

Title	対面コミュニケーション中のスマートフォン利用による悪影響を緩和する手段に関する研究
Author(s)	小林, 美咲
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Description	Supervisor: 西本 一志, 先端科学技術研究科, 修士(知識科学)

Abstract

The widespread use of smartphones has led to an increase in the use of smartphones to perform tasks and an increase in dependence on smartphones. As a result, people are operating their smartphones even when they are communicating with others face to face. This behavior is called "phubbing" (a neologism combining the words "phone" and "snubbing"). The behavior of phubbing reduces the quality of communication and relationship satisfaction, and causes social alienation and stress, especially to the phubbing recipient. The phubbing recipient may seek help from others remotely on social media instead of communicating with them face-to-face to regain companionship and relieve the feeling of alienation. As a result, the phubbing recipient also engages in phubbing, and both face-to-face recipients become immersed in operating their smartphones, further inhibiting face-to-face communication in a vicious cycle. Therefore, it has been pointed out that it is necessary to control and prevent the occurrence of phubbing behavior. Currently, the measures that have been proposed include informing the public about the negative effects of phubbing and educating people about the use of smartphones. However, these measures lack immediate effectiveness and are not useful for curbing the phubbing that is occurring right in front of our eyes. The only immediate action that can be taken is for the phubbing victim to communicate verbally and directly his or her desire to stop touching the smartphone. However, the difficulty of such direct communication is the reason for the vicious cycle of phubbing. In addition to the recent development of the information society, the use of smartphones and other digital devices has already

become a part of our daily lives after the COVID-19 pandemic, and we can no longer return to a world without smartphones. Thus, rather than eliminating smartphones or denying phubbing altogether, it is necessary to realize a means for people who have been phubbed to communicate their wish for the phubbing to stop with as little psychological burden as possible, while assuming the use of smartphones and the occurrence of phubbing. However, to the best of my knowledge, there have been no studies on such a tool. In my research, I propose "PhubPalliator," a system that uses a double-sided display smartphone to mitigate phubbing in face-to-face communication and to induce communication. In my experiment, I verified whether phubbing can be alleviated by displaying an animation of crying eyes on the rear display. As a result, it was confirmed that people who did phubbing behavior were distracted by the "PhubPalliator" and developed an interest in the face-to-face partner and a willingness to communicate with him or her. Thus, we believe that the "PhubPalliator" can induce communication and alleviate phubbing. The "PhubPalliator" also makes it possible for the phubbing recipient to communicate his/her desire to "stop using the smartphone" in a non-direct way without causing discomfort to the other party, and to create a space where the phubbing recipient does not feel lonely and can communicate easily with the other space.