

Chapter I

Statement of the problem

Arias (2012), mentions: To pose the problem consists of describing the situation in a broad manner, placing it in a context that allows understanding why the study is being conducted; this implies developing, exposing and explaining the problematic situation in a broad manner.

Distracting behaviors are habits or attitudes that distract students from their immediate task, which can lead to a decrease in their learning capacity and academic performance. Some of the most common distracting behaviors include excessive use of social networks, lack of organization, lack of motivation, procrastination, and lack of attention during classes. These attitudes can have negative effects on the student's concentration and learning process.

In this sense, the present problem statement aims to analyze distracting behaviors and how they affect students' academic performance. The importance of this analysis lies in the fact that students' academic performance is an important indicator of success in life, since it can determine their ability to access better job opportunities, as well as to continue their education.

Distracting behaviors are an important aspect to consider in the analysis of students' academic performance. First, excessive use of social networks is one of the most common distracting behaviors today. According to a study conducted by the Pew Research Center, 45% of teens surveyed stated that they spend more than three hours a day using social networks. Excessive use of social networks can distract students from their homework and reduce their attention span and concentration on academic work.

Likewise, lack of organization is also a common distracting behavior that can negatively affect academic performance. Lack of organization refers to the inability of students to establish a schedule or planning for their academic tasks. This attitude can lead to lack of effort and lack of motivation to study or perform assigned tasks, which can affect their academic performance.

On the other hand, inattention during classes can also be a distracting behavior that affects learning ability and academic performance. Students who do not pay attention during class may miss essential information and have difficulty completing assignments and exams. In addition, inattention can lead to superficial understanding of the subject matter, which can affect long-term academic performance.

In addition, procrastination is one of the most common distracting behaviors among students. This concept refers to the tendency to postpone tasks until the last moment, which can lead to increased pressure and stress. In this sense, it not only affects the student's ability to learn, but can also generate mental and emotional health problems, such as anxiety and depression.

Therefore, it is important for students to be aware of these distracting behaviors and take steps to reduce them. One of the measures students can take is to establish a schedule or plan for their academic tasks, which will help them organize their time and reduce procrastination. Likewise, it is important for students to limit their time on social networks and other distractors and to pay attention during classes to make the most of their learning time.

In this way, distracting behaviors are a major problem that can negatively affect students' academic performance. Inattention, lack of organization, procrastination and excessive use of social networks are some of the most common habits that can affect students' ability to learn and, therefore, their academic performance. It is important for students to be aware of these distracting behaviors and take steps to reduce them and improve their academic performance in the long run.

Human behavior is defined as everything that a person thinks, feels, says or does in relation to the surrounding environment, present or past, physical or social, in order to adapt to it. According to Max Weber, human behavior is as predictable as the events or facts of the natural world, but this does not mean that human actions can be considered on a plane of absolute equality with the events of the natural world, i.e. as objective phenomena in the form accepted by positivism.

It is understood that there are three factors that regulate or influence behavior, these are: First, the end. It is from the objective of the behavior that the behavior acquires a meaning and gives rise to an interpretation. Secondly, there is the motivation, that is to say that the behavior possesses something that mobilizes it, and thirdly, the causality. The behavior also possesses or is produced by a certain cause.

In addition, it is considered that there are two more elements that direct behavior, they are the elements of society and the environment, and the biological elements.

Environmental elements. In the first case, reference is made to the environment in which the subject is immersed, both in relation to the physical and social environment, including the institutions that make it up. In other words, only external factors are referred to.

Negative Distractors

A distractor is the worst enemy of learning and is one of the causes that our children may have a low performance. Below, we share with you some distractors that you should take into account:

Noises

The environment where students are influences their learning, the presence of background noises at home can make it more difficult to learn and concentrate.

Homes are full of distractors such as television, radio, people talking, cars driving by, etc. Adults should be aware of the noise level in their children's learning environment.

Try to keep them away from noisy areas, turn off electronic devices and give them a quiet space.

Lighting

Lighting is a dominant factor in the brain's ability to concentrate. Some benefits of good lighting are increased visibility, reduced eye strain, clarity of thought, avoidance of fatigue.

Natural light is preferable to artificial light. Otherwise, the most appropriate is a lamp (60 W) and another ambient light that illuminates the rest of the room, so that there is not too much contrast.

It has been proven that this is such an important factor that schools have to evaluate and arrange the places inside the classroom to have optimal lighting conditions.

Temperature

It will always be recommended to work or study in an area with clean air and temperature to feel comfortable. Although it is not easy to control this factor, some research indicates that the ideal temperature for studying varies between 17 and 22 degrees. Above or below these values, undesirable effects are produced, especially during long periods of time.

Cell phones and other technological devices

Students are already using devices from an increasingly younger age, so their use should be limited during class hours. Tutors should accompany them during class time.

Today's technological possibilities such as the internet, cell phones and social networks become an opportunity for the formation and development of adolescents, but nevertheless their excessive use can negatively affect them as a distractor that can affect their behavior and lead to health problems.

Bad study practices to avoid:

Once we recognized factors that affect the performance of our children the most advisable thing to do is to identify bad practices that we could be doing during their classes so we recommend you to avoid the following aspects:

Avoid having a television, radio or any other media that involves noise nearby as this will automatically attract their attention.

Avoid having people around him talking, especially talking about things that may interest him.

Avoid telling them the answers to the activities they are doing, this will only cause the students to not understand the subject being taught.

Avoid eating any food during class.

Positive distractors?

Although it sounds a little strange, it is important to know that there are also "positive distractors" that help us so that students have at their disposal tools that help them to favor their learning when they are in class.

We share with you some tips or ideas that can be implemented and included in this new virtual modality so that children have a comfortable space with some positive distractors:

It is recommended to create a specific space for students to take classes and to do homework.

Once we have their space a good tip is to paste sheets, images, posters, posters, with reference to the topics they are seeing in class, this way if they lose attention from the computer and see around them they will have elements that help to reinforce every day the learning they are having.

We must ensure that students have a healthy diet and are sufficiently hydrated so that during the class time they can pay attention to all the activities that are proposed and thus be eager to learn while playing.

The issue of distractions has become so relevant that teachers currently implement the plan of “active breaks” where between activities or during the exercises that students perform if he or she notices that the teacher's attention is not on the class, intermediate exercises such as songs and even games are performed so that students can pay attention again.

In Venezuela, the educational system has gone through different transitions, in which the trial and error of new methods for the system has been experienced, especially medium and diversified ones.

In times of political and social crisis, the educational system is going through a difficult situation so it is important to study the existing perspectives, weaknesses and create strengths.

It is evident that the students of the institutions in this situation, from their homes, live a reality that affects them in a greater or lesser way and causes changes in their behavior.

Infrastructure of the schools.

Most of the schools do not receive any type of maintenance and have been left in the hands of the underworld that has progressively plundered them before the indolent eyes of the Government. Most of the schools have been without electrical wiring for years, without drinking water and without any type of technological resources for their operation. For teachers it is torture to teach in classrooms without lighting, ventilation, water and proper sanitary facilities.

The Ministry of Education should develop policies that guarantee free and quality education to the entire school-age population, encouraging students to remain in the system and facilitating a comprehensive education that provides training to the individual in accordance with the country's Educational Project. As Victoria Camps (1993) says: “The function of education is not only to instruct or transmit knowledge, but to integrate a culture that has different dimensions: a language, traditions, beliefs, a way of life.

It is true that the Venezuelan State, the organized Civil Society and the Ministry of Education have much to do in favor of education in the country, but what will be crucial for the transformation of education in Venezuela will occur in the classrooms of the different levels of the system. It is in the classroom, where the construction of social behavior and academic knowledge is stimulated, where self-esteem is strengthened and social relations are developed. But, above all, the school is the space par excellence for sowing hope and the future, for fostering the desire to excel and the joy of living.

This way of understanding education commits to create training spaces for teachers to reflect and reason solidly about learning and teaching and their performance in these dysfunctional processes of student behavior.

The main interest of the student should be the acquisition of knowledge, learning and paying attention to the teacher's explanation, but there are many who fall into distraction and show no interest, this is a problem that is experienced daily in our institutions and it is for all the reasons argued that the need for research on strategies to minimize the distracting behaviors of students in 1st semester of computer science at the Instituto Universitario Jesús Obrero (IUJO) arises.

RESEARCH OBJECTIVES

General objective: To determine digital strategies to reduce the distracting behaviors of students in the 1st semester of computer science at the Instituto Universitario Jesús Obrero.

Specific objectives:

To diagnose the need to apply digital strategies to decrease the distracting behaviors of the students of 1st semester of computer science of the Instituto Universitario Jesús Obrero.

To design digital strategies to reduce the distracting behaviors of the students of 1st semester of computer science of the Instituto Universitario Jesús Obrero.

To propose the implementation of digital strategies to decrease the distracting behaviors of the students 1st semester of computer science of the Instituto Universitario Jesús Obrero.

Justification

The reason why this project evaluated and built a strategic plan is to attack the distracting behaviors that affect the teaching-learning process in 1st semester students. Also, the research is justified because it will generate different benefits in the institution, to teachers, allowing to diagnose the need for strategies that will help reduce distracting behaviors in 1st semester students.

On the other hand, students will benefit from the implementation of strategies that will help to change their behavior in the face of distracters that affect their learning. This work will provide a shared benefit to both the institution and the students, as well as an additional tool to society to solve this problem that is presented every time in classrooms.

The research will help through the implementation of intervention strategies for students to mitigate distracting behaviors. With the present work shows us a new theory that will help us to know the strategies to follow in the face of distracting behaviors and minimize them.

In this way, the research not only diagnoses the need for strategies to minimize distracting behaviors in 1st semester students, but also proposes their application.