

Cell Phone use for Leisure: Its Correlates and Content

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Honours Thesis Summary

Leisure is one of the most popular uses for cell phones, yet phone use for leisure specifically, has not been widely examined in the literature, particularly in relation to well-being. The study, *Cell Phone use for Leisure: Its Correlates and Content*, aimed to examine phone use for leisure as related to factors including individuals' mental health (i.e., anxiety, depression, life satisfaction), sleep satisfaction, individuals' tendencies to self-determine, to demonstrate need for cognition, and school performance. The purposes for which individuals use their phones during leisure were also examined.

A total of 159 Brandon University students completed a survey examining the variables listed above. The results showed that 87% of students consider their phone their main source of leisure and on average students spent 5.2 hours a day on their phones with 2.5 of those hours for leisure. Students reported spending most of their leisure phone time on social media sites (Instagram, Snapchat, TikTok) and reported most of their phone time to be for fun.

Also, though daily leisure phone use, specifically, was not correlated with any of the observed variables, general daily phone use was. In particular, higher daily phone use was associated with higher depression and anxiety scores, and with lower life satisfaction, and self-determination. Also, satisfaction with life was negatively correlated with depression, anxiety, and positively correlated with sleep quality and self-determination. Overall, greater life satisfaction was predicted by greater self-determination and a combination of the amount of daily leisure phone use and need for cognition. In addition, greater self-determination predicted both lower anxiety and lower depression. Generally, these results showed that greater general phone use is tied to negative mental health impacts and that self-determination is positively associated with mental health benefits.