

Co-Designing an Academic Focus Mobile Application

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Smartphone usage is increasing dramatically, due to affordability and accessibility, around the globe. Young individuals consisting of high school and college students make up the highest percentage of smartphone users ¹. Meanwhile, researchers for the past decade report a negative relationship with smartphone usage and academic performance. An extended body of research has linked the problematic use of smartphones with physical and mental health issues. Yet students continue to use their smartphones, even while in class. Even though solutions to smartphone overusage by students have been developed and are available in Apple's App Store and Google's Play Store, these self-control/self-regulation applications are generally not used, based on our observations and surveys. We are, therefore, planning to conduct a participatory design study to seek understanding from potential users on the issues and potential requirements for a usable mobile app to aid with student self-control and self-regulation of smartphone usage in academic settings. The main goal of the app will be to make students aware of their smartphone usage behavior, keep them focused during class and while studying, and presenting them with strategies to tackle the smartphone overusage challenge.

Keywords: HCI, Smartphone Usage, App Design, Participatory Design

¹ <https://www.nielsen.com/us/en/insights/news/2016/millennials-are-top-smartphone-users.html>