

UHMT2062 - Psychology of Adjustment
Individual Portfolio

**MY MISSION:
IMPROVING QUALITY TIME
BY DETOXING PHONE
ADDICTION**

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CURRENT PROBLEMATIC BEHAVIOUR

My life has already been greatly impacted by my phone. I even can't survive without my phone. Although I am aware that my home is a secure location for my phone, I am nonetheless genuinely eager to return there. Despite being an introvert in real life, I can appear to be an extrovert on screen. Through social media, I enjoy interacting with and learning about other people.

As time goes by, I become addicted. I am not only interacting with people but also spending hours watching random videos, such as in TikTok. I might be able to tap that app the moment I open my phone. As a result, my job schedule has shifted. My assignments began to pile up.

Since I am an ISTJ according to the MBTI, I choose being methodical and well-planned over impulsive and adaptable. However, this addiction will always interfere with my plans.






STRATEGIES/PLANS



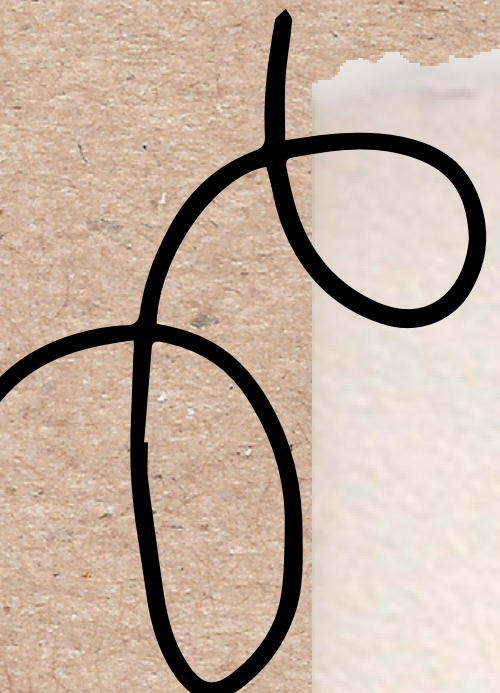
Reducing
phone screen
time especially
on social
media usage.

Prioritize work
over phone by
rewarding
myself if I
completed my
work.

Increase
study hour
per day to
improve my
quality time.



WEEK 3




It has been a tiring week for me since I have an industrial visit in KL on Monday and need to wake up early. After the visit, I rest a lot because I feel very tired.

However, on Tuesday onwards, I have much time to study. At night, I spent time to study around 2 to 3 hours. However, when I feel tired or bored, I reach my phone and use it for a long time, browsing my social media.

In the evening, I went for a jog and gym with my friends.

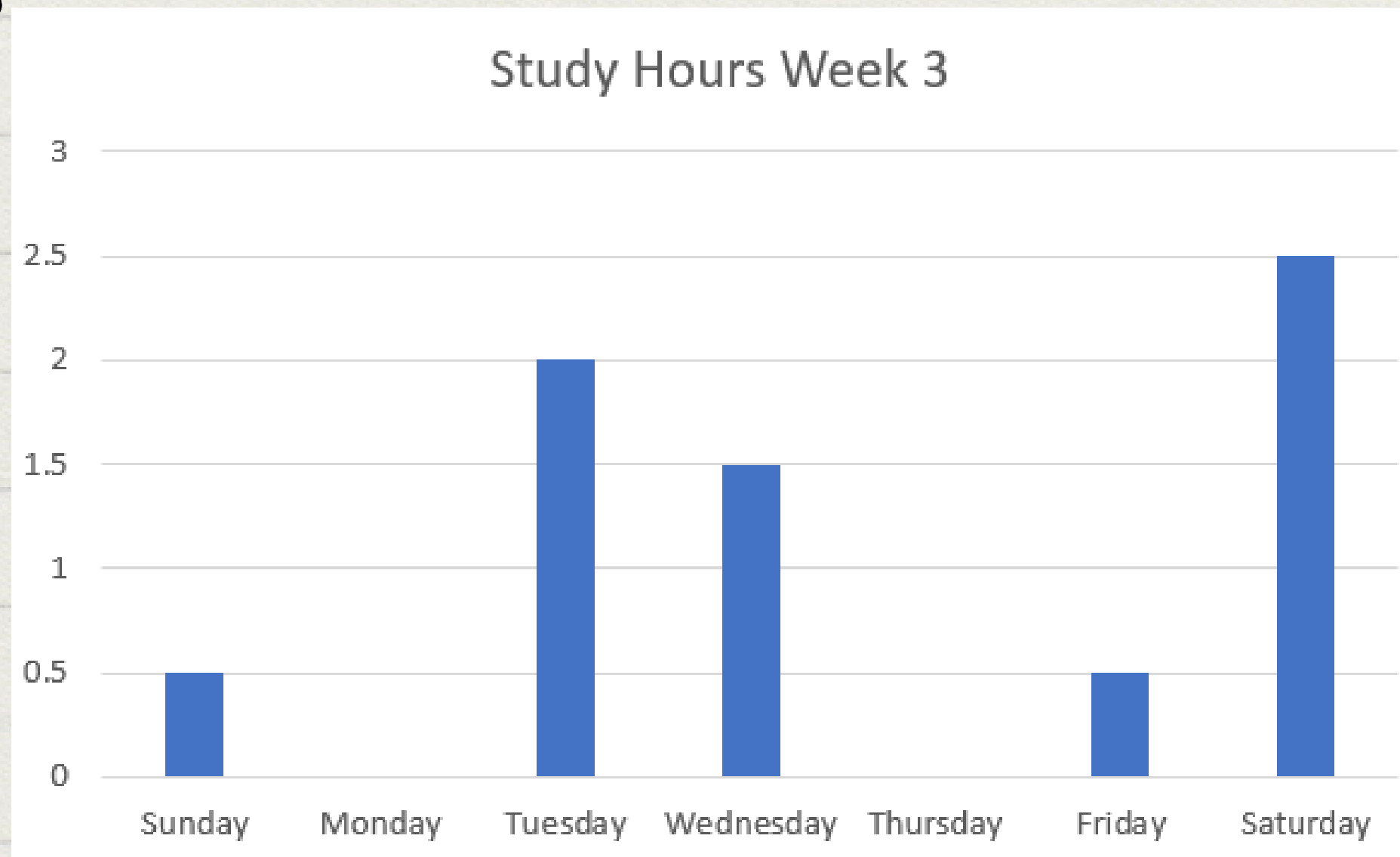
During the weekend, I going back home. At home, I spend my time with my parents and cats and it is very tiring. Luckily, on Friday night and Saturday morning, I get to continue doing my assignment.

On Saturday night, I went to a concert. Before I go, I complete my assignments for around 2 - 3 hours.



Completing 6 modules of AWS courses for certification. However, I believe I could do more but it turns out not as what I planned.





Supposedly, I need to get my total hours phone screentime but I changed my phone. So, it cannot be tracked for the whole week. However, I manage to record my average study hours daily. I believe that I could achieve more than 3 hours per day starting next week.



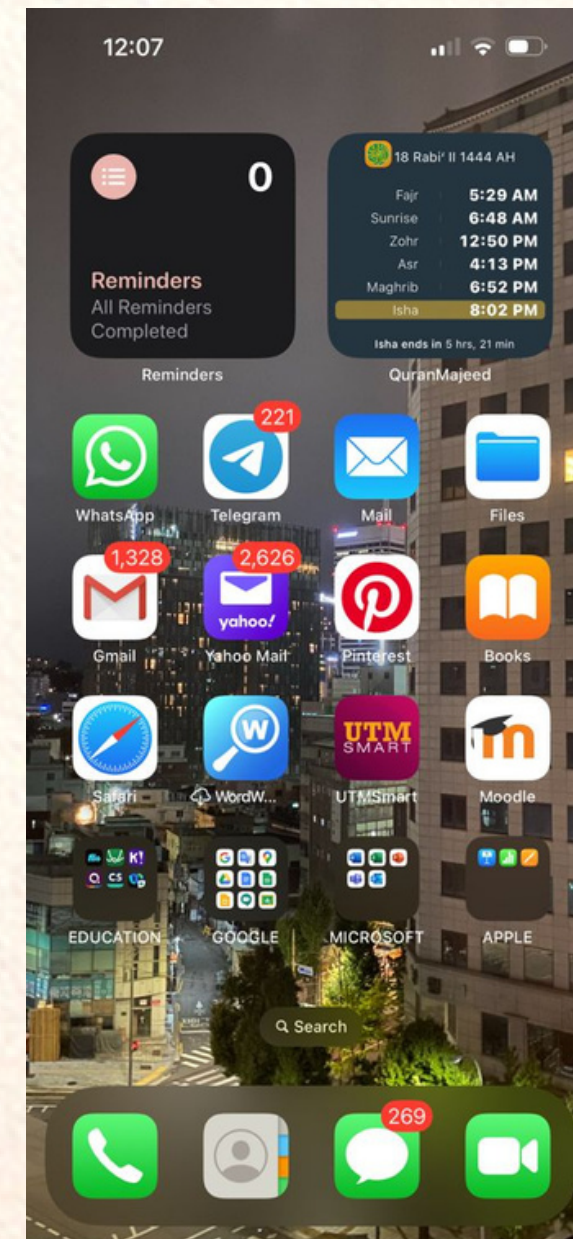
Picture of me during the industrial visit. It was fun and tiring.

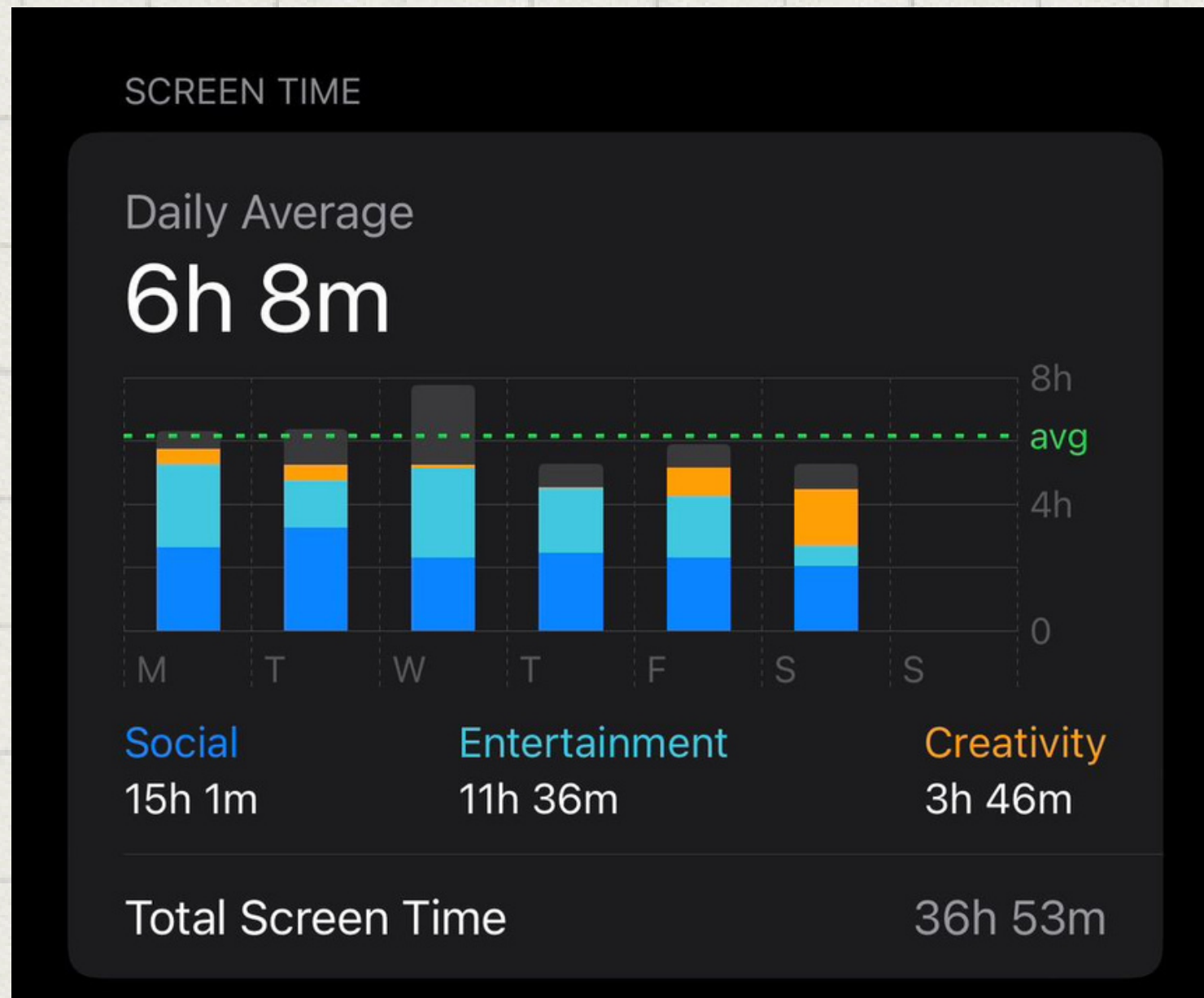


Went to a concert alone. I consider this as having my 'me' time, enjoying myself.

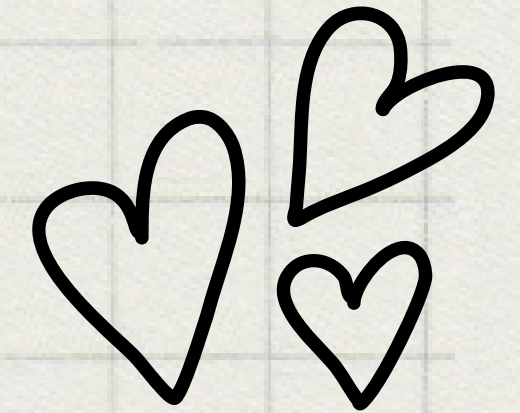
WEEK 4

- 📌 Since in the evening I usually spend my time outside, It makes me feel more exhausted at night and feel sleepy. Thus, I reached my phone to make me less sleepy. However, I used it for a long time, until midnight.
- 📌 I tried to wake up early in the morning so that I could study before class started.
- 📌 To make me feel more refreshed, I took a breakfast first before studying..
- 📌 To avoid myself from always visiting social media, I remove those social media icons from my homescreen. If I let those icons in my homescreen, I could possibly open it everytime I reach my phone. I only let those important apps's icons stay at the homescreen.





Although my total screen time for week 4 is quite a lot, I believe that it is much better than before as I spend my time editing videos, not much on Tiktok, as we can see from 'Creativity'.



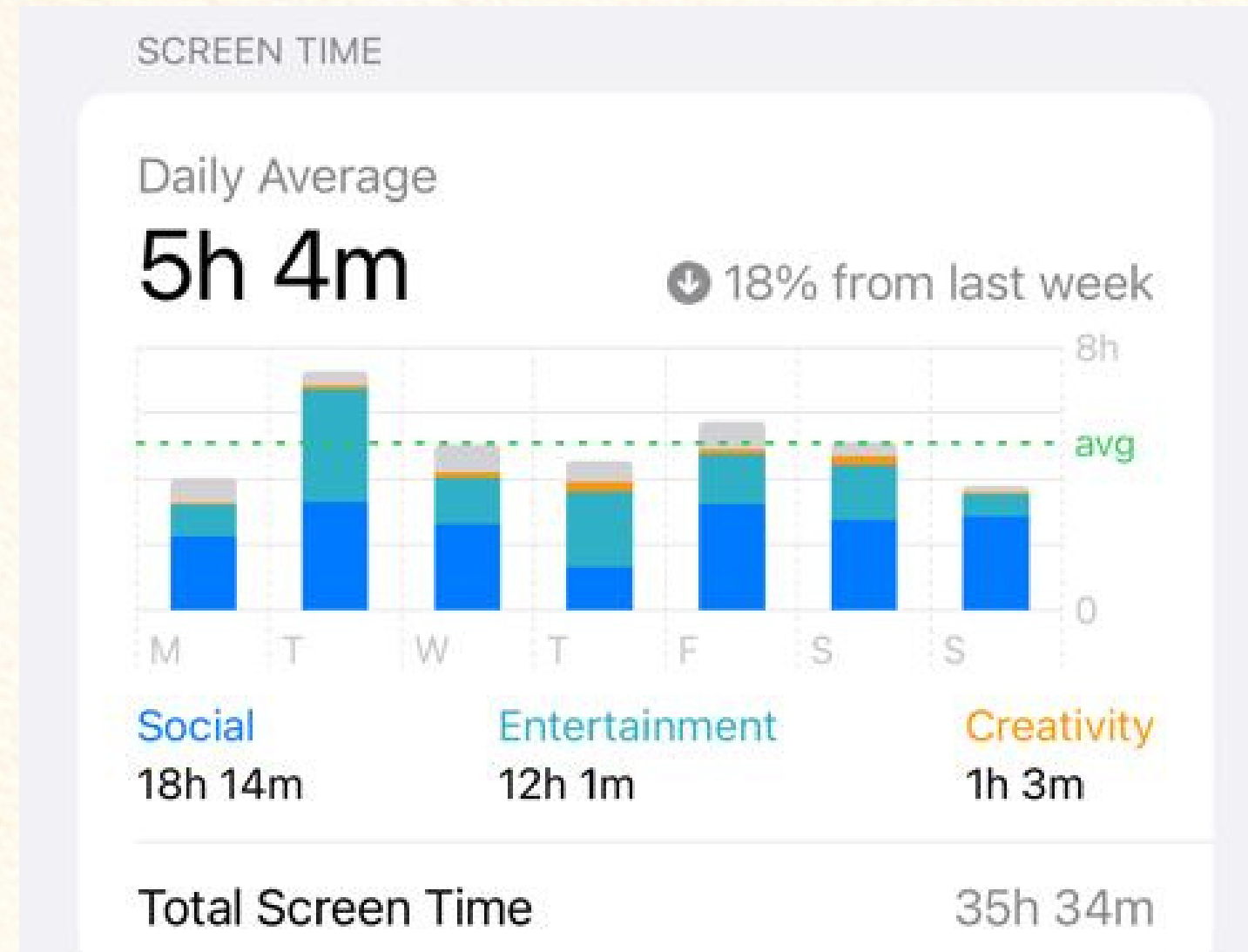
However, I believe I could do better next week.



WEEK 5

As we can see, my screen time decrease 18% from last week. I consume most of my time using social media, rather than entertainment as I always wanted to keep myself up-to-date with the government election.

On this week, the class was conducted online and I spent most of the time at home. Thus, I spent my quality time going out with my family when we are free rather than watching Tiktok and Netflix.



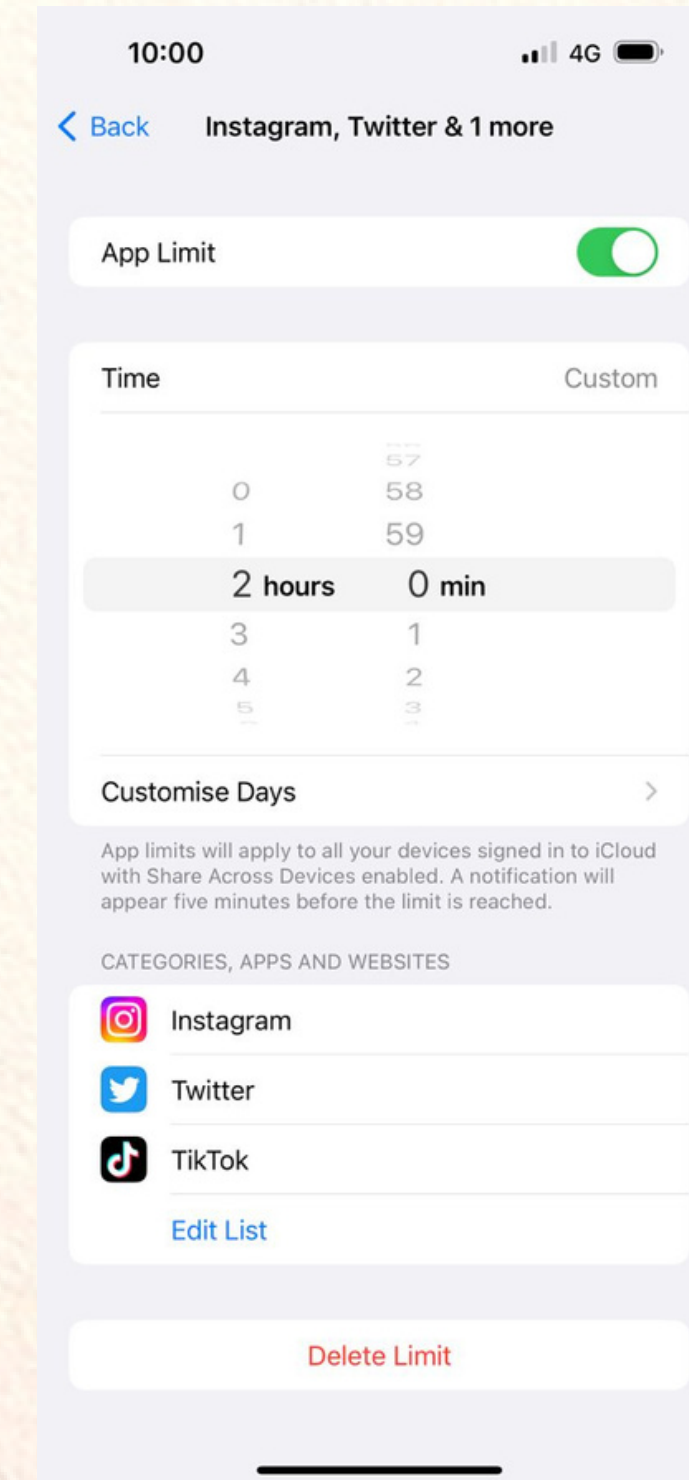
However, I could do better next week. My aim is to reduce atleast 20% from this week and spend less than 10 hours for entertainment.

WEEK 6

My aim is to make sure that there are some reduction on the percentage of screen time than the week before. Thus, I try to limit the usage time of specific applications.

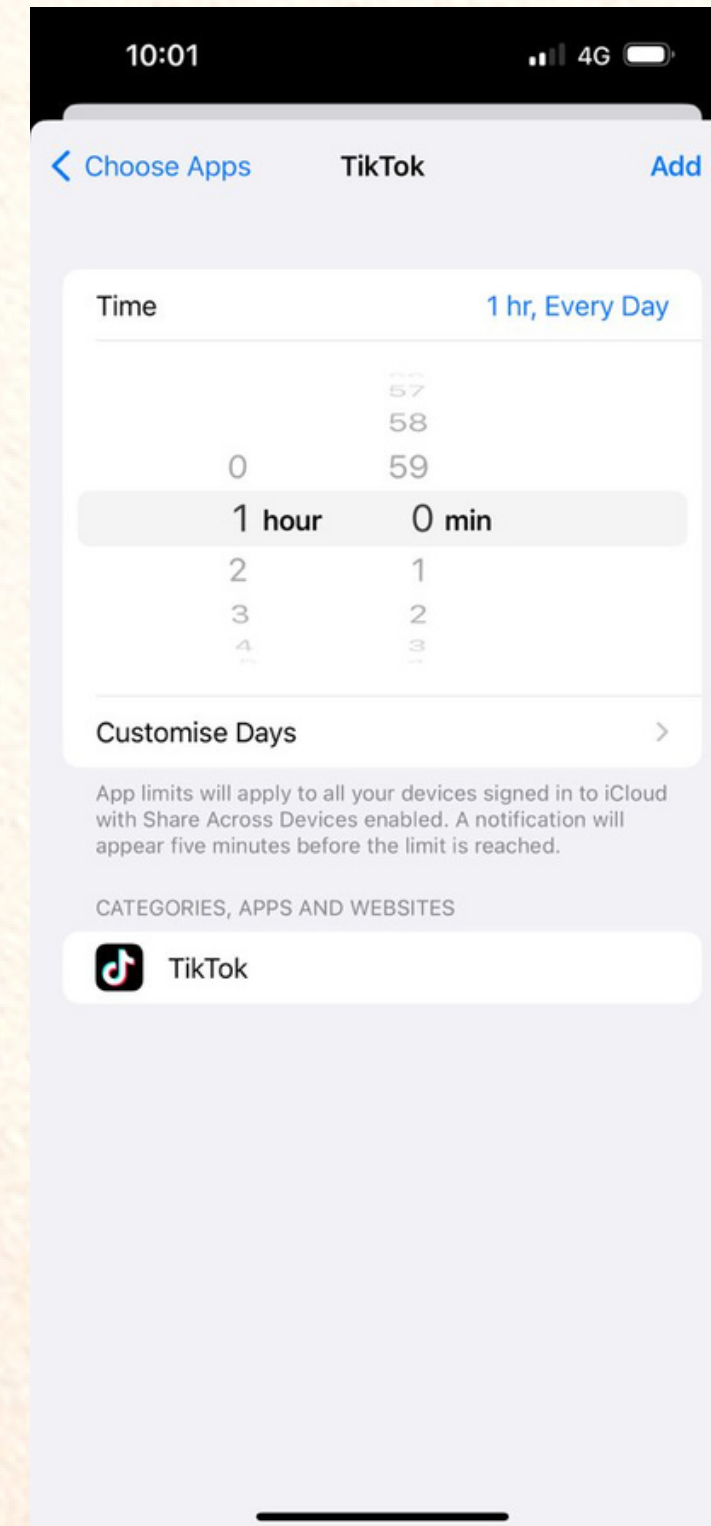
My most visited apps are Tiktok, Instagram and Twitter. Thus, I set a time limit for each day on the usage of those apps. For Instagram, I set the limit to 2 hours per day because usually I will not visit this app too often. Thus, setting the limit slightly higher is not a problem.

Next, for the Twitter app, I did not set any time limit because I also will not spend most of my time here. Sometimes, Twitter could make me stay up-to-date to the current issues. Thus, it might be useful.



TikTok app is the most addictive. Hence, I set the limit to 1 hour per day.

Based on this time limit that I have been set, I believe that it is not easy to follow as there are an options to use the apps beyond the time limit although the warning sign popups. However, it might be useful when I am busy which for instance, if I use the apps while doing some works, it could stop me immediately. During my free time, it might not working as it suppose to be. Thus, I need to slowly adapt so that I could implement this on both conditions.



WEEK 7

Week 7 have been a hectic week as there are lots of test being done on this week since the following week will be the mid-semester break. Thus, I need to spend more time on studying.

Based on the total screentime shows, there are slightly decrease from the following week. However, I still not reach at least 20% reduction.

I think the reason why I spend much time on the entertainment is that whenever I feel tired studying, I keep my brain rest while using phones. I think that was not a good habit and I should actually do something else such as sleeping to refresh my brain.

< Screen Time meowdina's iphone

Week

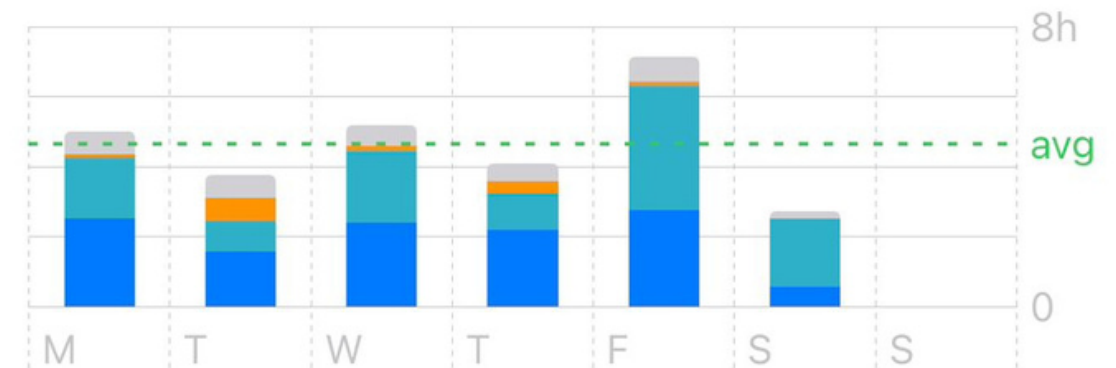
Day

SCREEN TIME

Daily Average

4h 39m

↓ 10% from last week



Social

12h

Entertainment

11h 14m

Creativity

1h 21m

Total Screen Time

27h 54m

Updated today at 2:55 PM

WEEK 8

Alhamdulillah... finally I reached more than 20% decrease in screen time than last week. In this week, it is a mid-semester break so, I spent my time mostly at home. I spent my quality time with my family and also studying.

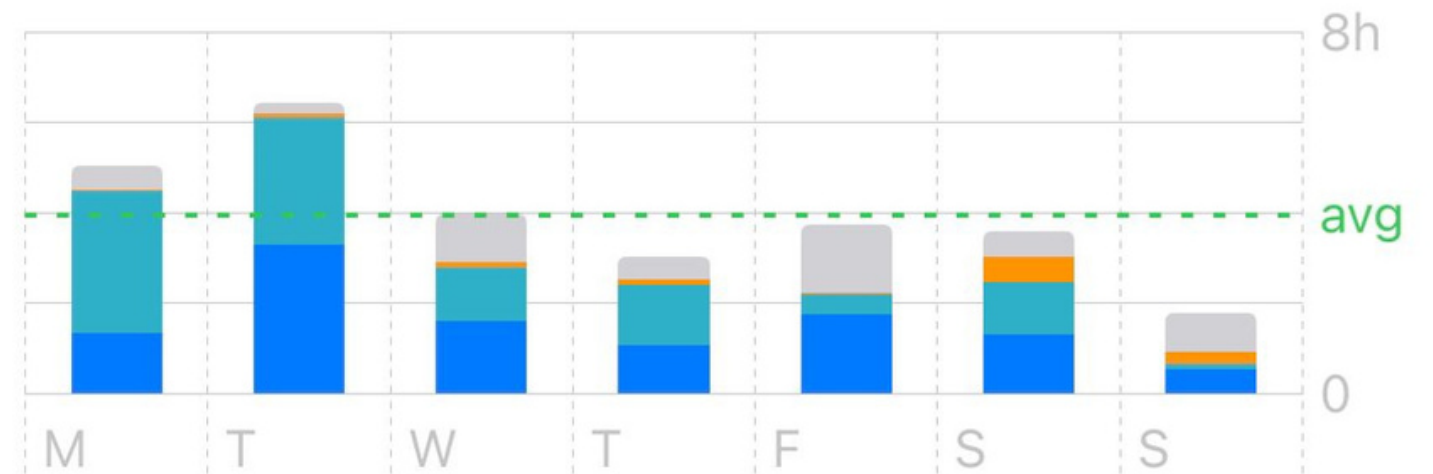
To improve more, I think spending less time on entertainment is the best choice. Hopefully I could see some changes next week which is less than 10 hours on entertainment.

SCREEN TIME

Daily Average

3h 56m

↓ 28% from last week



Social

10h 53m

Entertainment

10h 8m

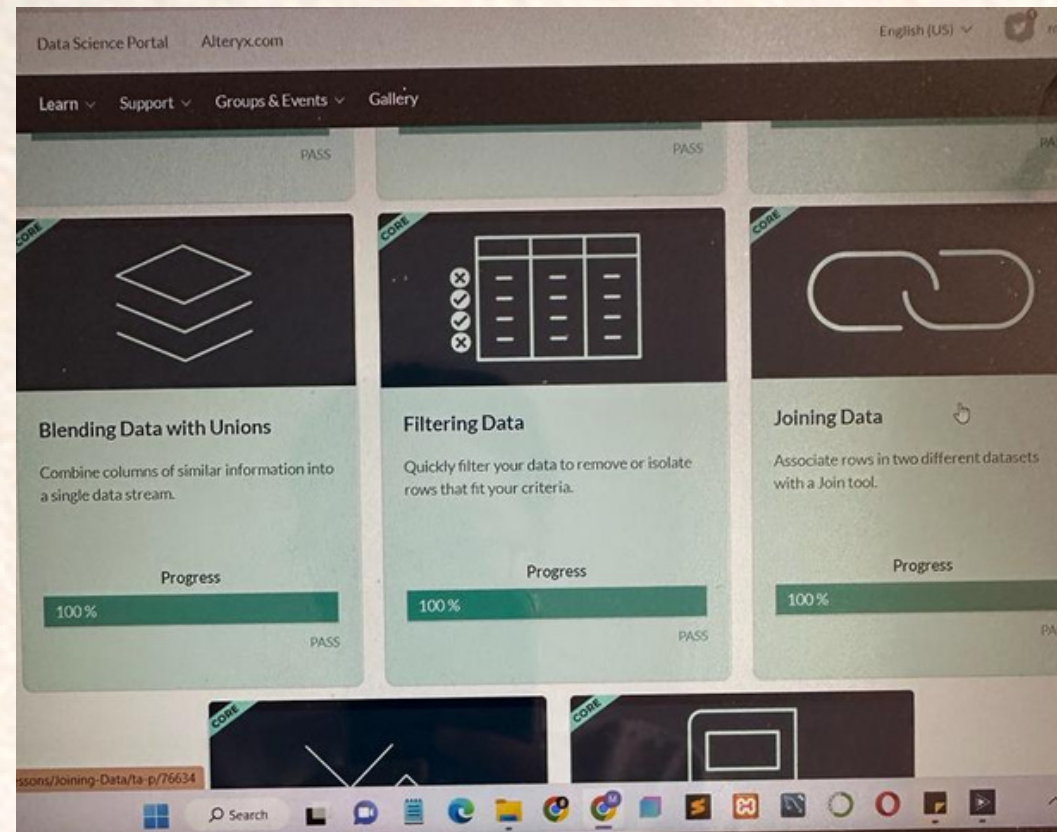
Creativity

1h 16m

Total Screen Time

27h 36m

Updated today at 4:01 PM



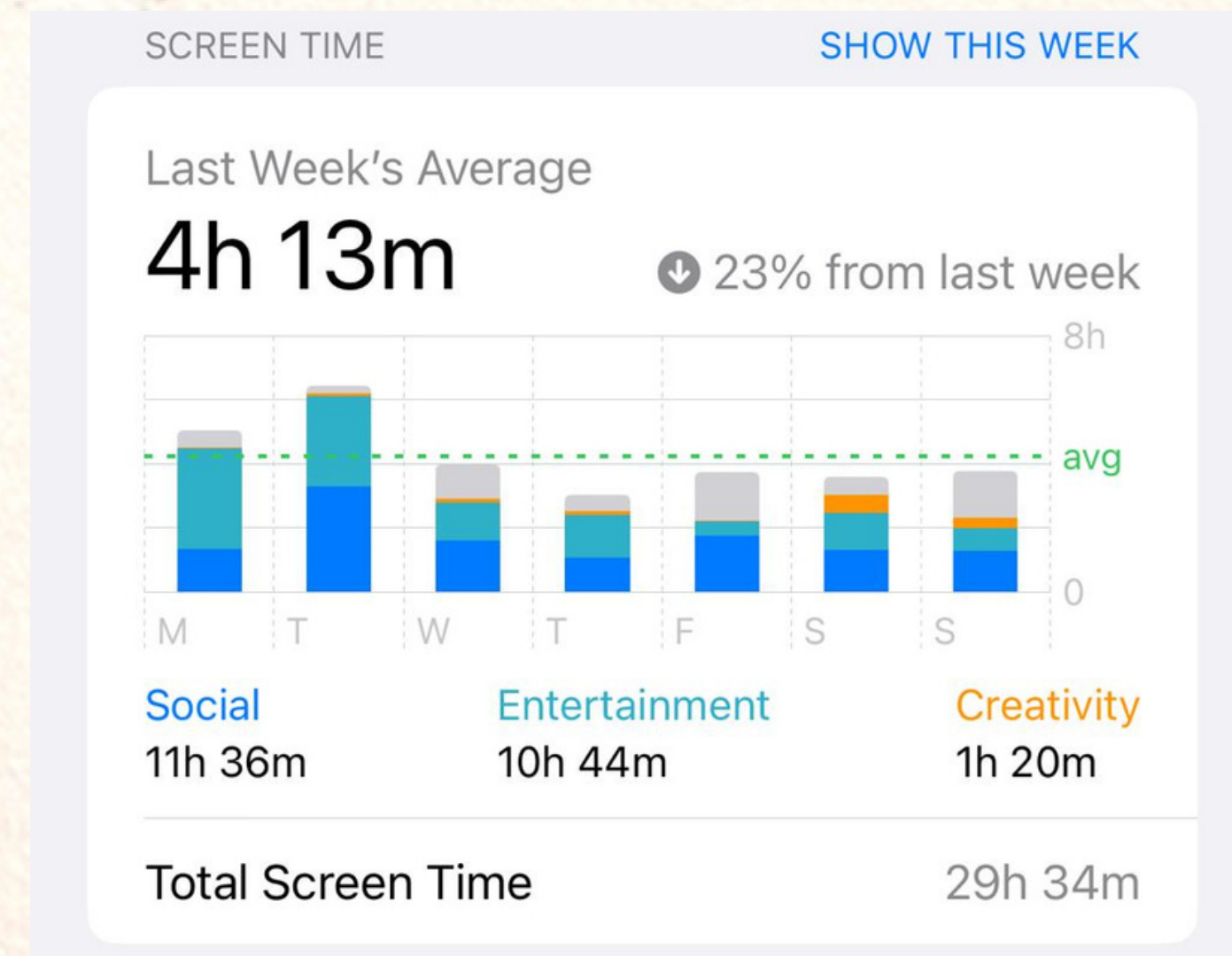
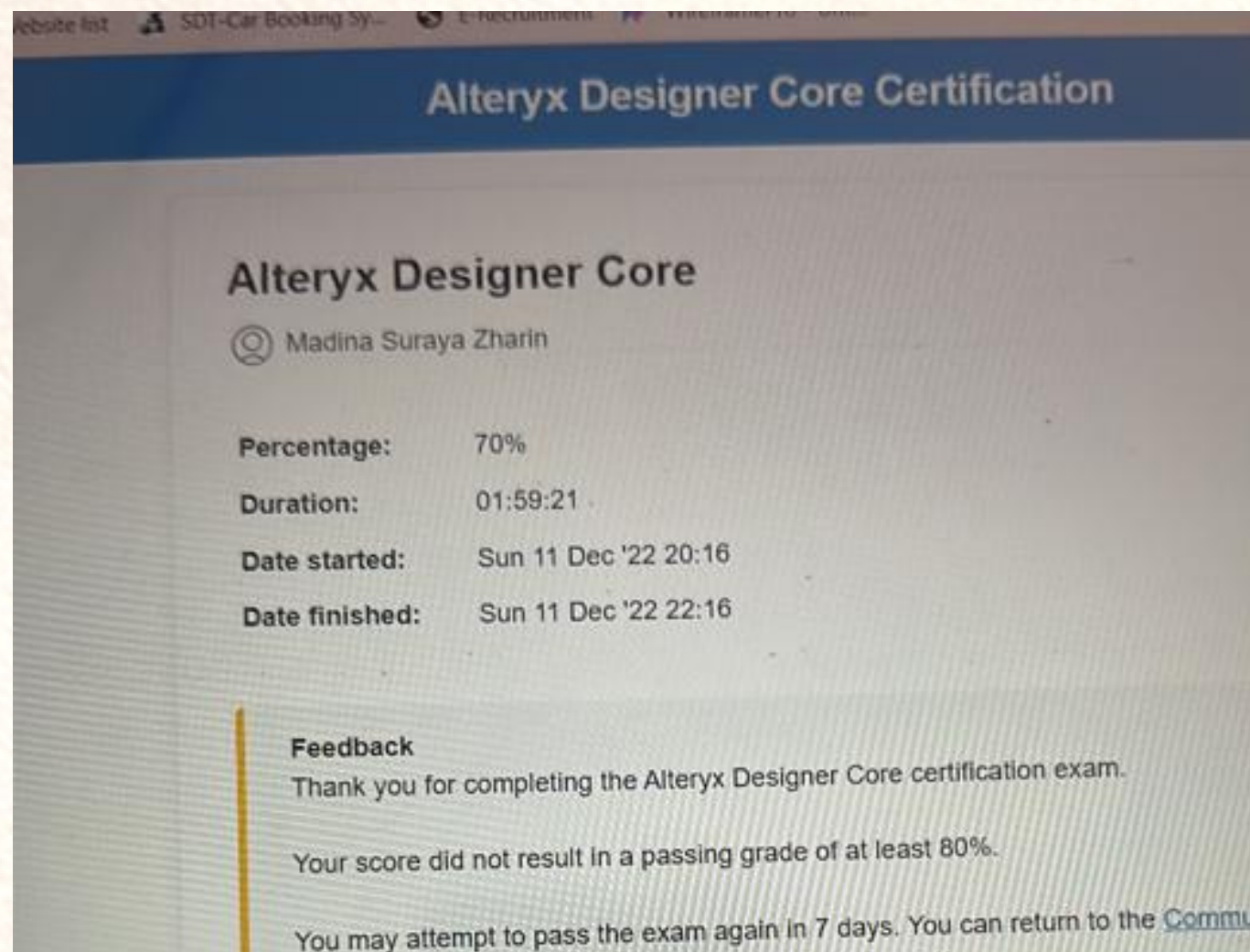
Since I need to take a certification exam, I study a lot hence, getting a 100% for it. After studying, I reward myself going out with my mom.

I believe that rewards could foster one to do better. Hence, sometimes I just get some 'me' time to rest and going out to enjoy myself and let go all the stresses. Food is the best rewards :)



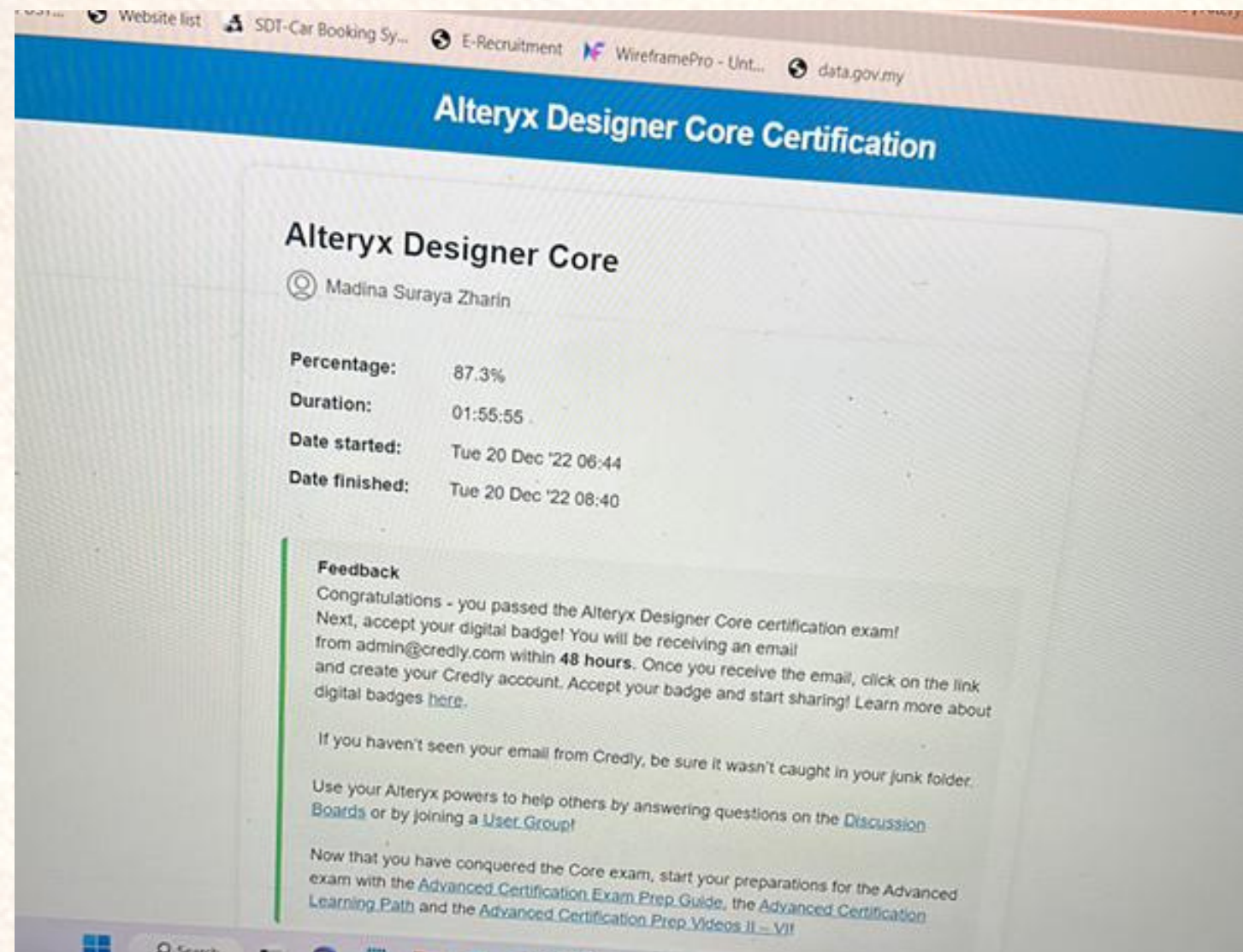
WEEK 9

Semester break ended and the class start as usual. Still in the mood of holiday, my total screen time increased. Totally a disappointment although there are only a slight changes. Actually on this week, I continue my Alteryx certification exam and I failed although I have been struggling for few weeks. I am 10% away from the passing mark. Thus, to release some stress, I spent my time quite a lot with my phone.



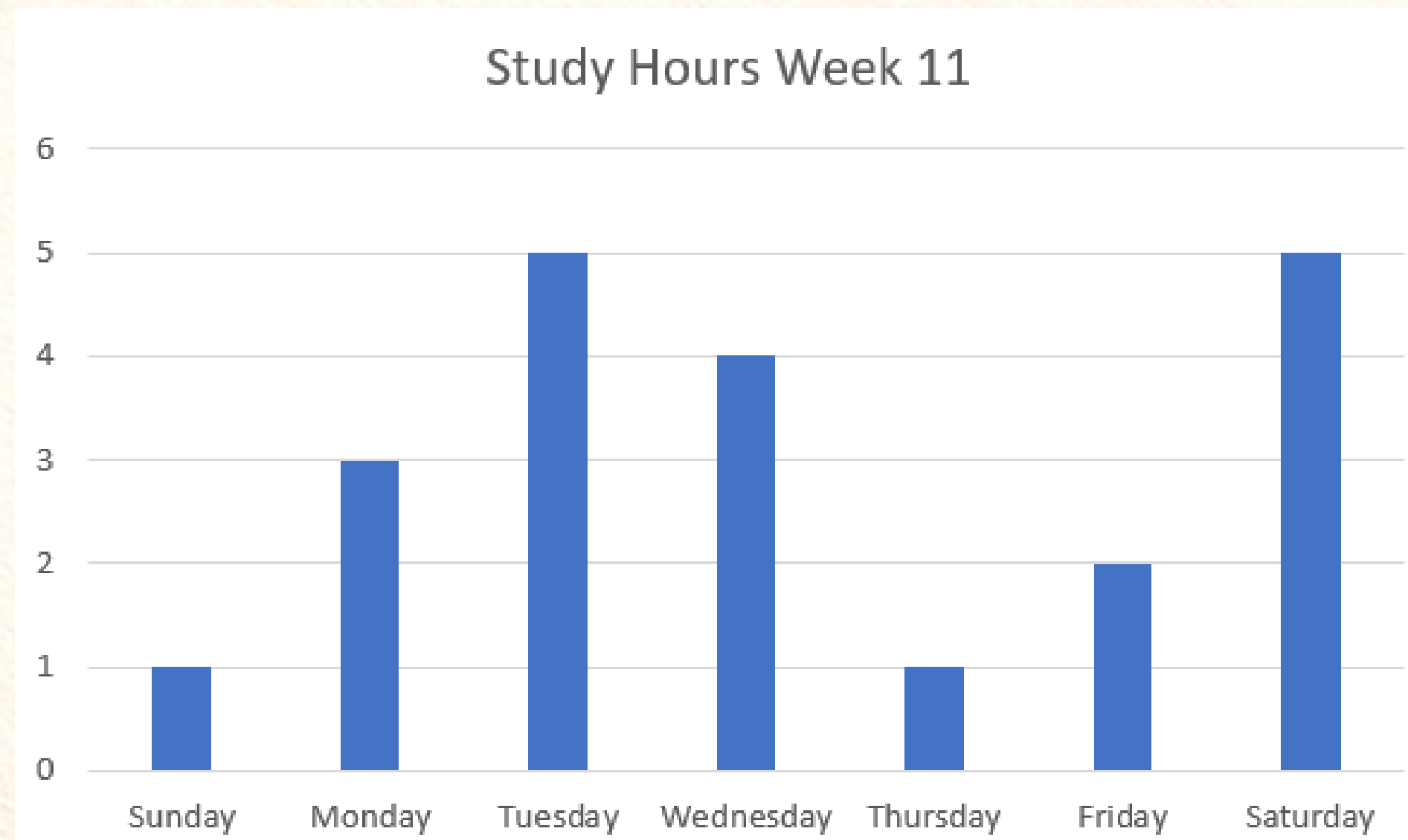
WEEK 10

Alhamdulillah. I am back on track. My total screen time decreased from the previous week and finally I pass my Alteryx certification exam. It was a Christmas holiday during the weekend thus, I spent my time with my family more as they come to visit me here. The week full of assignment had started. That is the reason why my screen time with entertainment dropped a little bit.



WEEK 11

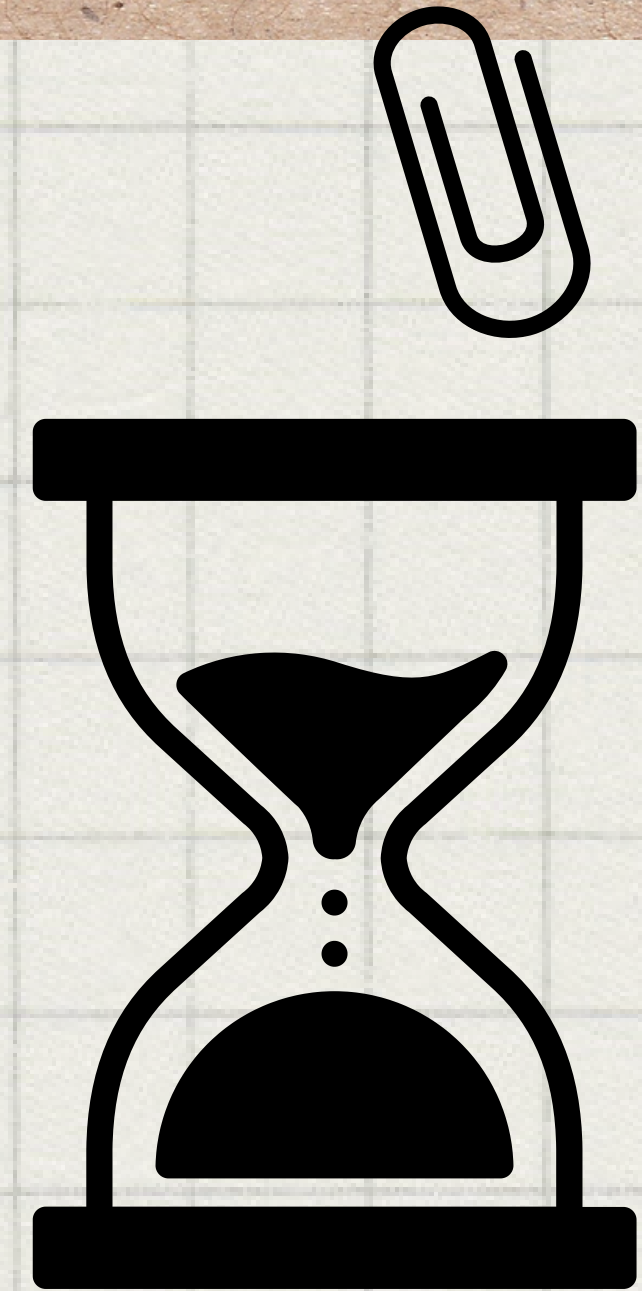
It is almost at the end of the semester and there is a pile of works that I need to do. Thus, I record my study hours each day and based on the graph below, Saturday is the highest as I am not only completing the assignments and projects but also on Sunday, I have quiz. So, I need to be prepared. I have done this bar chart before on week 3 and I can see that as the semester goes by, I tend to spend a lot of my time studying thus, there are some improvements.



DISCUSSION

Overall, there are a lot of improvements that I can see. From week 3 to week 11, there are big changes on my phone addiction which my screen time dropped by almost **10 hours** per week. I do it by increasing my study hours per day so that I could distract myself from my phone.

To relate with the psychology of adjustment theory, I believe **time management** is the most essential one in order to have the most quality time as 'Time is Gold'. As a student, we should plan our day well and surely we have a pile of work that needs to be done. However, we must not overdo it as we also need some rest. Rest could avoid us from being stressed. Rewarding ourselves, spending time with others and also enjoying nature surely could relieve your stress. Sometimes, other people could be one of our support systems thus, getting some advice or motivation from them is one of the best solutions.




REFLECTION

There are a lot of things that I learned and one of them is managing my time well. What surprised me the most is when I planned my daily schedule, my workloads dropped a lot as I did not burden myself from doing things at the very last minute. I also get to submit my assignments before the due date and have more time to check on my work so that I get to submit the best one out of the best. After that, I love the moment when I reward myself after finishing some task.

My stress level dropped a lot. Before this, I tend to feel very stressed when I enjoy myself first before finishing all the work but now, I stand with the phrase 'initial hardship for future ease'. When I plan my time well, I also get to distract myself from the phone. Although there are a lot of interesting things that we can see from social media, I believe that rewarding myself going outside with other people is much more worthwhile as it brings back some memories rather than spending hours with a phone.





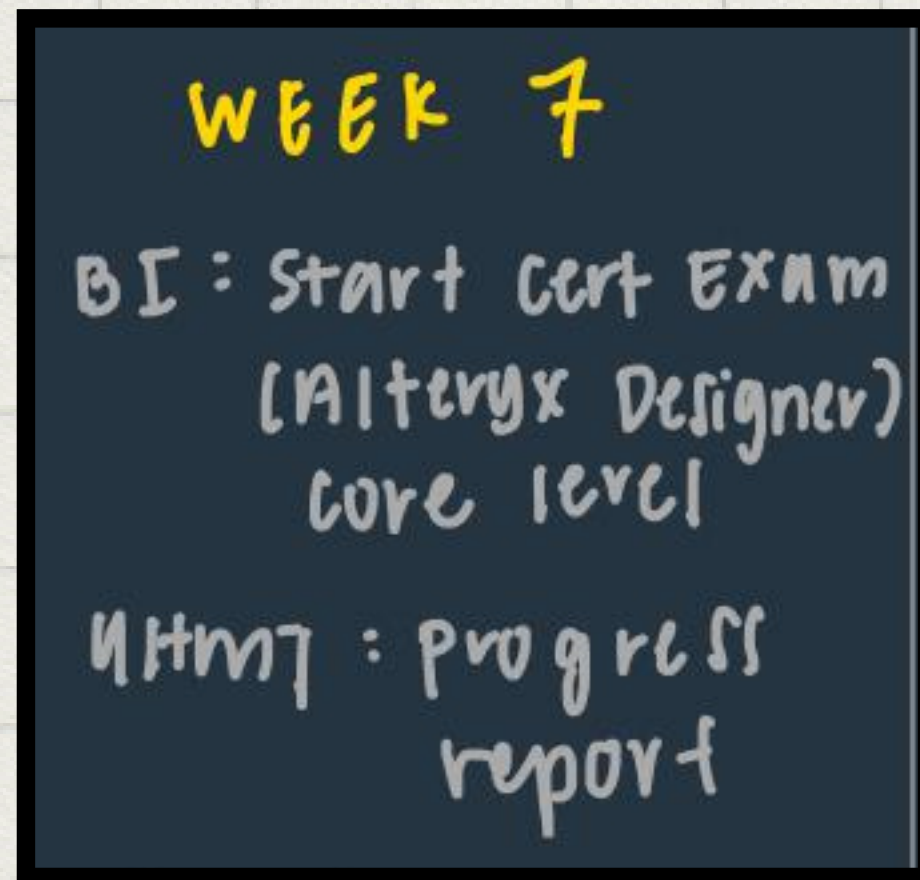
However, when I feel tired from doing work, I tend to grab my phone and scroll through social media. That is where the distraction comes when I can't stop myself. Although there are a lot of improvements with my screen time, I believe that I could do more. My plan is to have a small diary for me to schedule my time more efficiently. Since it is small, I could also bring it anywhere I want and this could also help me solve my forgetfulness. The diary that I planned to have is the physical one and not the one that we can download online.

Other than that, my future plan is to make more friends and spend more time together with people so that I could turn my time into a memorable one. I really love doing some endurance activities such as jogging, hiking and also going to the gym. Meeting someone that has the same interests as me would be the best as I also get to achieve a healthy lifestyle.





APPENDIX



Plan in Week 7



Jogging with a friend



Go to the gym





APPENDIX



Playing basketball
with friends



Color Run with
friends



Joining cooking
competition

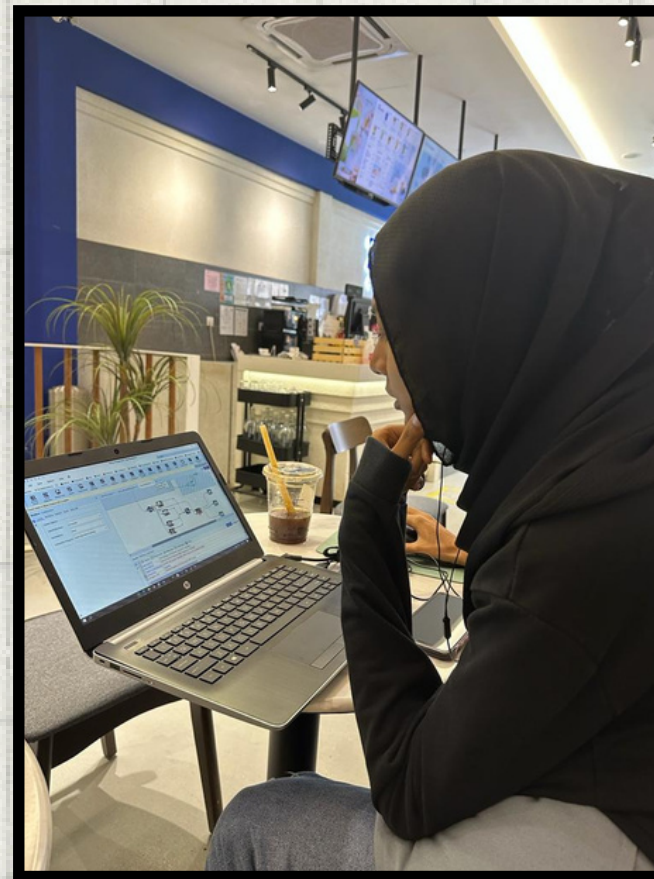




APPENDIX



Lunch with mom




Doing assignment
with a friend at the
cafe




Visiting MAPITA
fair at UTMDigital





QUOTES



"Lack of time is actually lack of priorities."

TIM FERRISS

