

Association for Information Systems

AIS Electronic Library (AISeL)

AMCIS 2022 TREOs

TREO Papers

8-10-2022

Is Musicians' Music Playing and Creating Habit Associated with Smartphone Addiction? The Moderating Effects of Physical Activity Participation and Smartphone Use Habits

Weihong Ning

Central Connecticut State University, weihong.ning@ccsu.edu

Jooeng LeePartridge

Central Connecticut State University, leepartridge@ccsu.edu

Ying Chen

Central Connecticut State University, ying.chen@ccsu.edu

Follow this and additional works at: https://aisel.aisnet.org/treos_amcis2022

Recommended Citation

Ning, Weihong; LeePartridge, Jooeng; and Chen, Ying, "Is Musicians' Music Playing and Creating Habit Associated with Smartphone Addiction? The Moderating Effects of Physical Activity Participation and Smartphone Use Habits" (2022). *AMCIS 2022 TREOs*. 4.

https://aisel.aisnet.org/treos_amcis2022/4

This material is brought to you by the TREO Papers at AIS Electronic Library (AISeL). It has been accepted for inclusion in AMCIS 2022 TREOs by an authorized administrator of AIS Electronic Library (AISeL). For more information, please contact elibrary@aisnet.org.

Is Musicians' Music Playing and Creating Habit Associated with Smartphone Addiction? The Moderating Effects of Physical Activity Participation and Smartphone Use Habits

TREO Talk Paper

Weihong Ning

Central Connecticut State University
weihong.ning@ccsu.edu

Joo Eng Lee-Partridge

Central Connecticut State University
leepartridge@ccsu.edu

Ying Chen

Central Connecticut State University
ying.chen@ccsu.edu

Abstract

With the advancement of mobile technology, smartphone use is prevalent worldwide. Statista (2022) predicted that smartphone subscription around the world would reach 7.296 billion by 2025. While smartphone use has many benefits, overuse of smartphone has documented to cause many issues including smartphone addiction. Meanwhile, the prevalence of mental conditions among musicians has attracted significant attention from the media, the music industry, and scholars (e.g. Kegelaers et al. 2022). Some studies have also shown that musicians' commitment to music, such as playing and creating music, has prevented them from participating in physical activities regularly (e.g. Brandfonbrener 2009). Although smartphone addiction has been extensively examined, most of the studies used college students or normal people as participants. Therefore, this study fills the research gap by examining the moderating effects of physical activity participation (PAP) and smartphone use habits during PAP on the relationship between music playing and creating habit and smartphone addiction among musicians. Built upon the dual-system theory, our work has both theoretical and practical contributions. Theoretically, it will extend existing research that emphasizes the important role of habits in behavioral changes. Practically, it will provide guidelines for effectively preventing or reducing smartphone addiction among musicians.

We will use G*Power 3.1 (<http://www.gpower.hhu.edu/en.html>) to calculate the sample size. After that, we will recruit participants from two sources: undergraduate college students who are pursuing a degree in music with a concentration in performance, and professional musicians who play instruments. Each participant will fill out a consent form and a self-report survey that measures their demographic information (e.g., age and gender), social desirability, and variables of interest pertaining to the dual-system theory. These variables include music playing and creating habit, PAP habit, smartphone use habit during PAP, and smartphone addiction. For example, PAP habit will be measured by Craig et al. (2003) and be categorized into minutes of vigorous PA per week, minutes of moderate PA per week, minutes of walking per week, and minutes of sitting per week. There are two steps to analyzing the data with SPSS Version 28.0. Firstly, we will provide Pearson correlations to examine the associations between the variables of interest. Secondly, we will test the research model with SPSS PROCESS macro model 3 (i.e. moderated moderation).

First, musicians' music playing and creating habit has a positive impact on smartphone addiction. Second, PAP reduces the impact of musical playing and creating habit on smartphone addiction. Third, smartphone use habit during PAP reduces the impact of PAP on smartphone addiction.

References

- Craig, C. L., Marshall, A. L., Sjoström, M., Bauman, A., Booth, M.L., Ainsworth, B. E, Pratt, M., Ekelund, U., Yngve, A., Sallis, J. F, Oja, P. 2003. "International Physical Activity Questionnaire: 12-Country Reliability and Validity," *Medicine and Science in Sports and Exercise* (35), pp. 1381–1395.
- Brandfonbrener, A. G. 2009. "History of Playing-Related Pain in 330 University Freshman Music Students," *Medical Problems of Performing Artists* (24:1), 30.
- Kegelaers, J., Jessen, L., Audenaerde, E. V., and Oudejans, R. R. D. 2022. "Performers of the Night: Examining the Mental Health of Electronic Music Artists," *Psychology of Music* (50:1), pp. 69–85.
- Statista. 2022. "Number of Smartphone Subscriptions Worldwide from 2016 to 2027 (in millions)," (available online at <https://www.statista.com/statistics/330695/number-of-smartphone-users-worldwide/>).