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INTERNET DIARY

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As a teenager it doesn't really come as a surprise that I use my phone (as well as other electronic devices) a whole lot. I am very aware of the negative effects that these electronics have towards us and how everyone's (and especially the youths) attention span has been affected. But sometimes you just can't help but get hooked on the apps on your phone. To see how much time I spend on my devices I decided to start tracking my screen time from the 1st of November .



Internet usage in November

November was a bit more laid-back for me in terms of my internet usage. It was a period where I didn't have much schoolwork so my days would mostly be spent watching tv-shows, playing games or going out with friends. I used social media on my phone primarily for messaging purposes. The only social media apps I have on my phone are Instagram and Messenger because I find others like Snapchat or TikTok very distracting. I also remember spending a lot of time watching Youtube, because it was more convenient for me to watch shorter bite-sized videos than get invested into watching a longer series or movie. So, to sum it all up:

- about 4 hours a day spending time on my computer (playing games, watching Youtube).

- about 3 hours a day on social media apps on my phone

Most used apps: Instagram, Spotify, Youtube

Internet usage in December

December was a much more turbulent time than November. I had a lot more things to do with school and I was also travelling more frequently. I stopped spending so much time on social media apps and video games so I can focus on much more important things. I had a bunch of presentations that I needed to make for school and Erasmus. And the most important thing that made my screen time skyrocket was the fact that we had online school at the end of December. I was spending about five hours listening to online classes and about two more hours on my computer to complete school assignments and for entertainment. So practically I was using my phone less, but my computer a whole lot more.

-about 7 hours a day spending time on my computer (online classes and entertainment).

-about 2 hours a day on social media apps on my phone

Most used apps: Instagram, Youtube, various mobile games

Internet usage in January

January was the month where I was on winter break from school, so I had a lot more free time on my hands. And of course, I used a lot of that free time on my computer and phone. This year's winter break was a bit duller because I didn't go anywhere on vacation, so I resorted to social media and tv shows to cure my temporary boredom. I had also made a watchlist of shows I want to watch so it isn't a surprise that I used my computer quite a lot. So, in summary, I was using my electronics a lot more in January than I have in the past two months of having this internet journal.

- about 6 hours a day spending time on my computer (video games and entertainment).

- about 3 hours a day on social media apps on my phone.

- Most used apps: Instagram, Youtube, messenger

Internet usage in February

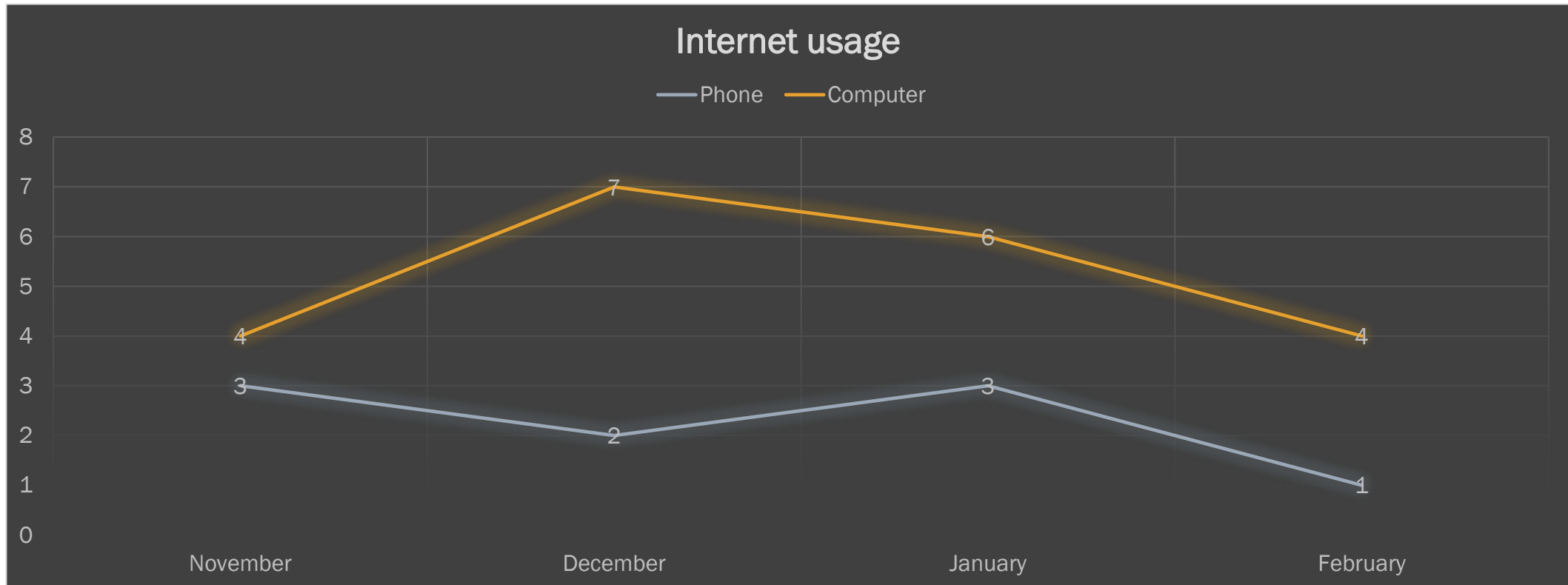
February is the month where we got back in school. So of course, my internet usage on average dropped a bit, but not quite a lot. Even though my electronics a lot less, I had a bunch of school presentations and Erasmus assignments I needed to finish. At this point I felt like I was using my phone a bit too much. So, I used a grayscale app to make my phone screen black and white. With this I made my phone so boring to the point where I practically wasn't using it at all. Of course, I was active on social media so I can message people, but I wasn't aimlessly scrolling through various posts and accounts like I usually do.

-about 4 hours a day spending time on my computer (schoolwork and entertainment).

-less than an hour a day on social media apps on my phone.


Most used apps: Instagram, Spotify

Graph of my internet usage throughout the months

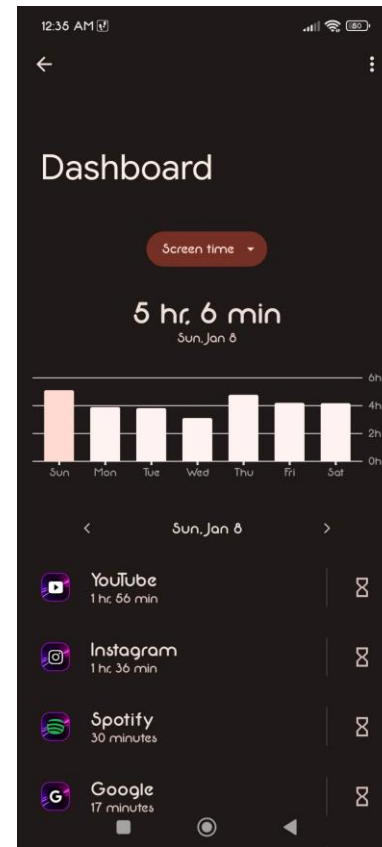


So, using this data we can deduce that I now spend about:

28.7% of my time
on my
computer 

9.53% of my time
on my phone 

Data from the digital wellbeing app on my phone



Conclusion

I was honestly surprised with the results when I first started this diary. I wasn't aware of how much time I was spending on my electronics. Even though most people say that there isn't anything good about staring into a screen all day, I think people forget that phones and computers are devices that can give us all the information we want at the palm of our hands. That's why the main point of this internet diary (in my point of view) is to prioritize that good side of technology, while ignoring the bad and addictive one. I am going to continue to collect data from my phone and computer and keep updating this journal.



THANK YOU FOR YOUR ATTENTION!

Top 10 Mobile Apps by Penetration of App Audience
Source: comScore Mobile Metrix, U.S., Age 18+, June 2017

