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Cell Phones and Anxiety

Do cell phones make us have anxiety? The purpose of this project is to monitor subjects' heart rate after their phone goes off and they can't answer or look at it. The researcher believes that the subject will have an increased heart rate while watching the video, and not being able to answer their phone, because studies show that people get anxious when not being able to answer their phones. Human are like this because we have been raised in a society of technology, so therefore we are almost "hardwired" to get negative reactions when not answering our phones. The results showed that all the test subjects' heart rate went up on average by 7.6%.