

Electronic devices and posture



**ASSIGN
BUSTER**

The aim of this report focuses on how we interact with our mobile devices and the effect afterwards. BODY Nobel relates her article to an experimental study by Yap, Cuddy, & Carver (2010), in which Amy Cuddy emphasizes on using expansive body posture like legs astride, hands on hips, etc. As an attribute for power poses. These power poses, Increase body hormones Like testosterone and body chemistry which eventually leads to very confident and risk taking people who have a greater sense of well-being. Folded arms r other contractive body postures, decrease the testosterone levels, etc.

Marten Boss and Amy Cuddy thought of the behavioral effects associated to these different body postures when using mobile or electronic devices based on the size of these devices. So, larger machines like desktops induce user assertiveness or increase their risk taking ability compared to smaller machines like mobile phones.. Feta, (2013) in a report states that 58 minutes of the day are spent on phones by Americans. He amounts 26% of that time to phone calls and the other 73% to texting, using the internet, etc.. This report by John Feta clearly proves that as individuals, we use our phones a lot.

Considering the above Boss and Cuddy experimented with a number of individuals by presenting them with different mobile devices of various sizes. This experiment was mainly to certify their hypothesis on whether body postures affected by using electronic devices will affect behavior. Described in her own words, Nobel (2013) wrote, " After five minutes of using the assigned device to take an online survey, each participant was given two dollars, along with the choice of keeping it or ambling it in a double-or-nothing gambling game with 50/50 odds.

Next, the participant continued with a few other tasks and a final questionnaire, all on the assigned device. When the participants were done with the tasks, the researcher pointed to a clock in the room and said, " I will get some forms ready for you to sign so I can pay you and you can leave. If I am not here in five minutes, please come get me at the front desk. " Rather than returning in five minutes, though, the researcher waited a maximum of ten minutes; recording whether and/or when the participant had come out to the front desk. . This experiment was successful only based on the size of the device. The bigger the device the shorter the time spent before they could look for the experimenter and vice versa. So, expansive body postures do lead to behavioral changes. Marten Boss concluded that future researches will show the full effect of this experiment. To support this news column and the research by Boss and Cuddy, other scientists and researchers, have also attributed mobile or electronic devices to behavioral changes. Fernando, et al. (2011) emphasize mainly on how mobile devices (smart phones and tablets) and internet has basically reduced our individual interaction with the television and the behavioral changes that have been implemented. They measured different dimensions and use of TV, mobile and electronic devices in reference to behavioral changes.. Imagine behavioral changes and the posture effect of watching a movie on an phone. The research is valid in context to this article because it emphasizes on behavioral changes when using mobile devices. This also concludes the timeliness, accuracy in depth of the resources, credibility as well as stability.

Mania, et al. (2013) also research on upper DOD movements and constrictions in reference to use of mobile devices and posture. This

research was a great success and concludes like Boss and Cuddy that posture affects behavior by the size of mobile devices used.. This source is a valid, accurate, timely, stable, and accessible with good authority.

CONCLUSION In conclusion, the sources which have been represented in this document, both the supporting documents by the author of the news report and the new documents chosen do not contradict any of the original research.

They showed valued arguments and no inconsistency of any sort regarding the original research. It is safe to say that posture when using our mobile devices, affects behavior. Expansive posture increases confidence and testosterone levels as well as in risk taking behaviors; generally putting us in a good mood and constrictive postures produce the vice versa all depending on the size of mobile devices used. According to Nobel (2013), Boss & Cuddy (2013) it is generally safer not to use your phones or tablets minutes before an interview or meeting so as not to put yourself in a constrictive posture and prevent the behavioral effect.

The bigger the device was, the shorter the wait time. On average, desktop users waited 341 seconds before fetching the experimenter, for instance, while iPod Touch users waited an average of 493 seconds. " The steady increase of waiting time is locked in step with the size of the device," Boss says. " I have never before in my life seen such a beautiful effect. " The results indicate that expansive body postures lead to power-related behaviors, even in cases where the posture is incidentally induced by the size of the gadget or computer.

As for the difference between the gambling and waiting results, this may indicate that it takes a little while for body posture to affect behavior. After all, it was the final task of the experiment that garnered the dramatic results. " So, what we're thinking now is that you need at least a few minutes of interacting with a device, or, more importantly, of being in a specific posture related to that device, before you find effects," Boss says. However, he says, it will take additional experiments to determine whether expansive postures are only effective after the fact. It may be that power- posing doesn't actually work during the power-posing, but it works right after," he says, " Future research will tell. " NEXT STEPS In a related line of work, the researchers are studying whether our behaviors is affected by how we sleep - curled up in the fetal position, for example, versus limbs sprawled across the bed. Boss and Cuddy also are planning to conduct a field experiment, measuring the effect of device-induced body posture in an actual office tenting.

In the meantime, the initial lab results suggest it may be a good idea to avoid the smartened immediately before your next big sales meeting. Testing up until the boss starts speaking may make you look busy, but it may make you act meek. " We won't tell anyone not to interact with those devices just before doing something that requires any kind of assertiveness," Boss says. " Mostly because people won't listen: They will do it anyway. But if you realize that, 'him, I'm pretty quiet during this meeting,' then maybe you should pay attention to how devices impacted your body posture beforehand. "