

Over-connected? A qualitative exploration of the relationship between Australian youth and their mobile phones.

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Over-connected? A qualitative exploration of the relationship between Australian youth and their mobile phones

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Abstract

In Australia, youth are the most prolific users of mobile phones, however, there is little research investigating this phenomenon. This paper reports a qualitative exploration of psychological factors relating to mobile phone use amongst Australian youth. 32 participants, aged between 16 and 24 years, took part in focus group discussions. Thematic data analysis focussed on identifying the psychological benefits arising from mobile phone use and whether mobile phone addiction was occurring amongst this group. Mobile phone use was believed to provide numerous benefits to users and is an intrinsic part of most young people's lives. It emerged that some young people are extremely attached to their mobile phone with symptoms of behavioural addiction revealed in participants'™ descriptions of their mobile phone use. The study provides a solid foundation for further work investigating addictive patterns of mobile phone use

amongst youth.



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Keywords

Australia; Youth; Qualitative research; Mobile phone; Addiction

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