

THE BUTTERFLY EFFECT

SCIENCE AND TECHNOLOGY
EDUCATION CENTER

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PROBLEM IDENTIFICATION

Prevalent mental problems experienced by professionals and students due to the prolonged exposure to screens are the following:

Brain Fog a cloud-headed feeling with a lack of mental clarity.

Techno Stress or psychophysiological stress reactions due to gadget use.

Screen Apnea or lower oxygen because of more attention given to screens.

Problematic Internet (PIU) negative emotions due to unregulated behavior in internet usage.

Dehydration low mental and physical energy due to lack of water.

STRATEGIES

Promote installation in FB Messenger and Discord health reminders.



Integrate in-browser health reminders to improve overall health and productivity.

ACTIVITIES

- Message working-on-computer individuals to eat meals on time, drink water, stretch or take a screen break every 1.5 hours.
- Start the day with mini workout sessions.
- Remind users of personalized weekly activities.

- Prompt working-on-computer individuals to drink water, stretch, or take an awe walk with GIFS's every time they click "new tab".

TIME FRAME

MAY-JUNE
2021
ONE MONTH

RESOURCES NEEDED

BUDGET:

Browser Extension
250 PHP one-time payment for Chrome Dev Store.

FB Messenger Chat Bot
ManyChat = 0 PHP / mo

Discord Chat Bot
Heroku = 0 PHP / mo

Users
Internet access
Desktop, laptop, or mobile devices

Developers
Code Editor (IDE)
Prototyping tool

PERSONS RESPONSIBLE

Online Users
Proponents for Impact Measurement

VERIFIABLE INDICATOR

Frequency of break-taking.
Recorded time online and the recorded amount of health breaks.

MEANS OF VERIFICATION

A quantitative, then qualitative survey form on the frequency and quality of breaks taken. As well as the felt effects of it.

CONCLUSION

TBE would immediately succeed in promoting students and professionals alike to regularly take health breaks. By interfering and mitigating the effects of early mental health problems inside the very same technology causing them,

an improvement in their overall quality of life and health during and after the COVID-19 pandemic is expected. The researchers realized how minor problems in our lifestyles can build up to major complications later. And a way to mitigate or even solve it is by modifying the little things in our life too.

INTRODUCTION

OVERWORKING IS PRAISED, RESTING IS PUNISHED.

This leaves little to no room for energy renewal. Psychologists emphasize how our thoughts, emotions, and behaviors have an energy consequence. For this innovation, mental health is defined as the state of having the will to work on tasks.

48% WOMEN

39% MEN

Reported negative impact on their mental well-being due to COVID-19



Because of that, 4 of 10 respondents report worse physical being as well. Consequently, the number of reported sickness rose by 38%.

27.8M STUDENTS

studying while overcoming a host of distractions such as social media, gaming, and chores will not be as effective because the mind is overwhelmed and divided, commonly leading to multiple mental breakdowns.

ACTION PLAN

GENERAL OBJECTIVE

To improve the quality of the life of students and professionals using gadgets for their daily tasks by alleviating the early signs of mental health problems, specifically: brain fog, technostress, screen apnea, PIU, and dehydration.

SPECIFIC OBJECTIVES

This study on the Butterfly Effect using technological interventions to prevent mental health problems among learners, teachers, and other professionals will be able:

1.

To mitigate early signs of psychosomatic disorders being experienced by students and teachers due to prolonged use of computers and other gadgets.

2.

To build a habit of taking short screen breaks while using computers and other gadgets. Sustaining personal energy for longer periods of time without compromising productivity.

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