



東海大學學生報告 ePaper

報告題名：

智慧型手機對東海大學學生的影響

The Effects of Smartphones on Tunghai Students

作者：翁煥蕾 吳宜芬 林宛臻 洪羽庭

系級：中文三 外文二 政治二 外文二

學號：1011657 1021023 1025928 1021008

開課老師：陳玫樺

課程名稱：研究方法

開課系所：外文系

開課學年： 103 學年度 第二 學期

中文摘要

智慧型手機在現代的各個年齡層都受到普遍的使用。但作為學生，我們很好奇人們為什麼如此依賴智慧型手機，甚至手機上癮。智慧型手機到底給我們帶來什麼樣的影響，而這樣的影響究竟是好處多還是壞處多？因此，我們這組特別針對東海大學的學生做了一份隨機的問卷調查。另外，我們也訪問了不同科系的老師對於學生使用智慧型手機的想法與意見。我們這麼做的目的不僅僅是要告訴大眾智慧型手機的好處，同時也希望它所帶來的缺點可以警醒人們對於智慧型手機的使用。

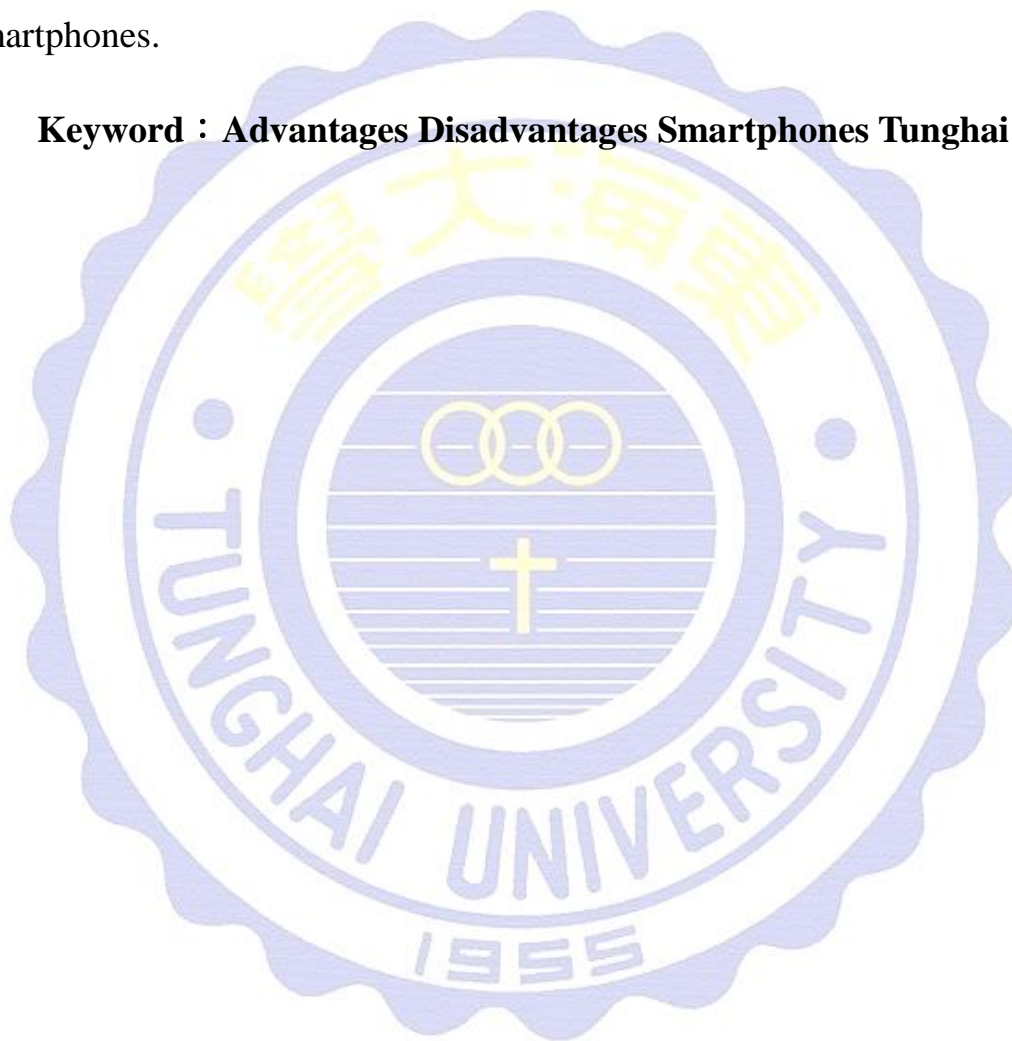
關鍵字：智慧型手機 好處 東海 壞處

Abstract

Nowadays, smartphones are very popular among all of us regardless of our ages. But as college students, we are curious about the reasons for people to be dependent and so addicted to the smartphones. What effects can smartphones cause us? Do the effects bring more beneficial or more harm to us? Therefore, our group decides to do a research concerning the effects of smartphones on Tunghai students. We designed our own questionnaires and pick any student in Tunghai randomly as our

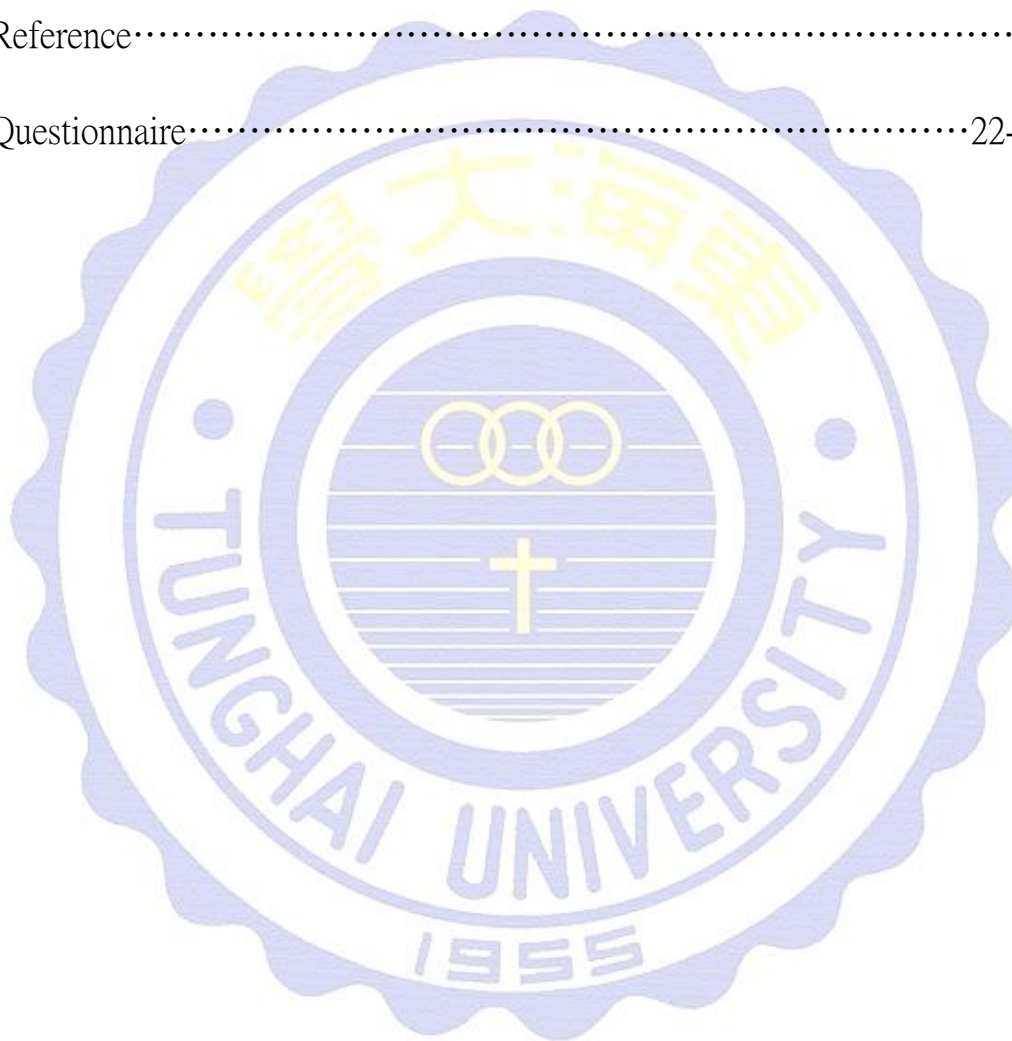
respondent. We also interviewed some professors from different departments about their opinions on college students using smartphones. The purpose of this research is not only to find out about the advantages of smartphones, but also to alert people about the disadvantages of the smartphones.

Keyword : Advantages Disadvantages Smartphones Tunghai



目 次

1 Introduction	4-5
2 Body	6-18
3 Conclusion	19-20
4 Reference	21
5 Questionnaire	22-23



Introduction

Provide the Thesis Statement
Provide a Hypothesis
Provide a Brief Summary
Supply Data, Statistics, and Special Evidence

Smartphones have become one of our most needed gadgets in our daily lives nowadays. The number of smartphone users worldwide will surpass 2 billion in 2016, according to new figures from eMarketer, representing over a quarter of the global population. ([1] eMarketer 2014). No matter where we go or what we do, we can see everyone around us holding their smartphones. Of all the people that we know, college students are most addicted to the usage of smartphones. The problem is, what do they do with their smartphones? Does the usage of smartphones every now and then bring more benefits or harms to the college students? It's well known that smartphones provide students with the opportunity to carry the Internet in their pockets. What's less well-known is how the phones' features are used. ([2] Stan Zygmunt 2009). Also, cell phone use showed statistically significant relationships to GPA, anxiety, and happiness. ([3] Admin 2014). In relation to that, we want to do a research on the effects of smartphones on students in Tunghai University. We think this problem is related to our life and we need to concern about it.

We use the quantitative method to help us get the proper evaluation. First, we ask

students who are between the ages of 19 to 22 at Tunghai University by distributing questionnaires. We totally distribute 143 questionnaires to analyze our consequence.

Second, we interview professors for their points of views on students using smartphones and their views on this matter based on their own experiences. The reason why we use these two ways to do our survey is because we think we can get firsthand information. The data of firsthand information is usually high credibility. We analyze all the data from all the methods used above to find out whether smartphones have more good or bad influences on Tunghai students.

Anyway, we think knowing the effects of smartphones on students in Tunghai University can either give the students more awareness of the shortcomings of smartphones or let the professors understand the importance of using smartphones nowadays.

Body

Techniques adopted:

Classification, Analysis, Definition, Explain a Process, Cite Evidence from Source

Materials, Comparison and Contrast

Smartphone, as defined by the Oxford Dictionaries, is a mobile phone that performs many of the functions of a computer, typically having a touchscreen interface, Internet access, and an operating system capable of running downloaded apps. [5]Gray (2013) commented that smartphones have become multifunction

devices with capabilities similar to an Internet-connected computer. They are not only easy to be carried around but also convenient to be used everywhere.

The use of smartphones has been growing over the years and has affected college students more than any other technological devices. Almost all of the students in Tunghai University rely on the use of smartphones for everything from note taking to contacting with others. The smartphones also allow students to work in groups on projects, sharing information and discoveries([6]“4 Benefits of Using Cell phones in School: Smartphones as Learning Tool”,2015). However, according to [7]Aydin (2013), while smartphones have many benefits, there are times when smartphone use might not be seen as a positive by professors. Many professors might see the use of smartphones as a big cause of problem to their students. [8]Murray (2013) remarks that Murdock, a psychology professor at Washington and Lee University in Virginia makes this comment about students' heavy texting using a smartphone:

“If you're texting a lot, that's actually work. It takes time. If you're feeling overloaded and also texting a lot, the texting might be adding to your burden.”

Furthermore, [9]Lytle (2012) states that for some college students, leaving a smartphone behind may cause feelings of anxiety and panic. They fear going out without their smartphones because the smartphones have become a crucial part of their lives.

Similarly, smartphones have brought a lot of impacts to the life of a student in Tunghai University. The effects of the smartphones can either be advantaging or disadvantaging. In our study to find out whether there are more advantages or disadvantages in the use of smartphones among Tunghai students, we make a limit to our terms of advantages and disadvantages. The scope is as below:

<u>Advantages</u>	<u>Disadvantages</u>
<ol style="list-style-type: none">1. Convenience :<ul style="list-style-type: none">▪ Contact Others▪ Take Photos▪ Time2. Release Stress:<ul style="list-style-type: none">▪ Games▪ Music	<ol style="list-style-type: none">1. Damage Health<ul style="list-style-type: none">▪ Muscle Ache▪ Eye-sight2. No Social Life in Reality<ul style="list-style-type: none">▪ Social-networking sites▪ Texting3. Affect Concentration<ul style="list-style-type: none">▪ Not paying attention in class

Methodology

In this part, the methods, the respondents and the procedure used in this study are described. This includes the techniques used for collection of data and the description of our respondents. In an effort to understand whether the use of smartphones are good or bad for Tunghai students, this study sought to identify the actual advantages and disadvantages of the effect.

Methods

We choose to use both the qualitative and the quantitative methods in our study.

Therefore we interviewed 4 of the professors in Tunghai University to get a wider range of opinions on smartphones from the users who have different identities from our targeted respondents. We also distribute questionnaires, both in paper form as well as online questionnaires, to the students at Tunghai University to get a statistical result for our findings.

Respondents

The respondents of the research are students of all departments at Tunghai University, regardless of the origin countries of the students. We choose the respondents randomly as long as he/she is a student of Tunghai University until the number of respondents exceeds the desired number which is 100. The view of the professors will be included to show the different thoughts about the effect of smartphones on the students.

Questionnaire

The questionnaire includes questions about the how the students use their smartphones and the effects they think smartphones have on them. The questionnaires were distributed on 6 May 2015. The statistics was calculated 2 weeks later. Result which seems to show more negative effects of smartphones to the

students is presented.

This part of the paper included the information about the methods, respondents and the procedures of the study. In the next part, the results and analysis will be presented.

Results

This part presents the answers provided by the professors for this study as well as the analysis of the data collected. The descriptions of the results are also provided.

Interview

To collect more data about the use of smartphones among college students, we first asked about the permission of smartphone usage in the classrooms. How often do the students use their smartphones in the class? What might they be doing with their smartphones? Following that, we make an analysis on the result of interview with the professors. The interview questions are addressed as following:

- 1 Will you ban your students from using smartphones in class? Why?
- 2 Do the students often use smartphones during the lesson?
- 3 What do you think the students in your class do with their smartphones?
- 4 Do you think the use of smartphones in class affect the students' concentration?
- 5 Do you think the students might cheat in the exams using their smartphones?

6 What, do you think, are the advantages and disadvantages of students using smartphones?

The detailed description of our interview is as below:

Question 1: Will you ban your students from using smartphones in class? Why?

Of 4 of the professors, 50% of them would ban their students to use smartphones in class. According to them, this will prevent the students to not pay attention during the lecture. They also think not using smartphones when the class is in progress is a basic manner a student needs to learn. However, the other 50% who do not ban the usage of smartphones in their classes think that students have the freedom to do whatever they want and they will have to take responsibilities on their own actions.

Question 2: Do the students often use smartphones during the lesson?

2 of the professors who do not allow their students to use smartphones in class have few students using smartphones in their classes. On the other hand, the other 2 professors who do not control the usage of smartphones in the classroom have more students using their smartphones in class. We found rules are needed to prevent college students to use their smartphones in the classroom.

Question 3: What do you think the students in your class do with their smartphones?

A three quarter of the professors think the students used their smartphones to browse

the social-networking sites and to text others in the class. Only 1 of them thinks some of the students actually used their smartphones to look for information for the course.

Question 4: Do you think the use of smartphones in class affect the students' concentration?

The result in this question shows that 100% of the professors agree that students' concentration is distracted when they use their smartphones in class.

Question 5: Do you think the students might cheat in the exams using their smartphones?

All 4 of the professors believe that students might cheat in their exams with the use of smartphones because the students can get information easily through the smartphones. However, 50% of them are not so sure about that.

Question 6: What, do you think, are the advantages and disadvantages of students using smartphones?

Based on the professors' opinion, although smartphones give more convenience to the students in the way that they can look for information more easily, students are more likely to get distracted in the class. Besides, they think that smartphones lead to the lack of visit to the library among the students. When they can get information online easily, there will be a smaller probability they will go to the library. They also believe that smartphone is the main reason to cause the interaction of students in the

classroom and the ability of the students to distinguish between true and fake

information to decrease.

Finally, we analysed the result of our interview and summarized the responses of the professors in Table 1 below.

Table 1

The Opinions of the Professors about Usage of Smartphones among Tunghai Students

	Use of smartphones in Class	Smartphones distract concentration	Reasons of using Smartphones in class	Cheat during exams using smartphones
Professor A	Yes	Yes	Socialize	Maybe
Professor B	Yes	Yes	Socialize	Yes
Professor C	No	Yes	No idea	Maybe
Professor D	No	Yes	Socialize, search info	Yes

From the result of the interview, we realized that the professors mostly think there are more disadvantages than advantages in the usage of smartphones among Tunghai students.

Questionnaire

To obtain the empirical data for the study, we designed a questionnaire in a neutral way. We then distributed the questionnaires randomly and finally make a data analysis about the result gained from the questionnaires.

Data Analysis

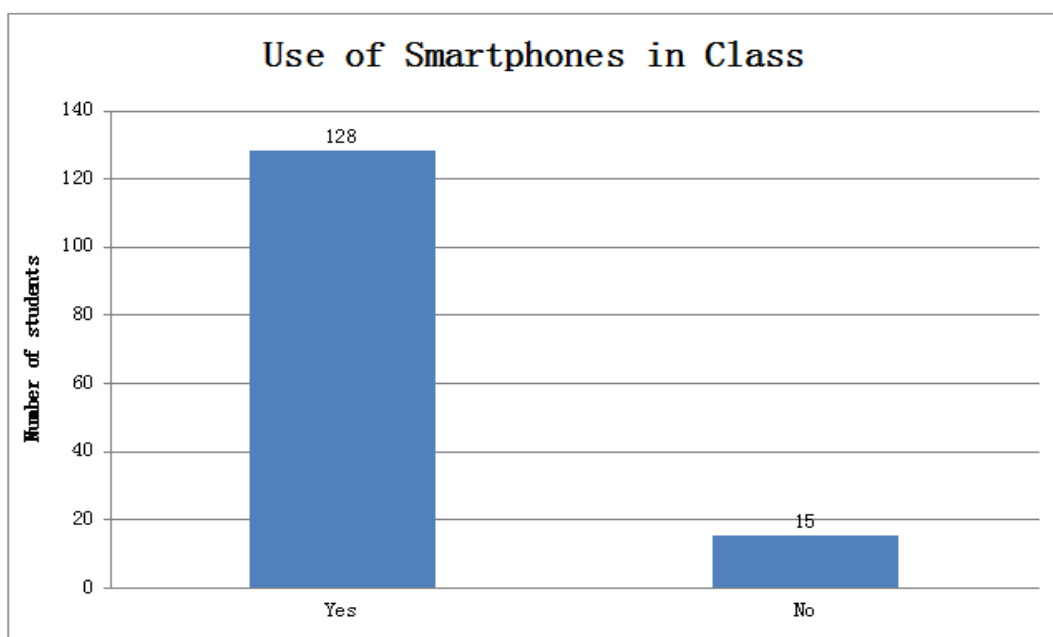


Figure 1 The number of student who use smartphones in class

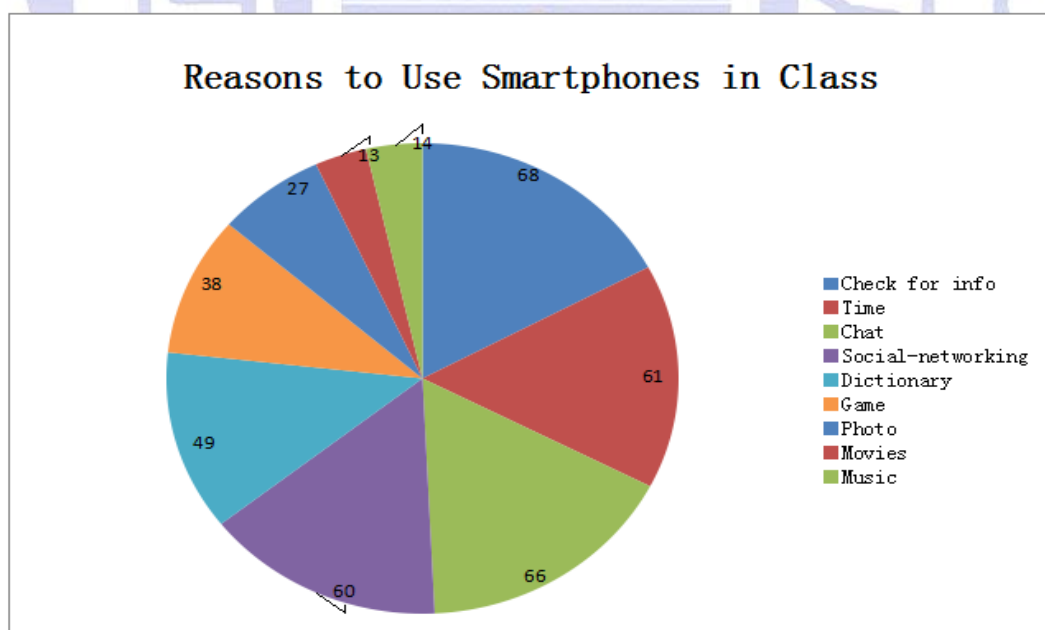


Figure 2 The reasons for students to use smartphones in class

Figure 1 and Figure 2 show the number of students who use smartphones in class and the reasons they use their smartphones in class respectively. The analysis of the graphs

shows us that 89.5% of Tunghai University students use their smartphones during the class hour. 68 out of the 143 respondents would use the smartphones to search for information in the class. This is followed by chatting online in the class, which has a total of 66 students. There are 61 students who use their smartphones to check for the time and 60 students who also use the smartphones to browse the social-networking sites. The numbers of students who do time-checking and browse social websites are almost the same.

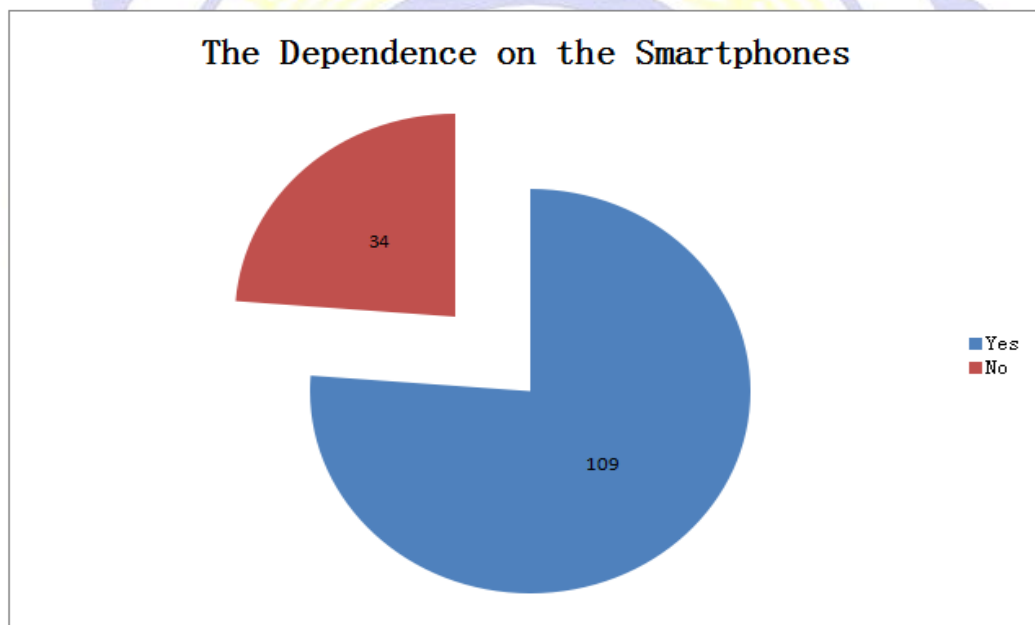


Figure 3 The dependence of students on smartphones

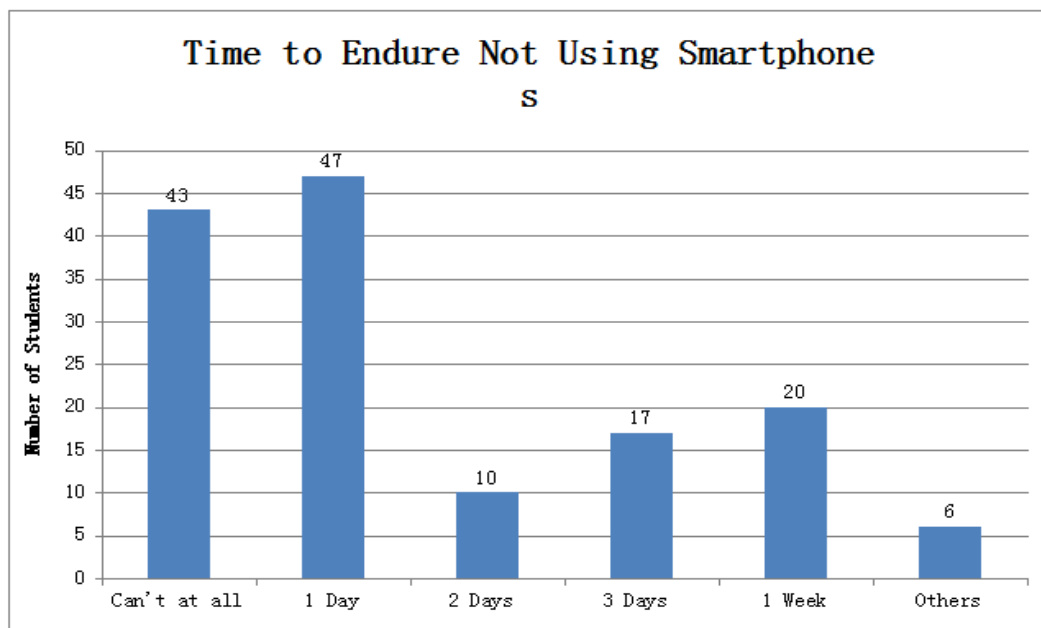


Figure 4 The time period students can endure without a smartphone

Figure 3 illustrates the number of students who are dependent on the use of smartphones while Figure 4 shows the time to endure of a student for not using a smartphone. The result shows that 76.2% of the students agree with this statement whereas only 23.8% of them do not. Following that, we realized that most of the students cannot stand not using their smartphones for one day. This category occupies 32.9% of all the students. The next highest category is the students who cannot stand not using the smartphone at all. This category comprises 30.1% of all the students.

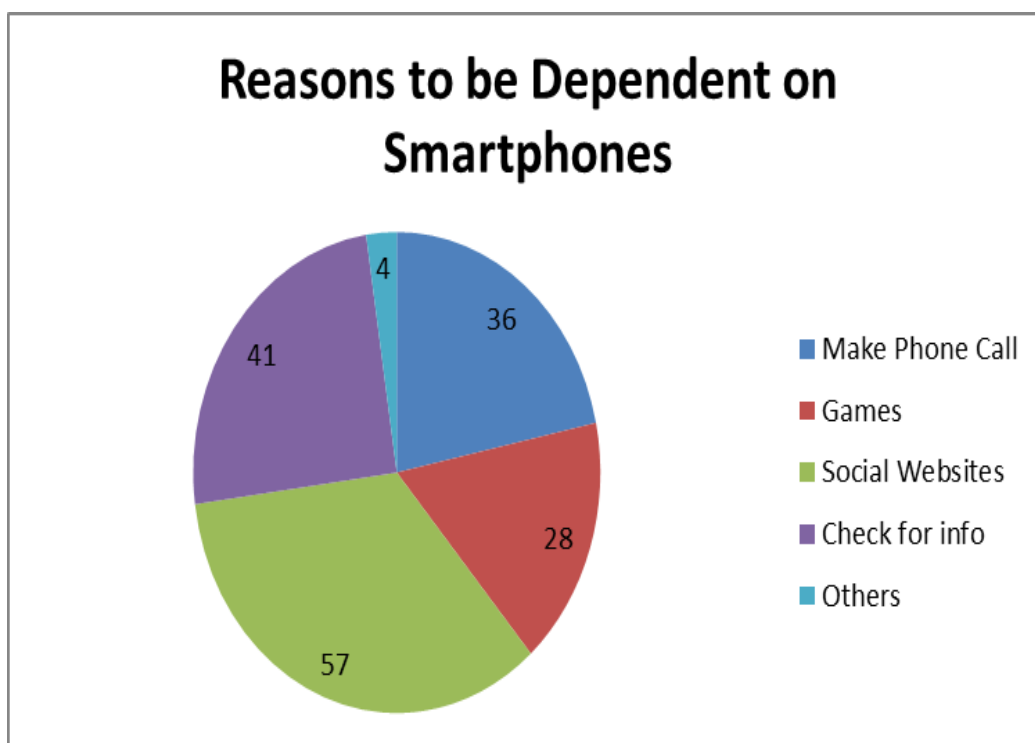


Figure 5 The reasons students are dependent on smartphones

Figure 5 elaborates the reasons for students to be dependent on smartphones. The reasons behind the dependence, according to the results, are that 57 of them browse the social-networking sites, 41 of them search for information and 28 of them play games.

In the questionnaire, we also include the rate of the usage of smartphones in one day.

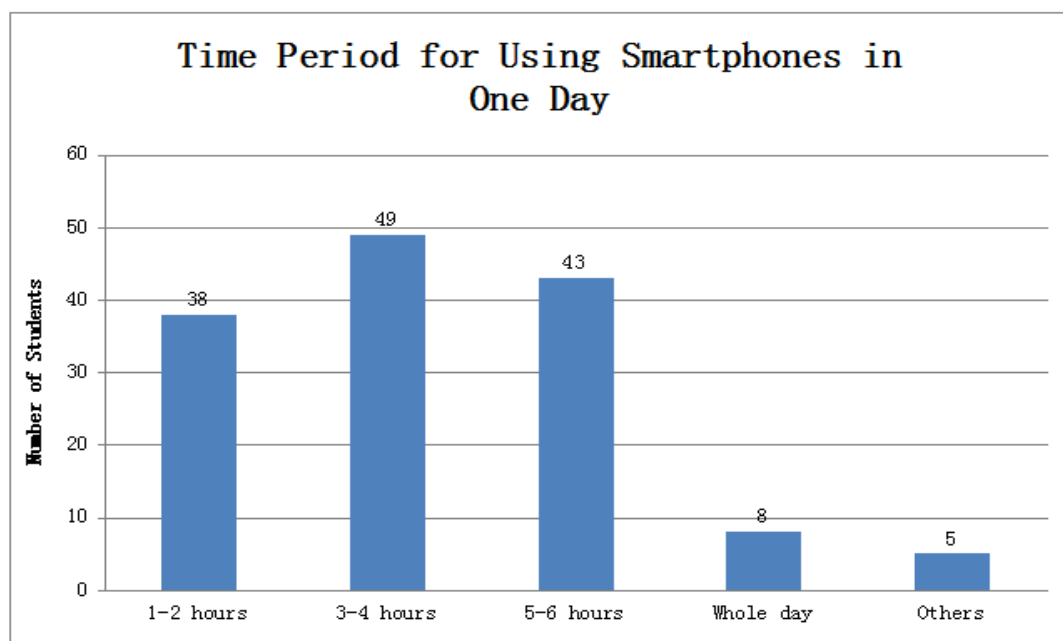


Figure 6 The time period a student uses a smartphone in one day

Figure 6 is the distribution of the time period of a student to use smartphone each day.

According to the distribution, the highest time period is 3-4 hours, which comprises of 49 students. The next highest of them all is for 5-6 hours as 43 of the respondents use their smartphones for this period of time. In the third place is 1-2 hours, in which only 38 of the students chose for the answer.

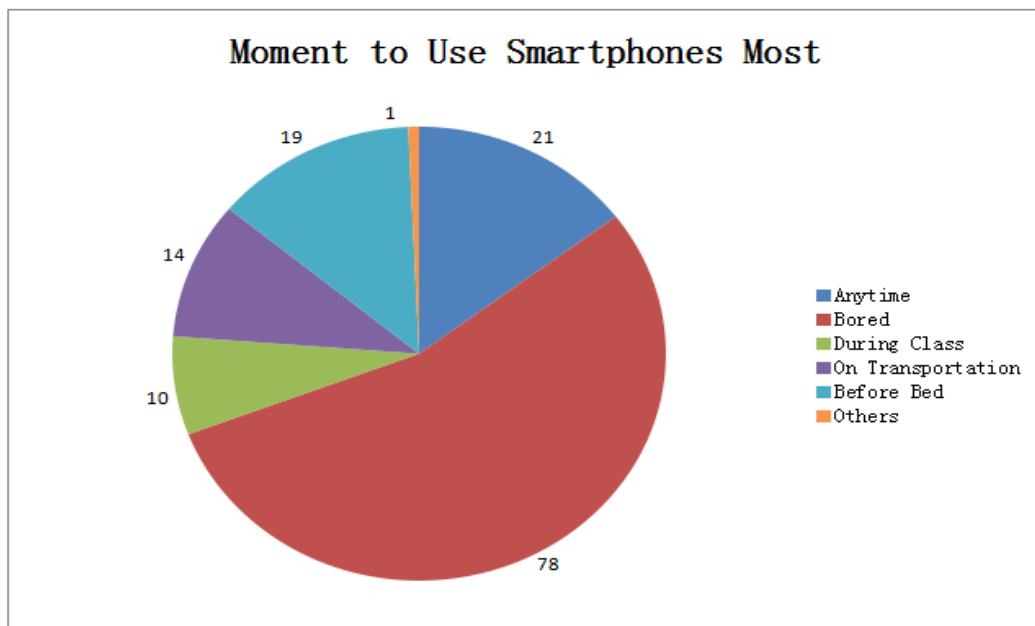


Figure 7 The moment a student uses smartphone most

Figure 7 renders the moment a student uses his/her smartphone the most. The result shows that 54.5% of them use their smartphones whenever they feel bored, 14.7% of the students show that they use their smartphones anytime followed by 13.3% of the students use their smartphones most before they go to bed.

This part has presented the responses from the professors and the statistical data from our questionnaires as well as the analysis of the results. In the next part, a conclusion will be made.

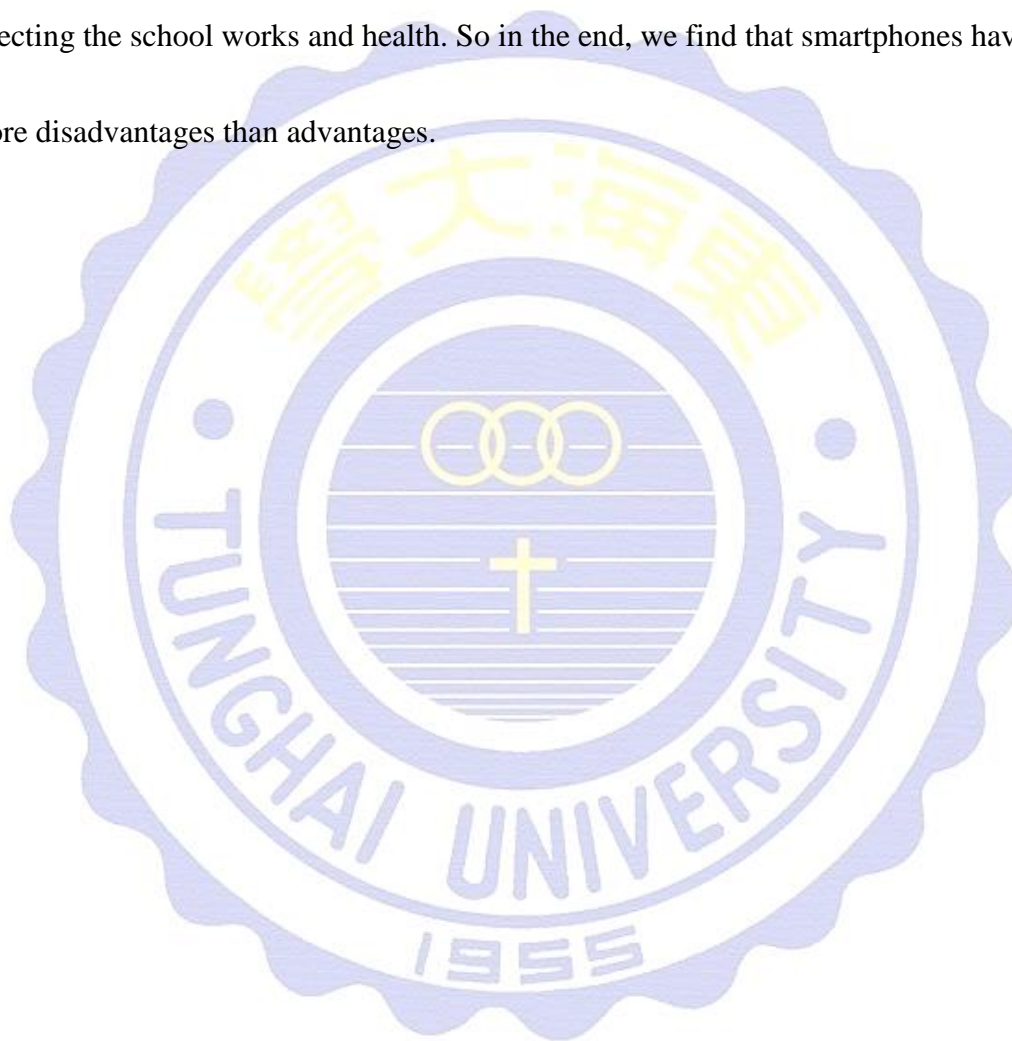
Conclusion

Close with an Effective Quotation
Return the Focus of a Literary Study to the Author
Discuss Test Results

To conclude, our research is going to find out whether smartphones have advantages or disadvantages on Tunghai students. According to an article we find on internet, it

says “the effect of overuse of smartphone is that students might spend less time on work or homework.” ([10] billbill1311 2013) Another article says “if a student spends the class time texting, booking their faces, and gazing upon the awful majesty of grumpy cat, then they will not be paying attention to what is occurring in class.”([11] Mike LaBossiere 2013) Both articles mean that smartphones have bad influence on college students. On the health aspect, a report says “Leaving a phone behind may cause feelings of anxiety and panic, which has brought one phobia to the forefront: nomophobia-the fear of being without your cell phone.”([12] Ryan Lytle 2012) The data received from our questionnaires also indicates that the use of smartphone will affect students’ schoolwork and lead to healthy problem. On the other hand, smartphones also have advantages on students. A smartphone expert, Liane Cassavoy, says “a smartphone is a device that lets you make telephone calls, but also adds in features that, in the past, you would have found only on a personal digital assistant or a computer--such as the ability to send and receive e-mail and edit Office documents, for example.”([13]Liane Cassavoy) The other article written by Tam News Staff says” Information is easy to access with the smartphone and its constant connectivity to the Internet – it only takes a few taps and a couple of milliseconds to discover boundless data on countless topics, making learning easier and assisting curious impulses.”([14] Tam News Staff 2011) On the data we receive from our questionnaires, we also find

many students think that smart phones are very useful. For example, students can use their smartphone to contact with others or search for information. Although some articles and students say that smartphones are very useful and have advantages to life, there are more articles and students says that smartphones have disadvantages such as affecting the school works and health. So in the end, we find that smartphones have more disadvantages than advantages.



參考文獻

(請列出本報告的參考資料，建議可依 APA 或 MLA 格式來排列)

- [1] “2 Billion Consumers Worldwide to Get Smart(phones) by 2016.” *eMarketer Web*. 11 Dec. 2014.
- [2] Stan Zygmunt. “RESEARCH STUDIES EFFECTS OF SMARTPHONE ON INFORMATION LITERACY.” *The University of Scranton Web*. 31 Aug. 2009.
- [3] Admin. “Constantly Connected: Effects of Internet and Smartphones on College Students.” *Internet Addiction Resource Web*. 9 Jun. 2014.
- [4] Smartphone. In Oxford Dictionaries online. Web. (n.d.)
- [5] Bronson-Gray, B. Your Smartphone May Be Making You Fat. *HealthyDay News*. Web. 18 July 2013.
- [6] 4 Benefits of Using Cell phones in School: Smartphones as Learning Tool. Web. 6 April 2015.
- [7] Aydin, R. “Smartphone Use on College Campuses”. Web. 21 January 2013.
- [8] Murray, “R. Study Links Heavy Text Messaging with Sleep Problems among College Students”. *New York Daily News*. Web. 1 October 2013.
- [9] Lytle, Ryan. “Smartphone Use Among College Students Concerns Some Professors” *U.S. News* Web. 21 Mar. 2012.
- [10] “Cause and effects of the overuse of smartphone on students.” *billbill1311*. Web. 11 Mar. 2013.
- [11] Mike LaBossiere. “Smart Phones & Sad Students” *Talking Philosophy* Web. 11 Dec. 2013.
- [12] Ryan Lytle. “Smartphone Use Among College Students Concerns Some Professors” *U.S. News* Web. 21 Mar. 2012.
- [13] Liane Cassavoy. “What Makes a Smartphone Smart?” *About*. Web.
- [14] Tam News Staff. “EDITORIAL: The impact of smartphones on student life.” *The Tam News Online*. Web. 30 Sep. 2011.

智慧型手機對東海學生的影響(學生問卷調查)

Effects of Smartphones on Tunghai Students

系級: _____ 性別: _____

1. 請問你平常最常使用手機的用途是?(可複選)
聯絡 查資料《公車時刻,作業》 玩遊戲 社群網站《LINE FACEBOOK WECHAT TWITTER INSTERGRAM BEETALKS 人人網 微博 QQ 其他___》 日曆
鬧鐘 看影片 存資料 拍照 錄音 聽音樂 其他

2. 請問你平常如何查資料?(可複選)
手機 圖書館 其他_____
3. 你覺得使用智慧型手機有那些優點?(可複選)
方便查資料 方便連絡親朋好友 拍照 其他_____
4. 你有沒有覺得自己常常玩手機(聊天 看電影等等)玩到忘記時間?
有 沒有
5. 請問你會在手機充電時講電話嗎?
會 不會
就算知道了這個資訊危害健康還是會常常使用嗎?(請說明原因)
會 不會
為什麼? _____
6. 請問你會不會在長時間使用手機(大約 30 分鐘)后稍微讓自己的眼睛休息一下(看看遠方或綠色植物或閉上眼睛休息等)?
會 不會
7. 請問你會不會在晚上關燈后使用手機?
會 不會
8. 請問你會在晚上睡覺時將手機至于枕邊或是靠自己很近嗎?
會 不會
9. 請問你是否會邊走路邊使用手機?
是 否
10. 你覺得使用智慧型手機有那些缺點?(可複選)
影響視力 影響專注力 影響身體健康(例如: _____)
其他_____
11. 請問手機電話費是你自己繳費還是家裡幫忙支付?
自己繳費 家裡支付
這是否會影響使用手機的頻率?
是 否
12. 請問你平常是否會在課上使用手機?

是 否

請問用途是：(可複選)

查單字 查資料 玩遊戲 看時間 與別人聊天 單純想看看社群
網站 看影片 拍照 聽音樂 其他_____

13. 你認為高頻率使用智慧型手機是否會影響到課業?

會 不會

14. 請問你會很依賴手機的使用嗎? 會 不會

為什麼?(可複選)

要用來打電話 玩遊戲 用通訊軟體聊天 玩遊戲 查資料 其他

15. 請問你可以忍受多久不使用智慧型手機?

完全不能忍受 一天 兩天 三天 一周 其他_____

16. 一天中使用手機的頻率?

1-2 小時 3-4 小時 5-6 小時 其他_____

17. 一天中最常使用手機的時間?

無時無刻 無聊的時候 上課時 搭車 睡前 其他

18. 你認為使用智慧型手機是否會影響你的人際關係?

會 不會

智慧型手機對東海學生的影響(老師問卷調查)

Effects of Smartphones on Tunghai Students

系別:_____ 性別:_____

1. 請問您會禁止學生在課上使用手機嗎? 為什麼?
2. 請問您的學生上課時是否經常使用手機?
3. 請問您認為學生上課使用手機都在做什麼事?
4. 請問您覺得手機是否影響學生專心上課?
5. 請問您覺得學生是否會在考試中利用手機作弊呢?
6. 請問您覺得手機對於學生和您自己分別有什麼好處和什麼壞處? (最多各 3 點)
7. 請問您認為智慧型手機對學生造成最大的影響是什麼?