

Part 1

Research Paper and Outline

Cell Phone Usage in High Schools

Delonta Johnson

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## Cell Phone Usage in High Schools

Technology has ultimately changed the way people around the world conduct their day to day lives. Scholars and academics around the world conduct research and gather information easier to find thanks to tools such as search engines, databases, and other digital resources. Technology has also altered the medium in which we communicate. Social media, SMS, and camera enabled voice calls have made interactions more convenient for individuals regardless of physical needs. Though technology has positively impacted the lives of many people, there are negatives that dangerously impact our ability to learn, socialize, and communicate. T

he allowance of cellphones in high schools have increased the rates cyberbullying which directly increases the rate of suicide amongst teens. High schools that allow students to use cell phones throughout the school day are more likely to have lower reading levels and standardized tests scores. Finally, students are less likely to socialize or gain necessary skills when allowed to use cellphones during school hours. Overall, cell phone usage hinders the social, academic, and mental progress of students at an alarming rate.

The creation of the internet produced new modes of communication for individuals seeking to connect with others from around the world. Additionally, a new mode of bullying was indirectly produced as well. Chinese academics have concluded that, “adolescents with problematic mobile phone use are more exposed to cyberbullying (Wu et al, 2023).” Teenagers today, due to their increased phone time, are more susceptible to cyberbullying and the effects of cyberbullying. Cyberbullying has also indirectly caused the deaths of hundreds of thousands of students every year. According to Ivana Vojinovic, graduate of the University of Donja Gorica, cyberbullying stats indicate, “11.8 deaths per 1000,000 teens in the 15-19 age group, which is up from 8 deaths per 100,000 in 2000 (Vojinovic, 2024).” Throughout the years and through

increased cellphone usage, teens are falling victim to cyberbullying which ultimately leads to suicide.

Technology has improved the mediums in which we store and communicate research. Cell phone usage has played a critical role in education by giving students reliable and accessible methods to research information and contact individuals. However, increased use of cellphones in school can lead to low academic performances for kids. A recent study conducted by Brazilian academics Daniel Darghan Felonsini and Alexandra Strommer Godoi, found that, “for a sample of 102 undergraduate and 117 graduate students at a large US university, heavy Facebook users had lower self-reported GPAs...which concluded that Facebook usage contributed to lower actual GPAs for a large sample of US college students (Felisoni, 2018). Students who use social media at higher rates are more likely to perform low academically.

High school is crucial for the social and mental development of teens. Cell phone usage can impact and hinder the way students interact with each other. In some cases, the usage of cell phones in public and private spaces completely negates opportunities for social interactions. According to research conducted by scholars at the College of Communications at The Pennsylvania State University, “the mere presence of cell phones in public conflicts the private and public spheres and inhibits social interaction with proximate others (Banjo et al, 2008). The use of cellphones in schools reduces social interaction and awareness thus creating individuals who are less likely to be empathetic.

Overall, cell phone usage has a negative impact on teens in the US. Teens are more likely to face cyberbullying. Cyberbullying could lead to mental health affects such as anxiety, depression, and suicidal ideation. Increased cell phones have been proven to lower academic performance in school. Lastly, cell phone usage can hinder social development amongst teens at

a stage that is crucial to said development. It's important to reflect on environmental stimuli at home and school to ensure a child has the best chance of performing well in school.

### Work(s) Cited

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