The Role of Technology in Improving Study Habits: How Educational Apps Help Students Study Better

GROUP 7 MEMBERS:

24/05380 Victor Msawo

24/04884 Blessed Ben

24/05110 Edith Njeri

24/06580 Ian Kipngetich

24/06907 Ian Ndegwa

24/06954 Brigham Kiplangat

24/04518 Peter Kinyua

24/06619 Clinton Ouma

24/05069 Zipporah Wanjiku

24/05566 Wesley Ojiambo

24/06915 Georgina Naserian

24/06822 Rolland Omuko

Abstract

Educational technology has changed how students learn and perform in their studies. This study looks at how technology, especially educational apps, helps students develop better study habits. The research will examine the use of tools such as note-taking apps, quiz platforms, time management applications, and e-learning systems, and how these tools affect concentration, organization, and academic results. The study will use a descriptive research design and collect data through questionnaires from university students. The results will show how technology can fit into students' regular study routines to support better academic performance.

---

1. Introduction

Technology is widely used in education today. With smartphones, tablets, and computers, students often use digital tools for schoolwork. Educational apps like **Google Classroom, Quizlet, Notion, and Khan Academy** have made learning easier, more interactive, and tailored to individual needs. Still, not every student uses these tools in ways that improve their study habits. Learning how technology use relates to study behavior can help improve learning and academic results.

---

2. Statement of the Problem

Although many educational technologies are available, students use them in different ways. Some organize their schedules, review course material, and work together on assignments, while others spend more time on non-academic activities like gaming or social media. There is a need to find out if and how educational apps help with habits such as managing time, remembering content, and being consistent. This study will look at how technology affects students' study habits.

---

3. Objectives of the Study

This study will:

1. Identify which educational technologies students use most.

2. Find out how educational apps affect students' study habits.

3. Examine the link between how often students use educational apps and their academic performance.

---

4. Research Questions

1. Which educational technologies are most used by university students?

2. How do educational apps affect students' consistency, time management, and motivation to study?

3. Is there a relationship between using educational apps and academic performance?

---

5. Significance of the Study

This research will help:

- **Students** – understand how technology can improve their learning.

- **Educators** – learn how to use digital tools in their teaching.

- **Institutions** – find useful technologies to support academic programs and improve student results.

---

6. Scope and Limitations

The study will focus on undergraduate students from selected universities in Nakuru County. It will look at mobile and web-based learning apps. Time limits and honest responses may affect data accuracy, but the researcher will work to keep the data reliable through careful collection and checking.

---

7. Literature Review

Studies show that using technology in education can increase motivation and engagement (Mugenda & Mugenda, 2003). Educational apps can help students learn more efficiently by offering interactive experiences that match their learning speed (Kibuku, 2024). Research on e-learning platforms shows that students who use educational apps often do better in their studies because of better note organization, time tracking, and self-testing. However, too much use of digital tools can be distracting and may reduce critical thinking if not managed well. This review points out both the benefits and challenges of using educational technology.

---

8. Research Design and Methodology

Research Design:
The study will use a descriptive research design to gather information about students' use of educational technology and their study habits.

Population and Sample:
The study will include undergraduate students from universities in Nakuru County. A sample of 100 students will be chosen using stratified random sampling to represent different genders and courses.

Data Collection Instruments:
A structured questionnaire will collect data. Questions will cover types of apps used, how often they are used, time management, and academic performance.

Data Analysis:
Data will be coded and analyzed using descriptive statistics such as mean, frequency, and percentage. The study will use correlation analysis to check relationships between variables. Results will be shown in tables, graphs, and pie charts.

Validity and Reliability:
The questionnaire will be reviewed by experts and tested before use. Consistent coding and analysis will help keep the results reliable.

Ethical Considerations:
The researcher will keep responses confidential, get informed consent, and protect participants' privacy. Participation will be voluntary.

---

9. Expected Outcomes

The study expects to find that educational apps help students improve their study habits by making them more organized, consistent, and engaged. It also expects to see a positive link between using technology and academic performance.

---

10. References

- Kibuku, R. (2024). *Data Analysis and Presentation*. Egerton University.