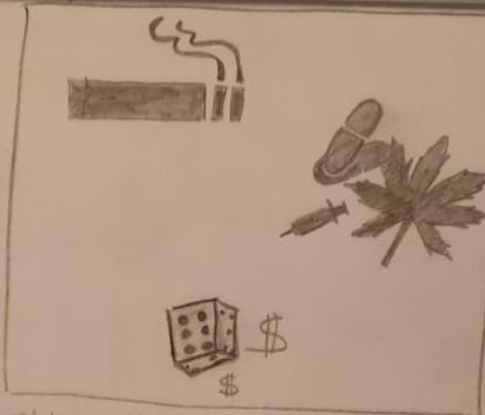


problematic mobile phone use was a function of gender, self-monitoring and approval motivation'

(Takao, Takahashi, & Kitamura, 2009)



Addictive people tend to feel depressed, lost, and isolated without a mobile phone (Walsh, White, & Young, 2008)



Similarities have been suggested between problematic mobile phone use and other sorts of addictions, such as smoking, drug, alcohol, Internet and gambling (Bianchi, & Phillips, 2005; Caplan, 2007)



A multi-regression model study demonstrated that the people who use mobile phones problematically exhibit a bias toward extraversion and low-self-esteem, but not neuroticism (Bianchi, & Phillips, 2005). These personality traits are also well-known predictors for other types of addiction. Self-monitoring and loneliness also have been reported to be predictors of addictive behaviors.

Individuals who score high on self-monitoring are prone to alcohol addiction (Sharp & Getz, 1996). High self-monitors are sensitive to social cues and tend to adapt behaviors to the public self that meet the demands and expectations of peers (Cassidy, 2006)

I don't know how low self-esteem is related to addictive behavior (Bianchi, Phillips, 2000)

It is plausible that people with low self-esteem are disposed to seeking approval, assurance, and admiration from among their peers, thereby indulging in attractive things (Bianchi, Phillips, 2000; Baumuster, & Vohs, 2001; Leary, Gaughan, Fors, et al., 2002)



Reid & Reid (2007)

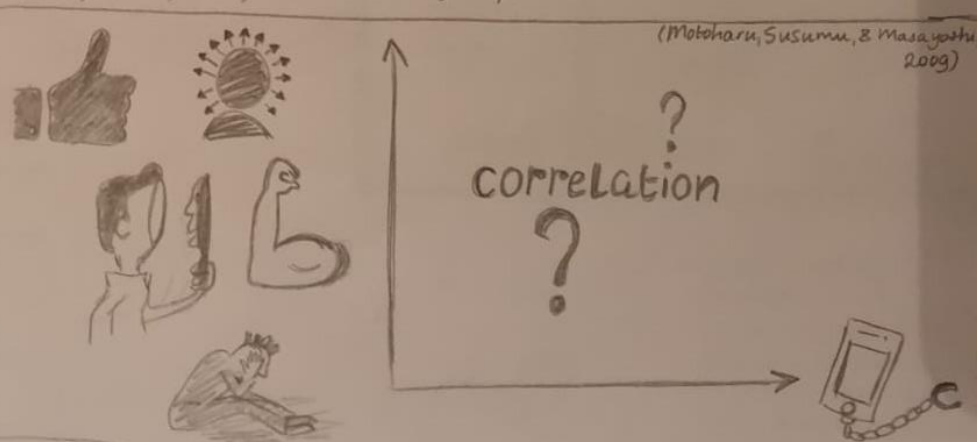
Lonely people preferred calls and rated text such as short message service (SMS) as a less intimate method of contact (Reid & Reid, 2007)



Anxious people preferred text and rated it the superior medium for expressive and intimate contact (Reid & Reid, 2007)



Loneliness has been reported in such addictive behavior as alcoholism (Bartek, Lindeman, & Hawks, 1999), drug abuse (Viney, Westbrook, Preston, 1985; Van Hasselt, Null, Kimpton, et al., 1993; De Civita, Dobkin, Robertson, 2000; Grunbaum, Tortolero, Weller, et al., 2000), addictive gambling (Conventry, Hudson, 2001), and addictive internet use (Caplan, 2004; Ha, Kim, Bae, et al., 2007; Davis, Flett, Besser, 2002; Ozcan, Buxlu, 2007)



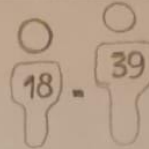
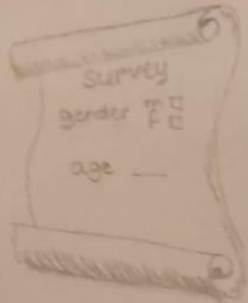
To investigate the correlation between (approval motivation, extraversion, self-monitoring, self-esteem, loneliness) and problematic mobile use, a multiregression was performed

Materials & methods

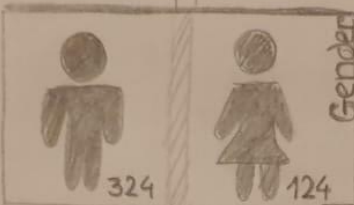
Participants

distributed: 570
 returned: 488
 (response rate: 82.61%)

usable: 448



$M = 20.77$
 $SD = 1.66$



Age
 All of the participants own and use a mobile phone regularly

(Motoharu, Susumu, Masayoshi, 2009)

Questionnaires

* Mobile Phone Problem Usage Scale: 27 items
 (Bronchi, & Phillips, 2005)

* Reliability and validity of Japanese translation of Mobile phone Problem Usage Scale $\alpha = .89$

* Self-Monitoring Scale (Snyder, 1974) 25 items 5-point scale

* Martin-Larsen Approval Motivation Scale (Martin, 1984) 20 items 5-point scale

* UCLA Loneliness Scale (Russell, Peplau, & Cutrona, 1980) 20 items 4-point scale

Predictor variables

gender

self-monitoring

approval motivation

loneliness

Dependent variables

problem mobile phone use scale

reported time per week spent using a mobile phone

123 456 789 reported number of people with whom participants talk regularly

123 456 789 reported time per week spent writing and reading text messages

123 456 789 reported number of people with whom participant exchanges text messages regularly using a mobile phone

Scales



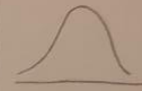
Results



Table 1. Means and Standard Deviations, minimum, maximum, and skew of the Independent variables

	n	M	SD	Min	Max	Skew
Gender	479	.28	.45	1	2	.98
Self-monitoring	488	75.29	9.99	51	109	.34
Approval motivation	474	60.04	8.79	30	88	-.60
Loneliness	487	40.77	9.37	20	80	.25

approval motivation variable ↔ low approval motivation

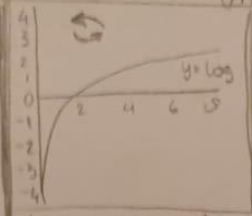
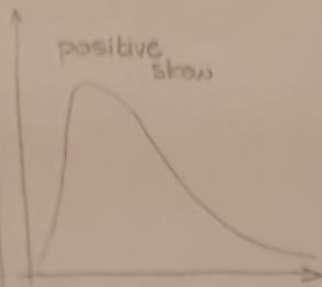


assumptions of normality

cases > 10.47 ($\chi^2, df=5, p < .001$)

The approval motivation variable was inverted, and this variable was named "low approval motivation". The assumptions of normality was achieved after the data were transformed. To screen for multivariate outliers using Mahalanobis distances, cases with values greater than 10.75 ($\chi^2, df=5, p < .001$) were excluded. (Motoharu, Susumu, Masayoshi, 2009)

(Motoharu, Susumu, Masayoshi, 2009)



The variables of problem mobile phone use scale and reported time per week spent using a mobile phone were transformed by logarithm



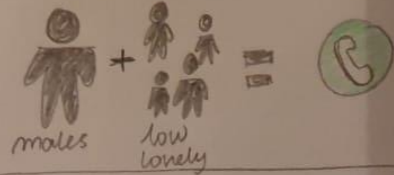
high self-monitors



low lonely



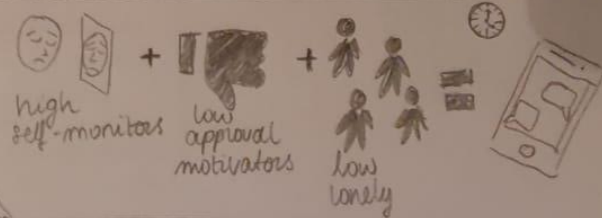
Converse more on mobile phones



All dependent variables were positive skewed



Females, high self-monitors, and high approval motivators tend to score higher on the problem mobile phone use scale



Discussion

conclusion



♀/♂ gender



self-monitoring



approval motivation

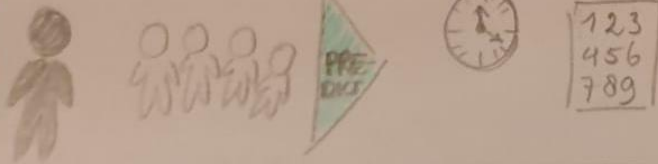
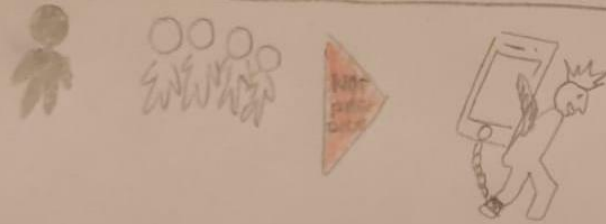
You are the reason that I am addicted



High self-monitoring has been linked to addictive behavior (Takao, Takahashi, & Kitamura, 2009)



Approval motivation has a close relationship with problematic mobile phone use and a weak relationship with time spent writing and reading text messages (Takao, Takahashi, & Kitamura, 2009)



Honestness could not predict problematic mobile phone use, but could predict overall use: time spent during the week, number of people called regularly, time per week spent writing and reading text messages, and number of people with whom text messages are exchanged (Takao, Takahashi, & Kitamura, 2009)



Gender appeared to be a weak predictor of problematic mobile use. Females are more likely to experience more frequent problematic use of mobile phones.

The End