# De la salle health science campus

Technology, Internet

De La Salle — Health Science Campus The Effects of Prolonged Daily Computer Usage on the Academic Performance of Physical Therapy Students Batch 2016-2017 in De La Salle Health Sciences Institute An Undergraduate Thesis Presented to the General Education Department De La Salle Health Sciences Institute DasmariÃ±as, Cavite In Partial Fulfilment Of the Requirements in Communication Arts and Skills II Reyes, Karlo Rodriguez, Don Lance Khristoffer Sercado, Abigail B. January 2013 Statement of the Problem With today's technology wherein multimedia equipment are already part of almost every home and where the computer has become necessary tool in today's education, the unlimited usage of the computers has definitely affected the academic performance of PT students. The purpose of this research is to know the Effects of Internet Usage to the PT Students' Academic Performance. Universities may take effective measures and encourage students to teach how to evaluate information, to judge what is credible and what is false. Conceptual Framework Significance of the Study… This study will be significant endeavour in knowing the effects of prolonged daily usage of computers on the academic performance of PT students. This study will also be beneficial to other students that use computers in their everyday lives. Moreover, this research will provide knowledge and understanding to the teachers and future researchers. Scope and Limitation… This study will be focused on 20 PT Students and will aim to highlight the extent to which online activity can affect academic performance of PT students SY 2012-2013. The scope of effects of prolonged daily computer usage on academic performance of PT students derives a wide scope of related literature that is worth mentioning. Definition of

Terms... 1. Computer - Also called a " processor". - An electronic device designed to accept data and perform mathematical and logical operations and display the results at high speed. 2. PT Students - The respondents of the research who are currently enrolled as second year Physical Therapy Students Batch 2016 in De La Salle Health Science Institute. 3. Physical Therapy - A branch of rehabilitative health that uses specially designed exercises and equipment to help patients regain or improve their physical abilities. Abbreviated PT. 4. Students - Denoting someone who is studying in order to enter a particular profession: " PT student". 5. Carpal Tunnel Syndrome - A condition in which there is pressure on the median nerve, which is the nerve in the wrist that supplies feeling and movement to parts of the hand. It can lead to numbness, tingling, weakness, or muscle damage in the hand and fingers. Review of Related Literature... In her book of " Education on the Internet", Jill H. Ellsworth proclaims that the computer is a powerful releaser of emotion, motivation, and engagement for students. A way to communicate around the world, it can make any project more dynamic, and more interesting. Both teachers and students can be invigorated by the freshness and immediacy of the computer. The computer is a good resource, but until there are books and other needed resources the computer is a frill. Access to up-to-date information from around the world may assist in a lesson but Barrett L. Mosbacker expresses concerns when the computer takes on " a messianic quality". If we encourage students to become addicted to continuously get bits of information from it, free of context and logical coherence, they will be ill-equipped for the rational dialog and analysis required for citizens in a civil and literate culture. Modern

technology cannot substitute for a thorough reading of the great classics in literature, philosophy, and political history. Being technologically advanced and sophisticated is not the same thing as being literate and civilized. The quality of information on the computer should not be taken at face value. Information is not " true" simply because it is on the internet. Educators can utilize the computer to teach how to evaluate information, judge what is credible and what is false. In this regard, this literature review concerning the effects of computer usage to the academic performance of PT students, will address the following areas relevant to this study: * Importance of Computers; * Negative Effects of Prolonged Daily Usage of Computers; * Computer Use recommendations; * and the conclusion.. Importance of the Computer In the last decade the role of the computer has changed radically as the development of technology found new possibilities of using these 'intelligent' machines. Since the invention of the computer, a tool that has many useful purposes in college, such as researching a report, writing an essay, studying for an exam and creating presentations, students have spoiled themselves in its use and importance. However, computers also have a great number of negative effects on college students, affecting both health and academics. Students who are aware of these consequences are better prepared to make good choices regarding how much time they should spend on the computer and for what purposes. Negative Effects of Prolonged Daily Usage of Computers On Health: Frequent computer use often has effects on student health. One of the major negative effects is lack of sleep or difficulty sleeping. Students often use their computers for longer than they anticipate, lose track of time or find themselves making excuses to continue using their

computer. In addition, frequent computer use can lead to physical problems, such as carpal tunnel syndrome, eyestrain, backache and headache. On Academics: Frequent computer use often has a negative effect on academic performance. PT students are often distracted by their computers and online activities, which can make them neglect their studies and homework, leading to declining grades. Some students attempt to multitask with their computers, such as chatting with friends through instant messaging while writing a research paper. This typically proves to be ineffective, and students who frequently use instant messaging while completing academic work often report declining grades. On Socialization: Computer use can have a negative effect on socialization. The Internet presents many opportunities for online socialization, particularly through instant messaging and online multiplayer games. However, frequent Internet users often withdraw from real life socialization opportunities, declining to participate in campus activities, study groups, parties or " hanging out" with friends to spend more time online. For instance, PT students who play online multiplayer video games play games about two-three times longer during a week than those playing more traditional games. Laptops (a factor): Students often bring their laptops to class for the purpose of quickly taking notes. Many classrooms are also equipped with wireless capabilities that students can use to access the Internet from their laptops. However, many students, like those we have in this school, particularly PT students, become distracted by their laptops, browsing the Internet or watching movies instead of taking notes or listening to the lesson. A professor at the University of Colorado at Boulder found that students in her classroom who used laptops performed, on average, 11

percent worse than nonlaptop using students. In addition, laptops can distract students sitting behind a laptop user. Some universities have banned the use of laptops in classrooms for these reasons. Recommendation on How to avoid Improper Use of Computer * Get a hobby or an interest that doesn't involve the internet, video games, TV, cell phones, smartphones, portable media players or computers. Get involved with teams, clubs, sports, church, music, dancing, singing, etc. Go for a run with a friend or get exercise some other way. Go to bed on time and get a good night's rest. Keep up with the local events in your community. There may be talks, film screenings, concerts, local sporting events, and book signings etc. Find some, as long as it is not on the internet, and get involved. * Limit your computer time. Make sure not to turn it on too many times a week. If you have a laptop, make sure to put it somewhere that you can remember but not somewhere that you see every day. Try keeping the lid closed when you are not using it; when the computer is not looking at you, you are less likely to use it. If you have a desktop PC, try not to go near it or put something over it like a sheet. * Try to stay off websites that are addictive. If you have problems getting off of these sites, just have someone else block these sites using your built in Content Advisor or if you are using Windows Vista, use the parental controls to control internet access and time on computer. * Regulate your sleeping pattern. A lot of people lose sleep while on the internet and mess up their sleeping pattern. It will be beneficial to you as you will become more organized and self disciplined. * Try using the computer at the library. You won't be as tempted to look at certain websites (such as porn, etc.)and they do have a limit on how long you can stay online. Also, the library is a good

place to get some good books and magazines to read, so you won't be as tempted to be on the Internet at home. Methodology… Research design The study will be used with method that describes data and characteristics about the PT student's good and bad habits in using the computer. Research respondents A total of twenty (20) participants of Physical Therapy students from College of Rehabilitation Sciences in De La Salle Health Science Institute Year 2012 — 2013 are asked to answer a survey. Research Instrument This study's medium is a survey prepared by the researchers to gather information. The questionnaire was divided into two main sections: a profile and the survey. The profile contains personal characteristics of the respondents such as name (optional), age, section, gender, year and course. Research Design Research Respondents Research Instruments * Data collection and management * Statistical Treatment of Data