

Abstract

People may enjoy doing some activities while feel bored doing other activities. Drawing from the Boredom Feedback Model, it is speculated that attentional demand determines whether a person has adequate attentional engagement when doing a task, thus explains how much the person enjoy or feel bored throughout the process. People with smartphone addiction is believed to have less attentional resources especially for activities that require high level of attentional demand. It is thus speculated that the effect of attentional attend on enjoyment will be weakened by smartphone addiction. This research tested (a) whether attentional demands increase enjoyment in everyday activities and (b) the moderation effect of smartphone addiction on enjoyment. Both studies tested the main effect of attentional demand and the moderation effect of smartphone addiction on enjoyment. Study 1 is a correlational study while Study 2 is an experimental study to further establish the causal effect of attentional demand on enjoyment. Mixed results were obtained from Study 1 and Study 2. Inconsistent with the main effect hypothesis, Study 1 found the association of opposite direction between attentional demand and enjoyment while Study 2 found null results. For the moderation effect hypothesis, Study 1 found the moderation effect while Study 2 showed null results. The results highlight the role of smartphone addiction on our enjoyment of everyday activities.

Keywords: attentional demand, smartphone addiction, enjoyment