Research Article

The Mobile Phone use of Senior High School Learners

Maricris R. Fernandez, Amirah O. Dimla, Leslie Jane F. Ocampo, Tracy McGrady S. Cabrera, Laura M. Mamangun, Janice Angel C. Dela Cruz, Rambel Joseph G. Dela Rosa, Noel L. Dominado*

DepEd-Pampanga, Philippines
Senior High School in Magalang Stand Alone 2
Graduate School Adjunct Professor
Don Honorio Ventura State University
And Philippine Christian University

ABSTRACT

The information gathered from one of the secondary public schools in Cluster 1, Division of Pampanga's senior high schools for the academic year 2023–2024, the study looked at how the students used their phones. The study investigates the relationship between students' screen addiction and factors such as stress levels, physical activity levels, and lack of self-control. Through this discovery, an intervention plan is being developed by the researchers to effectively encourage senior high school students to balance their mobile phone usage. Approximately, 643 senior high learners from both levels participated in the study on the value of mobile phone usage among mobile phone users (MPUs).A mixed-method sequential explanatory design was used. According to the study, students who use screens excessively are more likely to experience stress, obsessive behavior, and a loss of self-control, among other negative consequences. On the contrary, physical activity is associated with lower stress levels among individuals. This study reveals senior high school students experience anxiety, eating problems, and smartphone addiction, impacting their behavior and mental health. Furthermore, the study found a correlation between stress levels and exercise and screen addiction. This connection may be the result of the study emphasizing the detrimental effects of excessive mobile phone use on the physical and emotional well-being of seniors in high school. Additionally, this study recommends managing digital resources, encouraging everyday life contacts, and encouraging a balanced approach to cell phone usage. Thus, the study highlights the significance of finding a balance between personal health and technology used to enhance student's educational experiences and quality of life. To enhance their academic performance and mental health, students should be taught

about the dangers of excessive mobile phone usage, encouraged to practice personal wellness, and given preventative steps to follow.

Keywords: Screen addiction, Student stress level, Mixed-method, Sequential explanatory

Introduction

In this modern generation, students frequently communicate using mobile phones. Most students agreed that in order to prevent them from becoming a distraction, mobile phones have to be turned off during class or prohibited from being used entirely. On the other hand, every student has their own set of rules on carrying and using their phones in class. It's probable for a student to be distracted in class or to spend more time sending messages or playing video games than listening and paying attention to the class.

Specifically, frequent use of the mobile phone of the students which leads to excessive mobile phone use and phone addiction is the issue that this study intends to investigate.

Pawlak and Warzecha (2017) fount out that students approved of the concept of using smartphones for education. Initiating unintended consequences of technology use in classrooms is vital, as unintentional consequences could disrupt classes and lead to institutional policy derogations from strategic direction and intervention in the educational process. On the other hand, the primary objectives of the conducted study were to investigate secondary students' use of mobile phones for addiction and to demonstrate the variations in addiction across groups of men and women. Additionally, adverse effects of mobile phone usage could lead to dependency problems, and students are not excluded from it. The researchers aimed to determine the pattern of mobile phone usage, and its relation to sleep quality between secondary students Al-Ahmadi et al. (2018). As for the study by Liu et al. (2019), the study reveals that teacher-student relationships indirectly impact problematic phone use, while parent-child relationships directly affect teenagers' problematic phone use. Healthy interpersonal connections mitigate isolation and phone usage. Next, according to Buctot et al. (2020) Teenagers today spend a lot of time on their smartphones. They struggle to function in their daily lives without their smartphones. Meanwhile, the study conducted by Fraenza et al. (2021) understands the experiences of students who self-initiate mobile device uses for online courses or course-related activities provide institutions with valuable insights. Show how students from online courses in higher education willingly used mobile devices to perform coursework and activities. Then, the study conducted by Liu et al. (2021) suggests that prevention and intervention strategies to reduce the risk of problems with mobile phone use among adolescents may be focused on loneliness and escape motivation factors, while also taking self-control into account. Finally, the study by Chan et al. (2022) said that in Malaysian higher education, excessive mobile phone use is associated with addiction to mobile devices and poor academic performance, highlighting the need for stronger regulations to control usage in such circumstances.

Mauricio (2017) found that notable discrepancies between the participants' assessments of the usability of mobile phone features and applications, benefits, preferences or support, mobile phone management strategies, and difficulties associated with using mobile phones in the classroom. In addition to that, Austria et. al. (2019) states that the use of mobile phones affects students' study habits, behavior and attitude, and time management in either a beneficial or bad way. As for Pajarillo-Aquino (2019), as cell phone technology advances, the device looks to contribute to student learning and increased academic achievement. As a result, the purpose of this study was to find out how students evaluated the effects of using mobile phones. Moreover, according to a study by Gamorot (2019) on school campuses, a huge number of people, particularly students, can be seen using mobile phones. Students can use mobile phones to make calls and send messages, as well as browse school-related materials, obtain information, and enjoy

themselves. Also, another study from Buctot (2020), nowadays, smartphone addiction is more prevalent among students. The focus of this study is on how smartphone addiction influences several aspects of life. The goal of this study was to determine how prevalent smartphone addiction is among Filipino students. Students' problematic smartphone use has become a top issue for parents and educators. The purpose of this study was to identify the contributing elements and predictors of low, average, and high perceived academic achievement Buctot (2021). Also, students' behavior patterns and other student-related factors, such as their involvement in a variety of extracurricular activities, particularly using their mobile phones, have an impact on their academic performance. Due to the closure of educational facilities caused by the pandemic, students' use of mobile devices increased Dela Cruz (2023). Next, according to Buenafe (2023), The students possess the level of above average academic performance and above normal rate of mobile phone usage. Lastly, the study's main objective was to assess how parents and children thought using a mobile device would affect their academic achievement Galgo (2023).

When many people agree that cell phones should be used in the classroom, there are a number of preparation elements that must be considered. Many variables, such as the frequency of mobile phone addiction and the connections between parents and children as well as the teacher-student dynamic, have been shown to impact students' acceptance of using cell phones for education, according to studies. Addiction to mobile phones is a habit that requires knowledge and care since unexpected effects might cause disruptions in the classroom and result in violations of institutional rules. Studies have indicated that the use of cell phones might result in dependence issues, but that this problem can be lessened by maintaining positive social relationships. Today's teens are dependent on their cell phones for a large portion of their daily lives and find it difficult to live without them. Self-initiated mobile device utilization for online courses or activities has been shown in studies to offer institutions useful information. Strategies for prevention and intervention should take self-control into consideration and concentrate on the causes that drive escape and loneliness. As mobile phone technology develops, it seems that the gadget helps students study more and do better academically. Concern over how smartphone addiction affects students' time management, behavior, study habits, and attitude is, however, developing.

This study investigates the 'mobile phone use gap', a term we use to describe the relationship between students' academic performance and their mobile phone usage.

The use of mobile phones by teenagers has been the subject of previous research, but there is a clear lack of studies that concentrate on the trends, effects, and potential moderating variables of mobile phone use among senior high schools. It is yet unclear how this age group uses mobile technology to navigate and incorporate it into their social and academic lives, which calls for more research.

This study attempted to gather more information regarding senior high school students' usage of mobile phones and their reasons for using them frequently.

This study would contribute to the body of information aimed at impacting others to maintain moderation in the use of mobile devices by demonstrating the findings of investigations into the mobile phone usage of senior high school students. It would also provide a broader perspective on the diverse ways in which students use their phones.

Statement of the Problem:

The researchers conducted this study to investigate mobile phone usage among senior high school students at one of the secondary public schools in Cluster 1, Division of Pampanga, for the academic year 2023-2024.

1. How may the mobile phone use of the respondents be described?
2. To what extent does excessive mobile phone use, characterized by neglecting basic needs and favoring online over offline interactions, contribute to negative social and health outcomes, and how can these potential harms be mitigated in technology-reliant communities?

Methods

Research Design

The researchers utilized a sequential explanatory design in conducting the study. Furthermore, according to Creswell (2018), sequential explanatory design is a two-stage process in which quantitative data is acquired and evaluated first, followed by the collection and analysis of qualitative data based on the quantitative findings. The quantitative data is explained in terms of the qualitative data. The research design used will accompany the researchers to investigate mobile phone use among senior high school students and to gather the data necessary for continuing into the qualitative phase of the study. In homogeneous and uniformly selected populations, simple random sampling is advantageous. In this form of selection, all individuals would have an equal chance of participating in the study, and the selection procedure is totally solely on chance. Simple random sampling has both advantages and disadvantages, Golzar (2022).

Respondents of the Study

Selected respondents were senior high school students in one of the senior high schools in Cluster 1 Division of Pampanga and the respondents who use mobile phones might have reactions and behaviors in regards to their usage. Lastly, in order to investigate mobile phone use, random sampling technique was utilized. So, according to Lauren (2020), a simple random sample is a random subset of a population. Using this sampling process, each member of the population has an exactly equal chance of being chosen, because it only comprises a single random selection and requires little prior knowledge of the population. This method is the simplest of all probability sampling methods. Since randomization was used, any research conducted on this sample should have high internal and external validity and be less prone to research biases like sampling and selection bias.

Sampling Method

Using the homogeneous sampling technique, the participants of this study were chosen for the qualitative phase. Of course, respondents with extreme responses to the handed questionnaires during the quantitative phase of the study were chosen as the participants for the qualitative phase of the study. Additionally, for this phase of the study to succeed, the participants should also be aware of the procedure of the interview for a clear and concise exchange of the information. Therefore, by these selected participants, new information will be acquired by the researchers for the betterment of the study.

Source of Data

The respondents of this study were the learners of the Senior High School Students. The respondents are the eleventh and twelfth graders who are currently enrolled for the school year 2023- 2024.

Instrument

Phase 1 (Quantitative)

The Mobile Phone Use Scale (MPPUS; Bianchi & Phillips, 2005) consists of 26 items that measure excessive and mobile phone use. All the items are answered using a Likert-type scale ranging from 1 (not true at all) to 10 (extremely true). Bianchi and Phillips consider the MPPUS to be a one-factor scale measuring mobile phone use. Previously reported reliability estimates were .93 (Bianchi & Phillips, 2005). The current study had an alpha of .90 for problem mobile phone use.

Phase 2 (Qualitative)

As for the qualitative phase of the study, the interview guide protocol is conducted in accordance with the gathered data by the researchers in the quantitative phase. The interview began with building rapport, then to be followed by signing the consent form, and learning about the person's background. Finally, the interview discusses the particulars of the participant's experience by asking focused questions that were designed based on the findings of the quantitative phase.

Also, in the qualitative phase, the instrument that used weas developed from the quantitative phase. Which demonstrated the extreme or outlier results and interpretations. The researchers would also give the participants the opportunity to fully elaborate on their responses and express their thoughts

about their habits and methods of using their mobile phones. This could also be accomplished by asking participants questions and receiving complete and detailed responses. As a result, the researchers will be able to apply new discoveries and knowledge to the current study.

Data Collection Procedure
Phase 1 (Quantitative)

Ahead of collecting any data, the head of one of the senior high schools in Cluster 1 Division of Pampanga, the respondents' advisers, and subject teachers gave the researchers their permission to conduct the study. Once consent is given, the process of gathering data will start. After the questionnaire is handed to the respondents, the researcher will explain the study to them. The respondents themselves provided the information the researcher needed for the compilation of the study's data, making essential information the only source of data used in the study. The data for this study will be gathered using a paper questionnaire.

Phase 2 (Qualitative)

In the qualitative part, the researcher secured a letter request for the validation of the interview questionnaires. Then the researcher conducted an interview with the participants based on the quantitative findings. Students were encouraged to share additional insights and perceptions concerning their mobile phone habits. The researcher cross-validated the participants' answers to gain a deeper understanding and insight into their perspectives or experiences when using mobile phones. The integration of quantitative and qualitative results and findings offered a better understanding. This guided the researchers to collect feedback for the mobile phone use intervention program.

It is still also important to seek permission from the participants in order for them to be aware of the pending study, to collect the data without any complications and also interview subjects. Moreover, the significance of the follow-up interview is to explore the information the participants gave during the initial interview. Validation of the questionnaire is important for the researchers to ensure that the questions were clear and relevant and to show respect towards the participants. In this process, compliance with ethical guidelines and respecting the rights of the participants are maintained. Next,, in order for the researchers to have a clear interview, they must know the purpose, risks, benefits and even the procedures. Lastly, when it comes to audio recordings, consents from the participants were considered and used the audio recordings to be guided with clear information in regards to what the participants answered.

Those who are deemed outliers in the quantitative data are the participants in the qualitative study. Those who fulfilled the requirements and could participate were arranged to meet in person. The interviews were audio recorded and stored for later verbatim transcription. Each participant's interview lasted between ten and fifteen minutes, and following the session, each received an appreciation note.
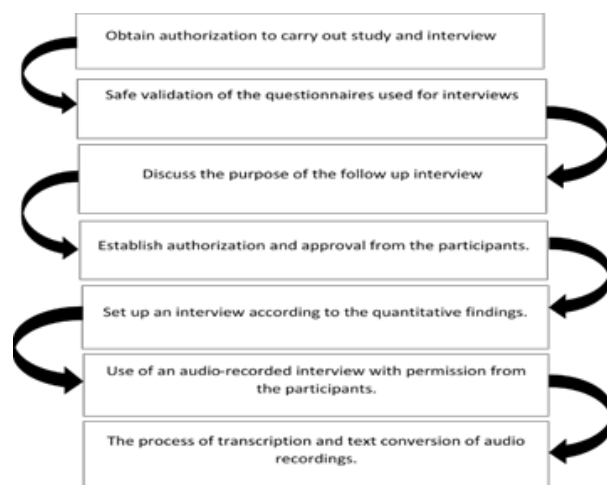

Figure 2. Qualitative Data Gathering Process Used in the Study

Data Analysis

The qualitative data analysis phase was used in the thematic analysis in determining and evaluating the information to figure out an understanding of as well as explain, and interpret the information gathered from study participants' responses. The procedure in this phase was the qualitative interpretation of quantitative results from the data gathered from the participants. This phase process involved interpreting the quantitative findings from the participants' data in a qualitative way. Transcription of the interview is the process of this phase. The initial phase in this thorough method of thematic analysis of qualitative data is to fully immerse oneself in the data and read it clearly several times in order to identify common themes and develop patterns. According to Braun and Clarke (2017), The methods for doing thorough themes analysis of qualitative data in order to derive interpretations from the data will be described in this approach review.

Result and Discussion

Table 1 the mobile Phone use of the Respondents

		Mean	Verbal Description
1.	I feel uneasy when my mobile phone is out of network range.	2.6	Fairly Appropriate
2.	I feel uneasy when my mobile phone is out of battery	2.68	Fairly Appropriate
3.	I feel uneasy when my mobile phone is broken	2.98	Fairly Appropriate
4.	I don't feel safe without my mobile phone.	2.42	Fairly Appropriate
5.	When my mobile phone is not with me, I am at loose ends.	2.28	Fairly Appropriate
6.	Without my mobile phone by my side, I cannot sleep.	2.17	Fairly Appropriate
7.	When my mobile phone is not with me, I feel lonely.	2.35	Fairly Appropriate
8.	When my mobile phone is not with me, I feel that something is missing.	2.6	Fairly Appropriate
9.	Because of dealing with my mobile phone, my daily routine is hampered.	2.28	Fairly Appropriate
10.	Because of dealing with my mobile phone, I am experiencing eating problems.	1.99	Rarely Appropriate
11.	Because of my mobile phone use, I am experiencing sleeping problems	2.28	Fairly Appropriate
12.	Because of my mobile phone use, I am experiencing problems with work or career opportunities.	2.11	Fairly Appropriate
13.	Because of my mobile phone use, I am experiencing problems in my education.	2.04	Fairly Appropriate
14.	Because of my mobile phone use, I am spending less time with people in my close environment	2.15	Fairly Appropriate
15.	Because of my mobile phone use, I am having conflicts with people in my close environment	2.08	Fairly Appropriate
16.	I cannot control myself when it comes to putting my mobile phone aside.	2.02	Fairly Appropriate
17.	I am using my mobile phone for longer periods than I plan to.	2.43	Fairly Appropriate
18.	I am using my mobile phone for longer periods than I plan to.	2.51	Fairly Appropriate
19.	When I use my mobile phone, time is going by in a flash	2.50	Fairly Appropriate
20.	First thing when waking up is to check my mobile phone.	2.84	Fairly Appropriate
21.	When I stop using my mobile phone, I want to use it again immediately.	2.53	Fairly Appropriate
22.	Rather than with people around me, I prefer dealing with my mobile phone.	2.29	Fairly Appropriate

		Mean	Verbal Description
23.	Rather than talking with friends face-to-face, I talk over the mobile phone	2.23	Fairly Appropriate
24.	In order to use my mobile phone, rather than being together with people, I prefer to move away from them.	1.95	Rarely Appropriate
25.	Rather than talking with my friends face-to-face, I prefer sending a message from my mobile phone	2.15	Fairly Appropriate
26.	Rather than continuing my friendships in real life, I prefer carrying on via mobile phone	1.97	Rarely Appropriate

Data projects the descriptive statistics of the student-respondent's assessment of the mobile phone use of senior high school students. The statement "They feel uneasy when their mobile phone is broken." got the highest mean of 2.98, and was interpreted as *"Fairly Appropriate"*. Closely followed by the statement "First thing when waking up is to check their mobile phone" got the second highest mean of 2.84, and was interpreted as *"Fairly Appropriate"*. Furthermore, the statement, that "they feel uneasy when their mobile phone is out of battery" receives the third highest mean of 2.68, and is interpreted as *"Fairly Appropriate"*. Additionally, "When stopping to use their mobile phone, they want to use it again immediately" got the fourth highest mean of 2.53, and was interpreted as *"Fairly Appropriate".* Lastly, the statement "They use their mobile phone for longer periods than they plan to" ranked fifth highest mean of 2.51, and was interpreted as **"Fairly Appropriate"**.

The table also presents the statement "Because of dealing with their mobile phone, they experience eating problems" which got the lowest mean of 1.99, and interpreted as *"Rarely Appropriate"*. To be followed by "Rather than continuing their friendships in real life, they prefer carrying on via mobile phone" receives ranked two for the second lowest mean of 1.97, and is interpreted as *"Rarely Appropriate".* The last statement, "In order to use their mobile phone, rather than being together with people, they prefer to move away from them" got the last lowest mean of 1.95, and was interpreted as *"Rarely Appropriate".*

It can be inferred that senior high school students feel uncomfortable when they don't have or use their mobile phone, like when they feel that something is wrong or something is missing, and they are bothered by what others have that they don't. Some students immediately check their phones because they think someone messaged them, and they need to read that as soon as possible, or it has just become their habit to open them with or without reason. Students are addicted to using it, and even when their mobile phones have low or not enough battery, they choose to charge and use it while charging for it. Whenever they are comfortable that their phone is charging or has already been charged, they continue to use it. It may not seem like a serious concern but nomophobia can cause very negative mental emotions to students. The analysis also shows that some of the respondents are aware of mobile phone addiction and that they always take precautions for their physical health and maintain interaction with face-to-face communication.

According to Gandhi et. al (2019), Addiction to mobile phones among youth has become a public health concern. While Internet addiction has received a lot of attention up to this point, there hasn't been a thorough analysis of mobile phone addiction. As mentioned by Adamczyk et. al (2018). The article's focus is on the problem of young people using mobile phones and the potential risks associated with their improper use. Also, as stated by Verduyn et al. (2021). This would imply that people who tend to engage in smartphone communication a lot do not engage in less face-to-face interactions than other people do.

This also indicates that despite using their mobile phones, students are not experiencing eating problems or having their eating schedule and how many times they eat per day is not interrupted at all. Moreover, students build their friendships with other peers physically rather than through virtual interaction, apart from using mobile phones, they also tend to access contact with peers more efficiently and

communication with friends is also much more utilized in a classroom setup. In addition, students can continuously use their phones without moving away or isolating themselves alone. To sum it all up, students can use their phones continuously without interfering with their physical and social activities.

In the study Li, S. et al. (2022) state that according to studies, mobile phone use can lead to body image dissatisfaction and unhealthy eating behaviors. According to Kim et al. (2018), they found that self-control and friendship quality protect adolescents from smartphone addiction. Finally, according to Atarodi, A. (2020) Young teenagers use cell phones frequently and incorrectly in some ways and situations. It also demonstrated a link between levels of cell phone use and feelings of powerlessness, anomaly, senselessness, social isolation, or other forms of social alienation.

Sequential Explanatory Data on the Mobile Phone Use of the Participants

The area problems of this study have identified that each student has poor socialization when using their mobile phone and eating disorders. The result of the study shows that students, because of their dependence on using their mobile phones, have been adversely affected. They spend their time on their mobile phones the way they forget to eat at the proper time and they prefer to socialize with other people using their mobile phones while using social media. According to the researchers, the investigation will need to be comprehensive for this. Student's behavior will be obtained in an in-depth analysis and the researcher will carry out qualitative research.

This study shows multiple vast areas of additional required research to further discover more about the eating disorders that affect each student and the poor socialization that results from their use of mobile phones. Seeking reasons to figure out what happened when they use their mobile phone, as well as what they did to experience an effect when using mobile phones and what they experienced for them to be more prepared for those results. To figure out the reason for the result, the students have difficulty processing their habits when their phones are low on battery because they don't

know their limits to satisfy their usage. They tend to exceed intended usage because they are way too addicted or focused on social media that they can't control the time of using their mobile phone. Students tend to resume phone use after their breaks because they want to spend quality time on their mobile phones rather than rest doing nothing, it's their way to entertain themselves. Students tend to check their phones upon waking up in the morning to see any whereabouts of updated posts of their companion, relatives, or someone close to them on social media to be updated or even to see any notifications of required tasks to do beforehand in school. Every student feels uneasy when their mobile phone is broken, it's common because they tend to feel something is missing or to be scolded by their parents that they broke something expensive and they feel anxious when their phone is broken. Mobile phone use affected their behavior and mind which became habitual for them. Mobile phone usage became part of their daily routine with the use of interviews to know their daily routine with the use of interviews to know their experience about their balancing digital and mindset behavior. Qualitative research will be carried out by the researcher to obtain an in-depth analysis of each of the behaviors and reactions of the students. The researchers will further investigate the student's habitual usage of mobile phones, which became part of their daily routine with the use of an interview. To know the in-depth of the student's experience mindset behavior and digital balancing due to mobile phone usage that affects their behavioral thinking that became habitual to the students.

Qualitative Findings

The review and findings were given in order with the study problem's sequential explanatory data, "The Mobile Phone Use of Senior High School Learners," which was listed. The specific order is as follows: Overtime absorption, Social media dependency, Dereliction, Deep work, knowing the limit of usage, Utilization of phone, Self-Restriction, Health Impact, Screen Dependency, and Self-distraction. The participants provided the information needed to complete the aim.

Overtime absorption

The narratives that are offered are based on MPUs' perspectives about the negative impacts of student mobile phone use. According to the reports, utilizing a cell phone is a wise tactic. Additionally, it could have a bad impact on students being able to stay away from their phones.

Based on the statements given, students use their phones extensively, providing a significant portion of their daily schedule to screen time. One participant reports using their phone for 3–4 hours every day, sometimes up to 5–6 hours. This time is mostly spent on social media, especially consuming TikTok content, for pleasure. Another participant confirms this arrangement, acknowledging that they use their phones for three to four hours a day. Nevertheless, they both recognize the negative aspects of excessive phone use, such as eating late exercising, and being physically and mentally exhausted from lack of sleep. The participants also mention that they have tried to self-regulate how much time they spend on their phones by setting timers, but these have not worked. This emphasizes how difficult it can be to overcome smartphone addiction even though people are aware of its detrimental effects on wellbeing. The narratives emphasize the necessity for programs to address students' excessive usage of mobile phones, as it may have a negative impact on their overall state of life and academic performance in addition to their physical health. Young people's connections with technology may be improved by putting policies in place that encourage responsible phone use and aid those who are addicted. Studies valued the overtime use of the mobile phone by the students. Regardless, the majority of time is spent on mobile phones by individuals of all ages. When used excessively, it may lead to a number of dangerous issues for people, including a sense of sadness, severe discomfort, distraction, insomnia, and many more Hossen et al. 2020. The purpose of this research is to examine the direct and indirect effects of impulsivity on smartphone addiction by examining its relationship to sensation-seeking variables (experience seeking, disinhibition, thrill and adventure seeking, and boredom susceptibility), which are crucial when utilizing these technologies inappropriately according to Garotte et al. (2021).

Having a smartphone or mobile phone has the primary benefit of keeping users connected to the internet. It is crucial to note that smartphones, being the little computers that they are, have changed the way we access the internet. Because they can access information and communicate with others constantly while on the go, people are more empowered Asoke (2018).

Time taken:

3 to 4 hours pagkauwi ko ng bahay galing sa school (3 to 4 hours when I got home from school) MPU P1a, Buong araw 3 to 4 hours (All day, 3 – 4 hours) MPU P1a

Spending time on social media:

So araw-araw tumatagal yung pag gamit ko sa phone yun kasi ginagawa akong libangan o mostly umaabot siya ng 5 to 6 hours hindi ko rin kasi maiwan yung phone ko and puro ako social and media mostly tiktok mahilig ako manood. (So every day it takes me to use my phone so much I do my trip so mostly it reaches 5 to 6 hours I don't even like to leave my phone and I use social media mostly tick I like to watch.) MPU P5a,

Screen addiction:

Oo, maaari itong mag ka roon ng negatibong epekto dahil kapag na adik ka sa cellphone minsan nakakalimutan mo na yung sarili mo minsan nakakalimutan mo ng kumain mag exercise mas inuuna mopa ung pag gamit ng cellphone. (Yes, it can have a negative effect because you are addicted to the cell phone sometimes you forget yourself, sometimes you forget to eat exercise prioritizes the use of cell phones.) MPU P2h,

Disagreement of time, eating late:

Oo, kase sa pag tulog ko lagi akong napupuyat tapos kumukonti nalang din ang tulog ko tapos nung sa pisikal na katawan ko naman napansin ko is humihina din ang pisikal body ko na adik ako sa mobile phone. (Yes, because when I sleep, I always wake up and then it comes to my physical body, I noticed that my physical body's sleep gets less and less than when it was

also weakening because I am addicted to the mobile phone.) MPU P3b,

Failed to avoid phone usage:

Twice kung tinry na limitahin ang sarili ko na naka timer sa cellphone ko pero hindi rin siya nag work. (I tried to limit myself twice with a timer on my cellphone but it didn't work either.)MPU P1i

Social media dependency

The conversation on social media and mobile phone communication reveals a deep analysis of what constitutes modern human connection. As was already said, the main purpose of mobile phones is to make communication easier. However, despite the widespread use of digital connection, there is a noticeable change in the recognition of the value of face-to-face conversation. The statement conveys a desire for actual, in-person interaction and highlights the value of human relationships outside of the Internet. It suggests things like going for walks with friends as a way to reduce an over-reliance on technology and calls for a conscious effort to give priority to real interactions over artificial interfaces.

An in-depth viewpoint on the function of mobile phones in socializing is presented in the narrative. There's an appreciation of the limitations inherent in virtual encounters, as well as their usefulness in establishing obligations. The need for meaningful exchanges and deeper understanding is the driving force behind the preference for face-to-face communication, putting doubt on the idea that virtual interactions will completely replace in-person interactions. It also highlights the necessity of a well-rounded socializing strategy that uses digital platforms to supplement conventional means of contact rather than replace them.

The discussion also explores how internet socializing affects self-confidence and interpersonal skills. Even if the advantages of virtual connections in refining social skills are acknowledged, there appears to be a tendency to prioritize in-person interactions for overall personal growth. The ability to navigate a variety of social dynamics in an online setting gives one greater confidence when interacting with people in real life, demonstrating the mutually strengthening influence of digital and physical environments on social behavior. In the end, the discussion promotes a deliberate incorporation of technology into social interactions, acknowledging the intrinsic worth of both virtual and real-world contacts in cultivating significant human ties.

In the last decades, numerous studies have documented an increasing number of social detachments attributed to the uprising utilization of social media and have linked it to the deterioration and mitigation of face-to-face interactions Ismail et.al (2018). Nowadays, mobile phone usage is increasing, especially among children and adolescents. Mobile phones can offer a multitude of advantages, such as instant communication, entertainment, and information. Of course, the frequency of mobile phone usage and exposure poses risks, such as mobile phone addiction. Armakolas et.al (2024).

Internet social media and the availability of mobile devices have an impact on the way people communicate. Adolescents have a wide range of positive and negative impacts that come from the use of social media. Abdel-Aal et.al (2024).

Communication:

Nagmomobile phone tayo to communicate. 'Yun naman talaga yung main use ng mobile phone. From its history, eto nga sinusulat ko "Timeline of Social Media" ngayon. Yun yung sabi niya "to communicate" daw. So i may say na yung instruments na mas makakatulong sa'tin is to communicate pero physically. So kailangan we engage ourselves more with the physical world, parang maghanap tayo ng mga tao na makaka-usap talaga natin, 'yung mga tao na hahalili dun sa kung paano tayo kinuha ng social media. So p'wede naman tayong, alam niyo 'yun, yung mga mag walk trip with friends that would help us lessen our use of social media or mobile phones. (We use mobile phones to communicate. That's really the main use of mobile phones. From its history, here I'm currently writing "Timeline of Social Media" now. That's what it said "To communicate". So I may say that the instrument that would help us is to communicate, but physically. So we should engage ourselves more with the physical world like we will find

people that we could actually talk to, people that will replace how social media got us. So we could also, you know, walk a trip with friends that would help us lessen our use of social media or phone) MPU P8j

Using Phones to Socialize:

Oo, Dahil nga sa pag gamit ko ng phone ung pakikipag socialize its hindi siya masyadong na i inquest(Yes, it's because I use the phone to socialize it's not so much anymore I inquest.)MPU P3e

Ongoing communication:

Hindi naman kasi kahit madalas ako gumagamit ng phone nagkakaroon pa rin ako ng oras sa mga kaibigan ko ganun kahit chat kinakausap ko sila.(Not even though I often use the phone I still have time with my friends so even chat I talk to them.) MPU P5e

Communicating with others:

Wala naman same pa rin siya sa dati kaya ko pa rin makipag-connect kaya ko pa rin makipag communicate with others and so on and so forth simple rin siya sa dati. (Nothing, it's just the same as always I can still connect, I am still free to communicate with others and so on and so forth he is also still as simple as ever before.) MPU P7e

Way of communicating:

Kapag sometimes kasi ako kasi ano ako ayoko na ayoko ng sa chat nag-uusap so kapag nakikipag-usap ako sa mga tao mas gusto ko more gusto ko in personal talaga so yun mababawasan yung pagpo-phone ko doon tapos mas naiintindihan ko yung tao kapag sa personal ko kinausap kesa sa chat ganyan.(Sometimes, I don't want to chat, when I talk to people, I prefer it in person so that I will reduce my phone usage and I can understand the person better when I talk to them personally instead of chatting like that.) MPU P6d

Online Socialization:

I think oo, pero in a good way. Kase when you're able- para sa'kin ah, when you're able to talk to people online, mas nahahasa niya rin 'yung social skills mo personally. When I'm still a bit addicted pa sa use of social media, 'yung mga

games na nilalaro ko is parang socially-oriented sila. So parang kailangan mong makipag-usap sa iba't ibang tao, so that's why nadala ko siya in real life, parang hindi na'ko nahihiyang mag public speaking, 'coz alam kong kausapin 'yung mga iba't ibang klase ng tao online. (I think yes but in a good way. For me, when you're able to talk to people online, it also personally enhances your social skills. Back when I was still addicted to the use of social media, the games I was playing were like-oriented. So it's like you need to talk to different people, and I manage to bring this to real life. It's like I'm not shy anymore when it comes to public speaking because I know how to talk to different kinds of people online.) MPU P8d

Limited Socialization:

Not necessarily naman kasi yung pagko-connect ko sa mga people more on face to face siya hindi talaga ako social media type of guy hindi naman ako masyadong nagme-messenger hindi ako masyadong gumagamit so not really. (Not necessarily because I connect with people more face to face, I'm not really a social media type of guy, and I don't use messengers much, so not really.) MPU P7d

Neglecting Responsibilities

The participant's narrative of using mobile phones in school is based on the values derived from the opinion of senior high school students. According to the study, it's a worthwhile strategy that students should reduce preoccupied prolonged usage of mobile phones. Furthermore, it encourages students to abstain from screen time on mobile phones. It encourages students to abstain from screen time on mobile phone

The participant's narrative, enhancing screen time usage from mobile phones is a worthwhile strategy for senior high school learners who have a hard time dereliction. The topic of mobile phone use (MPUs) may be raised to lecturing about what may affect the students' extreme absorption of mobile phones.

Studies have shown that students tend to forget their responsibility due to too much indulgence in mobile phones that they forget their priority and focus on social

entertainment, students are too lazy to do other activities, such as playing with peers, and forget about their duties and responsibilities according to Nur Alia et al. 2021. Prolonged mobile phone usage causes the students to be distracted to the point they can't evoke or recall their responsibility and they feel disappointed in themselves for forgetting it according to Bokariya et al. 2020. According to Liu et al. 2018 it shows addictive behavior mainly results in failure and lack of self-regulation results in lack of self-control making students unable to lower their cravings and prevent usage of mobile phones.

Forgetting responsibilities while using a cell phone:

Meron, like when I was using my phones I forgot to do my responsibilities. (There are, like when I was using my phones I forgot to do my responsibilities) MPU P2b,

Getting absorbed or too indulgent in phone users tends to forget important things to do:

Nalulungkot ako tsaka parang nakakadisapoint kase may mga importanteng bagay na kailangan kong gawin diko siya nagagawa dahil nga iyon napapadalas ang pag ko ng cellphone. (I'm sad and it seems disappointing because there are important things I have to do, but I can't because I frequently use cell phones.) MPU P3c,

Distraction while using cell phones:

Kapag kunwari sa paggamit ko ng phone sa bahay kapag too much akong gumagamit ng phone may times na nag-aaway kami ng mama ko kasi yun nga nagppocrastinate ako tapos napo-phone lang ako tapos pinag sasabi ko sa mama ko na gagawin ko mamaya yung activities ko ganyan tapos may time din na kapag kausap ako ng tao nawawala yung focus ko kaya dapat kapag nakikipag-usap ako sa personal dapat katabi yung phone ko kasi minsan na ano ako na gamitin yung phone ko ganyan.(Let's say when I use the phone too much there are times when my mom and I fight because I procrastinate and then I just get on the phone and then I tell my mom that I will do the activities later and then there are times while I was using the phone when I'm talking to people, I lose my focus, so when I'm talking in person, I have to have my phone next to me(set aside), because sometimes I was like, like that when I'm using the phone.)MPU P6e

Absorption and longer prone to phone usage:

Sometimes kapag iyon too much social media may time na nakakalimutan ko yung mga activities na dapat kong gawin tapos kapag syempre ayun mag ca-craving nako procrastinate pagkita mo ay ano na nakita ko na yung phone ko mag-o-online ako tapos scroll scroll iyan ganyan tapos hanggang sa nakakalimutan mga iba kong ginagawa ang nangyari kapag nakita ko na yung oras like konti na lang talaga yung oras parang mga 10 to 11 na ganyan doon ko pa lang maalala na paano na pala ako nababad na pala sa phone ko yun na ano ko naiinis ako sa sarili ko like ilang beses ako nag-swer sa sarili ko na kailangan bawasan ko na yung pagpo-phone ko pero may times talaga na hindi ko pa mapigilan pero pakunti-konti naman na-handle ko na yung pag phone ko.(Sometimes when there's too much social media, there's a time when I forget the activities I should be doing, to the point I am craving procrastination, when I see it, I see my phone, I'll go online, then scroll through it. like that, until I forget what else I was doing, what happened when I saw the time, like, the time was really short, like 10 to 11, like that, and then I remembered how I was already absorbed in my phone, that's what I'm annoyed with myself, like how many times I swore to myself that I need to cut down on my phone usage, but there are times when I can't stop it, but little by little, I've managed to handle my phone usage.) MPU P6c

Failed to avoid phone usage:

Twice kung tinry na limitahin ang sarili ko na naka timer sa cellphone ko pero hindi rin siya.(I tried to limit myself twice with a timer on my cellphone but it didn't work either.)MPU P1i

Deep work

Each participant's opinions are being provided about mobile phone users (MPUs) when using mobile phones. The answers being provided indicate that prioritizing responsibilities is still more important, and they need to be more focused on their responsibilities and

know their limitations and how to handle the time properly.

Additionally, when they use mobile phones they can still manage their responsibilities like if they use their mobile phone that is part so they can do their schoolwork quickly but at the same time, they are aware of their limitations when using their mobile phone.

Furthermore, they will also be better able to manage and complete their tasks on time if they keep up with their obligations and set limits on how much time they spend on their phones. The answers submit that achieving a balance can be achieved by putting less importance on using phones while additionally focusing attention on things like housework and schoolwork.

According to Repandi and Nurani (2024), the study's findings indicated that students' low levels of learning interest are a result of their excessive smartphone use; nonetheless, these findings require further investigation into how smartphones affect students' learning interests. This study aimed to determine whether restricting mobile phone use has an impact on senior high school student's interests in learning.

Smartphone use has been linked to adverse effects on academic achievement, particularly among university students. The excessive use of smartphones has been found to directly impact their academic performance, with frequent addiction potentially affecting their personal lives and professional pursuits Amez (2020).

Prioritizing responsibilities:
To be honest wala akong mahalagang bagay na nakakalimutan pag ganon. (To be honest, I don't have any important things to forget.)MPU P1c

Prioritizing responsibilities:
Wala, alam ko na nagagawa ko pa rin ang mga responsibilidad ko (Nothing, I know myself that I still fulfil my responsibilities.)MPU P2c

Prioritizing responsibilities:
Oo, minsan hindi ko talaga sila nagagawa dahil nga madami akong ginagagawa at yung nararamdaman ko naman ay parang nako-konsensya ako kasi responsibilidad ko pero hindi

ko nagagawa. (Yes, sometimes I don't really do them because I have a lot to do and I feel like I feel guilty because it's my responsibility but I can't do it.) MPU P4c

Fulfilling Responsibilities:
"Hindi pa, dahil halos lahat ng takdang-aralin at gawain sa paaralan ay ginagawa ko" (Not yet, because I do almost all of my homework and schoolwork) MPU P2e

Prioritizing things without indulging in phone usage:
Sa tingin ko na pwedeng makakatulong sa-kanila, kagaya ng ginawa ko na ituon nila ang isip nila sa ibang bagay at iuna nila ang kanilang responsibilidad kagaya ng pamanos pinggan,pa-maglaba at iba pa kasi mayroon tayong mga responsibilidad na naiiwan o hindi nagagawa dahil ang isip natin ay naka pokus lamang sa phone.(I think that it can help them like I did that they focus their minds on other things and prioritize their responsibilities such as washing dishes, laundry, and so on because we have responsibilities that are left behind or not done because our minds are only focused on the phone.) MPU P4j

Prioritizing important tasks:
Actually kahit madalas ako gumamit ng phone hindi ko naman nagpapabayaan yung mga ginagawa ko sa bahay yes napapagsabay ko siya yun nga mostly gumagamit ako ng cellphone nagse-search din ako. (Actually, even though I often use the phone I don't really let go of the things I do at home yes I have to go along with her mostly I use the cell phone and I'm looking for it.) MPU P5c

Knowing the limit of usage
Students are always focused on their cellphones, they try to be busy in their activities such as doing activities or other ways such as talking to friends. Another participant, it helps because they learned to limit the use of cell phones because they will continue to focus only on cell phones, it will harm their health because other participants will get sick or become addicted to their cell phones.

Other participants gave their opinions on how to avoid the use of cellphones on a daily

basis, like they can use a mobile phone but they should know their limitations and they should know their daily goals for now they know what to do, they don't just stick to their cellphones.

Participants are frequently absorbed in their cellphones, occupying themselves with various activities or socializing with friends, noting the benefit of learning to regulate cellphone usage to avoid health issues and addiction. Another participant suggested strategies for minimizing cellphone use, emphasizing the importance of setting daily goals and knowing one's limitations to avoid excessive screen time and stay focused on other tasks.

For a small percentage of cellphone users, cell phone use becomes problematic or addictive, characterized by excessive time spent on the cell phone, interference with social relationships and responsibilities, and difficulty disengaging from cell phones. Researchers have argued that depression, anxiety, and self-regulation may be risk factors or outcomes of problematic cell phone use, but there are few longitudinal studies on problematic cell phone use, making it unclear if these behaviors are predictors or outcomes of problematic cell phone use (2019).

Mobile phone addiction among children and adolescents has become a concern for all. To date, focus has been given to Internet addiction, but a comprehensive overview of mobile phone addiction is lacking. The review aimed to provide a comprehensive overview of mobile phone addiction among children and adolescents (2019).

Overuse of smart devices provides comfort and problems both physically and mentally. This study aimed to assess the impact of smartphones and mobile devices on human health and life (2020).

Minimize phone usage:

Meron, naka tulong ito dahil natutunan ko limitahan ang paggamit ko ng cellphone. (Yes, it helped because I learned to limit my use of the cellphone.)MPU P2i

Awareness of using mobile phones:

Pwedi silang gumamit ng mobile phone pero dapat alam nila ung limitation nila at alam nila dapat ang goals nila sa araw araw para sa ngayon ay alam nila kung ano ung gagawin nila hindi lang sila mag i stick sa cellphone.(Theycan use mobile phones but they must know their limitations and they must know their goals for their every day so that for now they know what they are going to do they don't just stick to cellphones.)MPU P2j

Utilization of phone

The narrative that is being discussed is based on the Mobile Phone Users (MPUs) value of mobile phone use in students. The narrative shows that through the utilization of phones, students spend their time on phones because their activities are easily done with the help of their mobile phones. Thus, most of their time was consumed just by using their mobile phones.

Also, according to Gimena et al. (2023), students' academic performance is influenced by their behavioral patterns as well as other student-related factors, such as participation in a variety of extracurricular activities, particularly the use of mobile phones. According to the study, there are three main reasons why students use mobile devices: a lack of interest, lessening stress, and interacting with others. Mobile devices have the potential to either boost or reduce student academic motivation.

Moreover, this study looked into junior high school students' perspectives on motivation and mobile device use at school. The majority of students believe that mobile devices (e.g., mobile phones, and tablets) are an incentive for learning, primarily because they aid in information retrieval, are engaging, and assist students in understanding concepts and completing school assignments, Nikolopoulou (2019).

Using mobile phones as the main device for schoolwork:

Oo kasi, halus lahat ng ginagawa sa school ay nasa mobile phone use lahat kaya nakakain ang oras ko sa paggamit ng mobile phone kasi nandon lahat ang mga pinapagawang activities. (Yes, because almost everything that is done at school is done on the mobile phone, so my time is consumed by using the mobile phone because all the activities are there.) -MPU P4b

Self-Restriction

In these narratives provided by the participants, some of the students shared their prevention plans, alternative activities, and any other agendas that actually helped them to lessen the overuse of their mobile phones. Additionally, these plans and prevention fell more on the physical activities that helped them boost their intellectual development, physical fitness, and spiritual exercises. Also, they shared their plans on how they managed to discipline themselves and to interact with their peers to further reduce their overuse of mobile phones. On top of that, how they also prioritized their responsibilities over phone use.

The uncontrolled use of smartphones disrupts discipline, motivation, and learning outcomes. The first step is to investigate the impact of smartphone intensity on students' learning discipline, motivation, and student achievement. This implies that the higher the intensity of smartphone use, the lower the discipline, motivation, and learning achievement of students, and vice versa, Irna (2020). On the other hand, Background Mobile phones have become increasingly important in people's lives; however, there is widespread concern that they may have negative effects on health. In recent decades, many researchers have investigated smartphone addiction, specifically its definitions, symptoms, criteria, risk factors, and consequences; however, intervention strategies and their effects on smartphone addiction are limited. The goal of this chapter is to provide an overview of the definitions, symptoms, criteria, causes, and consequences of smartphone addiction, as well as to investigate intervention strategies for preventing smartphone addiction, Shen & Su (2019). Furthermore, in the study of Meenakshi (2021), mobile phones provide a direct communication channel between teenagers and peer groups, parents and children, thereby improving social interactions and bonding with peers and family.

In conclusion, there are times that the participants are overwhelmed by the usage of their mobile phones, leaving their duties and responsibilities unattended. Additionally, they could struggle to excel academically if their usage of mobile phone use was not calibrated. On the contrary, these can be prevented because the participants also stated that they find alternative activities that make them physically fit, socially active, and mentally ready at all times. So in this region, the participants have a great ability to restrict themselves.

Self-discipline:

Yung ginamit kong paraan para maiwasan ko ang paggamit ng mobile phone use ay ang pag power off sa aking telephono para kahit gusto ko man hindi ko ito mabubuksan o mag-agamit at gumana po yung paraan na yon sakin, isa pang paraan ang ginawa ko na kumuha ako ng ginagawa na hindi pang online, halimbawa nalang yung pagbabasa sa mga libro lalu na ako anak ng pastor at araw araw ni re required samin na magbasa ng bible, kaya yun po mga naging epektibo sa akin para hindi ako gumamit ng social kaya tinuon ko yung sarili ko na gumawa ng ibang bagay na hindi pang social media at hindi gamit mobile phone use. (The method I used to avoid using a mobile phone use was to turn off the power on my phone so that even if I wanted to I could not open it or use it and that method worked for me, another method I used was to get what I do that is not online yet, for example, reading books since I am the son of a pastor and every day we are required to read the bible, so those are the things that have been effective for me I don't use social media so I focus on myself to do something other than social media and not using mobile phone use). -MPU P4i

Since strategies ko is mainly focus in my physical activities non kasi noong pandemic nga as I said yung pinaka ano ko is ini-improve ko yung physical well-being ko by exercising most of the time at dahil doon na kontrol ko naman yung phone usage ko so yung mga ano naman yung mga ibang strategies naman na failed is ginagawa is tina-try ko mag-aral pero never ko really type yung mga ganyang bagay so na failed iyon pero yung succeeding ko is yung pagwo-workout. (My strategies mainly focus on physical activities during the pandemic as I said before my focus is to improve my physical well-being by exercising most of the time and because of that I manage to control the usage of my phone other than that there are other strategies that I failed

to make but I try my best to continue studying but that wasn't my style that's why I failed but my success is my work out). -MPU P7i

Yeah, marami. Magbigay na lang ako ng few examples. Kase yung usage ko sabi ko nga naka apekto siya nang malaki sa sleep schedule ko. So that's my main kalaban way back pandemic. So tinry ko na patayin 'yung phone ko, dalhin siya sa mas malayong lugar sa pinagtutulugan ko, so that yung temptation hindi ko anuhin. Pero that failed, so nagtry ako na maghanap ng way to distract myself. And yun nga nasabi ko nga kanina, cycling is my taga-salba when it comes to usage of the mobile phone. So I may say "distract yourself".) (Many, and I will give a few examples. My phone usage, like I said, really affected my sleep schedule, and that's my main enemy way back pandemic. So I tried to turn off my phone and bring it to locations farther away from my sleeping space so that I wouldn't be tempted, but that failed. So I tried to find another way to distract myself, and I mentioned ago that cycling is my savior from my mobile phone usage. So I may say "Distract yourself"). -MPU P8i

Finding a comfortable way to use a mobile phone:
Humanap sila ng bagay na magiging komportable sila na gawin ito maliban sa paggamit ng cellphone(They find something that makes them comfortable to do it other than using the Cell phone). -MPU P3j

Prioritizing Responsibilities:
Wala pa, dahil nagagawa ko halos lahat ng aking mga homework at schoolwork. (Not yet, because I do almost all of my homework and schoolwork.) -MPU P2e

Sa tingin ko na pwedeng makakatulong sakanila, kagaya ng ginawa ko na ituon nila ang isip nila sa ibang bagay at iuna nila ang kanilang responsibilidad kagaya ng pamanos pinggan, pamaglaba at iba pa kasi mayroon tayong mga responsibilidad na naiiwan o hindi nagagawa dahil ang isip natin ay naka pokus lamang sa phone. I think that it can help them like I did that they focus their minds on other things and prioritize their responsibilities such as washing dishes, laundry, and so on because we have

responsibilities that are left behind or not done because our minds are only focused on the phone.) -MPU P4

Yung pwede makatulong sa mga taong mayroong excessive phone usage yung mga na adik sa phone kailangan muna nilang unahin yung dapat nilang gawina gamitin lang nila yung phone nila kapag important lang talaga like kunwari about sa school ganyan or kapag may family matters kung hindi man nila kasama yung family nila pwede namang gamitin lang nila yung phone nila kapag may communication sa family ganyan hindi yung na meron namang ibang bagay yun nga sabi ko board games mag ganun or pwede rin sila mag-ano sa sports para hindi sila naadik sa pagpo-phone kasi diba yung mobile legends ganun or other online games yung nagpapa-adik sa kanila pwede naman ano ibahin nila yung mga gawi nila mga needs nila para hindi din lumabo yung mga mata nila kasi nga sa radiation ng phone. (The possible can help people who have excessive phone usage, are those who are addicted to the phone, they have to prioritize what they have to do, and they should only use their phone when it's really important, like pretending to be about school or when there are family matters if they are not with them their family can only use their phone when there is need for communication. Not using phones for unnecessary things (that's what I said) do something like board games or they can also play sports so they don't get addicted to the phone for example mobile legends or other online games that make them addicted. What they can do to change their habits, is that they need to reduce usage so that their eyes don't get blurry because of the radiation of the phone.) -MPU P6j

Socializing entertainment to others as a way to avoid phone use:
Yung ginawa ko its nagpatulong ako sa mga kaibigan ko or parang sila ung ginawa kong libangan ganon parang nakikipag socialize parin ako sa mga kaibigan ko para maiwasan ko masyado ung paggamit ko ng cellphone. (What I did was I asked my friends to help me or it was as if they were the ones I did entertainment like that I still socialize with my friends to avoid using cellphones too much.) -MPU P3i

Diverting to distract oneself to avoid excessive phone usage:

Actually, yes kasi para maiwasan ko yung masyadong paggamit ng phone ginagawa ko na lang is yung parang nagdo-drawing nalang ako ganun dahil isa yung hobbies o kaya naglalaro ako ng badminton kasi kasama yung mga kaibigan ko. (Actually, yes because to avoid using the phone too much I just do it like I'm drawing because it's one of my hobbies or playing badminton because I'm with my friends.) -MPU P5i

Prioritizing responsibilities:

May mga ano na paraan na ginawa ko para malimit ko yung sarili ko sa pag ce-cellphone like gagamitin ko lang yung phone o mag-o-open lang ako ng data kapag alam kong may ise-send yung mga teachers namin na activities ka niyan tapos lilibangin ko yung sarili ko ng hindi mismo sa social media like maghahanap ako ng mga board games like chess ganyan tapos yayayain ko yung mga kapatid ko maglaro sa akin ng ganun kesa mag-social media ako kasi actually ano eh lumalabo yung mata ko dahil sa pagpo-phone ko kaya ni-limit ko tapos like uunahin mo yung dapat mong gawin bago yung pagpo-phone na alam mo naman talaga sa sarili mo na hindi mo kailangan mag phone para lang malibang yung sarili mo kailangan mo ding gawin yung ibang bagay kasi yung phone nandiyan lang iyan kasi hindi naman talaga siya necessity or hindi naman kailangan ng tao talaga ng phone like naging ano lang siya kasi ginagawa siyang pangangailangan. (There are some ways that I have done so that I can stop myself from using my cell phone I will only use the phone or I will only open data when I know that our teachers will send something activity that's it and then I will entertain myself not directly on social media like I will look for board games like chess like that and then I will invite my brothers to play with me instead of using social media that cause my eyes to become blurry because of my phone usage, I limited it and then like, prioritize what you have to do before the using the phone, you know yourself that you don't need to use the phone just for the sake of yourself, you also need to do other things, the phone is just there, it's not really a necessity for me and other people, the phone is or the necessary purposes.) -MPU P6i

Prevention:

Siguro meron someone na pweding mag stop na tigilin ung pag cellphone. (Maybe there is someone who can stop using the cell phone.) -MPU-P1j

Health Impact

Each participant's opinions regarding mobile phone use (MPUs) establish the basis of the narrative that is being presented. Additionally, it may help students avoid using their phones. They believe that using a phone has negative effects on their health since they frequently forget to eat at the appropriate time or are unable to eat because of using their phone.

As stated by the participants, using mobile phones can have a big impact on our health, especially when they use them all day. Our mental health is affected in the way that we can't control ourselves anymore. Additionally, when they are addicted to using mobile phones they forget to eat on time or sometimes they don't eat at all. Furthermore, there are also positive and negative effects on their physical health while using mobile phones. The positive of using a mobile phone is when there is a positive effect, like when they do school work, their jobs become easier. On the other hand, it has many negative effects especially on their body, because sometimes they overuse it, it affects their mental health which causes a big problem in their body.

For instance, studies that evaluate exposure from an emotional or mental approach have connected mobile phone use to negative consequences for mental health by Thomee (2018). Students are being enhanced access to their health, Bandason et al. (2021) According to the study Students' mobile phones can help overall access to health information and encourage their use of health services. Often using social media as well as other digital communication tools may increase loneliness, stress, and anxiety, which can hurt mental health. According to Atas and Celik (2023), for instance, to increase in mobile phones among students can pose an alarming risk to mental health and physical health.

Bad effects of mobile phone usage on social engagements:

When we say negative. Sabi nila "internet will affect us on a positive and negative way." So I may say na yes, p'wede siyang maka-affect nang negative. Kase katulad na lang ngayon sa nangyayari sa Magalang. So every single issue na nararanasan ng mga magaleños, pino-post nila du'n sa isang group sa Facebook. So for example, nakita niya lang is kumain siya sa isang resto, nakita niya is madumi, and then ipopost nya kaagad dun. So 'yun, nag-uumpisa dun 'yung mga away. I even have this experience na 'yung isa kong classmate na nagreresearch kasi kami. And then, she is looking for her respondents sa research and nagpost siya dun sa group na yun, but unknowingly naka-anonymous pala siya. So the members confronted her, sinabi nila na kung maganda daw ba 'yung intention niya is hindi siya maga-anonymous. Yeah, I think na may negative effect siya sa society.(When we say negative, they say that the internet will affect us positively or negatively. So I may say yes, it's possible to negatively affect. For example, look at what's happening now in Magalang, for every issue that the Magaleños experience, they post it on that one group on Facebook. So for example, if he/she ate in a restaurant and saw that it was dirty, he/she will immediately post in on that group, and arguments will arise from that. I even had this experience where one of my classmates, and I were doing research and she was looking for her respondents, and she posted on that group. But unknowingly, her identity was anonymous. So the members of that group confronted her and said that if her intentions were good, then her identity must not be anonymous. Yeah, I think that it has a negative effect on society). MPU P8h

Interpersonal development:

Yes actually my negative effect nga yung paggamit ng cellphone lalo na pag hindi mo nababalance minsan kasi hindi mo na mamamalayan pag gumagamit ng phone parang doon ka na lang nagpo-focus so nakakalimutan mo na yung iba mong kailangang gawin buhay. (Building relationships is a no. Like I said, it helps us socially in a good way. That's why it enhances our ability to be with others more. It's like it makes and builds the friendship more easily). MPU P8e

Positive and Negative Impacts:

Like kunwari nag po-phone ka nalilibang ka doon like kapag nag-facebook ka scroll ka tapos pag nag-ano ka sa tiktok mag-i-scroll ka din like yung mga sayaw sayaw ganyan tapos sa instagram din ganyan scroll then syempre kapag nasobra ka sa pagkabad sa phone mo paggamit mo ng social media syempre mag aano pa doon na mag popocrastinate ka kasi nalilibang doon sa phone mo may ano na mapapabayaan mo yung mga iba mong ginagawa kaya minsan yung mga gawaing bahay isinasantabi mo muna kasi nalilibang ka sa phone mo ganyan mostly ganun yung mga effect.(Like pretend you're on the phone and you're having fun there like when you're on Facebook you scroll, then when you do something on TikTok you also scroll, like the dances, like that, then on Instagram also scroll through it, then of course when you're too absorbed on your phone because of using social media, of course procrastinating will happen because you're distracted on your phone, something that makes you neglect other things you're doing, so sometimes you put the housework aside because you're distracted on your phone and that's what mostly how the effects are). MPU P6f

Neglecting responsibility and lack of main focus:

Kapag nag ce cellphone ako meron times na ginugulo ako then nabubusit ako.(When I use my cell phone, there are times when it disturbs me and then I get annoyed.) MPU P1f

Bad temper using a mobile phone:

Oo most of the marami ng time actually noong grade 11 transitional pako since pandemic papunta sa face to face marami na akong ni-neglect na responsibilities feel ako ng guilt kasi hindi ko ma-express or hindi ko may execute ng maayos yung mga ginagawa ko.(Yes, most of the time, there was a lot of time actually during the grade 11 transitional, since the pandemic went face to face, I have neglected many responsibilities and I feel guilty because I cannot express or execute properly what I am doing.) MPU P7c

Neglecting responsibility and lack of main focus:

Like kunwari nag po-phone ka nalilibang ka doon like kapag nag-facebook ka scroll ka tapos pag nag-ano ka sa tiktok mag-i-scroll ka din like yung mga sayaw sayaw ganyan tapos sa instagram din ganyan scroll then syempre kapag nasobra ka sa pagkabad sa phone mo paggamit mo ng social media syempre mag aano pa doon na mag popocrastinate ka kasi nalilibang doon sa phone mo may ano na mapapabayaan mo yung mga iba mong ginagawa kaya minsan yung mga gawaing bahay isinasantabi mo muna kasi nalilibang ka sa phone mo ganyan mostly ganun yung mga effect.(Like pretend you're on the phone and you're having fun there like when you're on Facebook you scroll, then when you do something on TikTok you also scroll, like the dances, like that, then on Instagram also scroll through it, then of course when you're too absorbed on your phone because of using social media, of course procrastinating will happen because you're distracted on your phone, something that makes you neglect other things you're doing, so sometimes you put the housework aside because you're distracted on your phone and that's what mostly how the effects are.) MPU P6f

Getting influenced by social media:

Wala naman masyado pero if i have to say siguro anxiety hindi ko alam kung ano yung cost talaga noon pero dahil sa social media siguro dahil yung nauso na rin yung parang trend na yung social anxiety parang lagi siyang ginagawang topic dahil doon parang naim-influence ako na parang inisip ko na ako din may social anxiety ako pero ngayon hindi ko na iniisip na ganun.(There's not much but if I have to say maybe anxiety I don't know what the cost really was but because of social media maybe because it's become a trend social anxiety seems to always be a topic because that's where I seem to be influenced I thought I had social anxiety too but now I don't think so anymore.) MPU P7f

On track prioritizing responsibility but the influence of the phone use becomes a mishap at some point:

Yung missing responsibilities, para sa'kin naman hindi. Kase I have great track sa mga dapat kong gawin lalo na when it is about academics. Parang I know my priorities and I know my borders. Pero 'yung missing an activity, 'yon, nangyayari 'yon. Minsan, sa kaka-cellphone mo, you will slip out of your body clock. Ganon, parang makakalimutan mo na in this time kailangan may gagawin ka na and this time kailangan gagawin mo na 'yung gan'tong bagay. So, you forget to do the things that you are supposed to do. Pero, it doesn't mean na nakalimutan mo 'yung responsibilities mo. For example, every hapon is, 'yun nga sabi ko, my goal is to engage in physical activities. Pero minsan kaka-cellphone mo, nalilibang ka sa pinapanood mong pelikula gano'n. Kase I'm a fan of watching Netflix gano'n, 'yung mga movies dun, action movies and Sci-fis. Kung nanonood ako and then 'yung hihihintay ko na series is lumabas na siya, makakalimutan ko na 'yung iba kong spare time na gamitin 'yon sa physical (activities). So 'yon, responsibilities, no. Pero yung namimiss out na activities, yes. (About the missing activities, for me, not really. Because I have a great track of everything I need to do. Especially, when it's about academics and I know my priorities and I know my borders. But missing an activity, it actually happens. Sometimes, because of too much cellphone use, you will slip out of your body clock. You tend to forget that in this particular time, you have to do something, and in this time, you have to work on something. So, you forget to do the things you're supposed to do, but it doesn't mean that you already forgot about your responsibilities. For example, every afternoon, like I said, my goal is to engage in physical activities. But sometimes, because you're frequently using your phone, you are getting entertained by the movies you are watching. Because I'm a fan of Netflix and I like watching action movies and sci-fi, and if I'm watching and then the series I'm waiting for comes out, I will forget to use my spare time for physical activities. So, missing a responsibility, no. But missing an activity, yes.) MPU P8c

Screen Dependency

Some of the participants have gotten used to using cell phones, it seems like they don't have a day when they don't go online because they always want to watch videos on TikTok, that's why they don't communicate with their friends because they use cellphones too much,

they think that they are no longer young enough to play outside, they prefer to use cellphones, so their bodies are usually weak because of excessive use of cellphones.

These participants are not all the time, they are always on their cell phones, almost everything they do at school is on their mobile phones, so their time is consumed by using their mobile phones because all the activities they are doing are there. So not all the time he is focused on cellphones or mobile games but on his activities at school.

A few participants find it difficult to limit the use of cellphones because they say it's addictive and they can't control the use of cellphones because of games or other things, while others are able to limit it because they have their own activities such as activities at school or talking with friends to limit the use of the phone.

Due to the notably increased penetration of smartphone use among students and the alarming risk it poses to both physical and mental health, this study investigated mobile phone addiction among university students concerning student characteristics, mobile phone usage behaviors, and mobile phone use purposes and situations (2023).

Mobile phones make our lives easier, but on the other hand, it ties us. Mobile addiction not only has physical effects but also psychological and academic effects at the same time. Sleep deficit, anxiety, stress, and depression which are all associated with internet abuse, have been related to mobile phone usage (2019).

Although the mobile phone has been conspicuously proliferated in the past decades, little is known about its influence; especially its effect on student learning and academic performance. Although there is a growing interest in mobile devices and their correlates and consequences for children, effects vary across related studies and the magnitude of the overall effect remains unclear. The purpose of this study is to further examine any relationships that may exist between mobile phone use and educational achievement (2018).

Phone addiction awareness:

Oo kasi syempre dahil nasanay ako na gumamit ng phone parang kulang yung araw ko *kapag hindi ako mag-o-online kasi gusto ko din na nag-i-scroll ako nanonood din ako ng mga videos sa tiktok ganyan pati yung kapag minsan wala akong ginagawa kasi cellphone ko lang yung nandiyan ano kasi wala naman hindi naman na kasi tayo nakikipaglaro ano nga kasi dahil nga sa edad natin we tend to ano hahanapin natin yung makakapag libang sa atin ganyan so syempre para sa akin kahit ganitong edad din nahihirapan ako na ilimit yung sarili ko kasi syempre dahil na rin sa kaburingan pati kapag ayoko mag-overthink ganyan ganun ako pag ayaw ko mag-overthink kapag marami akong iniisip nagpo-phone para ano para maiwasan yung pag-overthink ko sa mga bagay ganyan pati minsan hindi ko maano yung stress ko nagpo-phone ako pero ngayong ano naman ko konti-konti din nababawasan ko yung pagpo-phone ko like ginagamit ko na lang siya kapag may gagawin activities ganyan.(Yes, of course, because I got used to using the phone, it seems like my day is not enough when I don't go online because I also like to scroll, I also watch videos on TikTok, that's how it is sometimes when I'm not doing anything I'll just use my cellphone, that's what's wrong, it's not because we're playing anymore, because at our age, we tend to look for things that can entertain us like that, so of course for me, even at this age, it's hard for me to limit what I'm myself, of course, because of my stupidity, even when I don't want to overthink, that's how I am when I don't want to overthink when I'm stressed, I'm on the phone, to relief myself, I'm reducing my phone usage little by little like I only use it when I have to do activities like that.) MPU P6g,*

Phone Addiction:

Oo, nahihirapan na akong limitahin yun kasi nga hindi natin matatanggi na nakakaadik ung pag ce cellphone.(Yes, I'm having a hard time limiting that because we can't deny that cell phone use is addictive.) MPU P1g,

Addiction to mobile games:

Oo, dahil na adik ako sa larong iyon.(Yes, because I am addicted to that game.) MPU P2g,

Phone Obsession:

Oo, noon kase parang wala nakong ibang ginawa kundi maging libangan nalang ung

cellphone so parang hirap sakin na iwasan yon or continue ung paggamit ng cellphone. (Yes, back then it seemed like I did nothing but be a hobby cellphone so it seemed difficult for me to avoid that or continue using the cell phone.) MPU P3g,

Using mobile phones as the main device for school work:

Oo kasi, halus lahat ng ginagawa sa school ay nasa mobile phone use lahat kaya nakakain ang oras ko sa paggamit ng mobile phone kasi nandon lahat ang mga pinapagawang activities. (Yes, because almost everything that is done at school is done on the mobile phone, so my   Time is consumed by using the mobile phone because all the activities are there.) MPU P4b,

Awareness of using a mobile phone:

Pwedi silang gumamit ng mobile phone pero dapat alam nila ung limitation nila at alam nila dapat ang goals nila sa araw araw para sa nga-yon ay alam nila kung ano ung gagawin nila hindi lang sila mag i stick sa cellphone.)(They can use mobile phones but they must know their limitations and they must know their goals for their every day so that for now they know what they are going to do they don't just stick to cell-phones.) MPU P2j.

Self-Distraction

The narrative of using mobile phones in school is based on the value derived from the opinion of users at senior high school. According to the stories, improving students' daily habits to lessen using mobile phones is worth the strategy. Furthermore, it could encourage students not to be invective to the point of harming themselves.

According to the participants, it's important to shift from distraction to prior focus on health. It is worth the value of strategy for en-hancing senior high school learners' knowledge of self-care health. To raise aware-ness of effects that may have negative impacts on students' involvement from Mobile Phone Use (MPUs) that peak interest in this topic of self-distraction because of usage.

The student tends to notice self-distraction because mobile phones are affecting their daily habits and sleep interruptions stated by Abdel-

Haleem et al. (2022). Studies have shown that the reason for suppressing students' sleep is because of radiation that affects the production of melatonin the role of managing the sleep and wake cycle that became caused because of much usage of mobile phones Chang et al. (2019). The effects of daily habits on students when they use mobile phones are that they tend to forget to eat and sleep because of pro-longed usage they wake up late in the morning which means students miss their breakfast and lunch which means skipping a meal according to Hirsh-Yechezkel et al. (2019.)

Sleep interruptions:

Actually yes madami akong napansin una na doon yung late na ako nakakatulog mostly madaling araw na dahil sa sumobra ako sa kaka cellphone.(Actually yes I noticed more first that it was late that I slept mostly easy day because I drowned on your cellphone.) MPU P5b

Affecting daily habits:

So yung eating habits ko minsan from time to time minsan napapakonti na lang hindi na ako masyadong gaano kumakain tapos halimbawa kapag meron kasing time noon nung pandemic eh medyo adik pa ako sa mobile legends minsan napupuyat ako at saka yung physical activities ko although hindi naman masyado naapektuhan iyon.(So my eating habits sometimes from time to time sometimes become less and less, I don't eat much anymore than for example when there is a time like before during the pandemic, I'm still a bit addicted to mobile legends sometimes I stay up late and then my physical activities although not too much affected that.) MPU P7b

Affecting daily habits:

So way back 2020 when the pandemic strikes, siguro many of the population naman, lalo na ng youth is tumaas yung usage nila ng so-cial media or ng mobile phones. Siguro ako nasa, umabot ako ng 12 hours ng usage non and I can say na yes, it affected my eating habit, kase 'yung unang naaaffect niya is mainly the sleeping hab-its of the users. So, let's say for example, nagce-cellphone ka up to 12 AM, so makakatulog ka na is around 1 o'clock or 2 o'clock (AM). So, it means na hindi ka agad nagigising whichdang is you will miss the breakfast. So yes, nangyayari sa'kin

nun is 2 AM, 3 AM, and then magigising ng 12 (PM) or 1 (PM) that's why mami-miss mo na yung breakfast and yung lunch mo, medyo na skip mo na rin nang konti. So yes to sum up, it affects(Way back in 2020 when the pandemic struck, maybe most of the population, especially the youths' usage of mobile phones or social media increased drastically. While, I think I reached 12 hours of usage and I can say that yes, it affected my eating habits. Because the first it affects is the sleeping habits of the users. For example, you're using the phone until 12:00 AM, but you can only sleep now around 1:00 AM or 2:00 AM. So it means you can't wake up that early in the morning, in which you'll miss your breakfast. So yes, the thing that happened to me is that I only get to sleep around 2:00 AM to 3:00 AM. And then, waking up by 12:00 PM or 1:00 PM. That's why you will really miss your lunch and breakfast, which means that you skipped your meal. So to sum up, yes it affects.) MPU P8b

Conclusion

1. The study shows the insight of underscores to explore more on the implications of senior high students due to their dependence on mental and physical health. It was also found that the students are continuing to use their phones despite low battery or discomfort habits that may have a negative influence on their physical health as well as induce bad mental feelings and the emergence of nomophobia. Some respondents must take steps to encourage a balanced approach to mobile phone usage, nurture connections from real life, and manage resources of digital habits that must be alleviated after realizing how harmful whenever they use their mobile phones observed in this study.

2. Addressing senior high school learners about excessive mobile phone use has a many-sided approach. To further discuss and give in interest to the topic, to promote overall well-being, stakeholders and potential risk of negative impact usage can be informed to make choices among the students about their mobile phone use. In order for the students to prioritize their responsibility, it is important to help them strike their personal well-being and boundaries of balancing technology use. By promoting awareness and implementing prevention measures to help the students safeguard their academic performance and well-being while they use mobile phones. Furthermore, while mobile phones offer connectivity and convenience they can go to the point of overusing them which can lead to addiction, it can also have adverse effects on their academic performance and mental health. It is vital to promote overall well-being by encouraging students to limit or reduce their screen time, prioritize themselves, and engage in alternative activities. Empowering students to develop healthy habits and prioritize their physical and mental wellness. In order to improve students' educational experience and quality of life, it is important to balance mobile phone technology usage and personal well-being.

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