



THE EFFECTS OF MOBILE GAMING ON STUDENT'S SLEEP SCHEDULE

In Partial Fulfillment of the Requirements for the Course
STATISTICS AND PROBABILITY

by

Lekristoff Ziel Grueso & Tyx Anthony Candolesas

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I. INTRODUCTION

Due to the establishment of industry standards, the rapid fall in the cost of handset ownership, and use driven by economies of scale, mobile phone ownership became widespread in the industrialized world towards the end of the twentieth century. As a result of this blast, handset manufacturers' technical advancements accelerated. Mobile phone games became more complex as a result of these technical advancements, taking advantage of exponential improvements in display, processing, storage, interfaces, network bandwidth, and operating system capabilities.

A mobile game is a video game designed to be played on a mobile phone. 1st Historically, the term has been used to refer to any game that can be played on a mobile device. Mobile games are often downloaded from an app store or a mobile operator's portal, but in some cases, they are often preloaded in handheld devices by the OEM or the mobile operator when bought, via infrared connection, Bluetooth, or memory card, or side loaded onto the handset with a cable, by the OEM or the mobile operator.

The point of this research paper is to see how mobile games would affect the sleeping schedule of SD 11 Students of iAcademy. This would be helpful in greater research about how mobile games affect other kinds of students in their daily lives and not just their sleeping schedule.

II. METHODOLOGY

Our population is the class SD11B, the reason for this is because the method we used to collect our samples is the Convenience Sampling method. We sent a group message via discord to alert our peers and ask for their consent in answering our survey. Although the sample we received was smaller than we had hoped for, we believe that our answered questions are still sufficient.

III. RESULTS

Table 1

Has playing Mobile Games affected your sleep schedule?

Types of responses	Number of responses
Yes	9
No	8

n = 17

Has playing Mobile Games affected your sleep schedule?

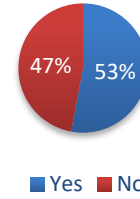


Table 1 shows 9 out of our 17 participants answered that their sleep schedule has been affected by playing mobile games while the remaining 8 participants have answered no to being affected by it.

Table 2

How often do you stay up late playing Mobile Games?

Types of responses	Number of responses
Always	2
Often	4
Sometimes	4
Rarely	3
Never	4

n = 17

How often do you stay up late playing Mobile Games?

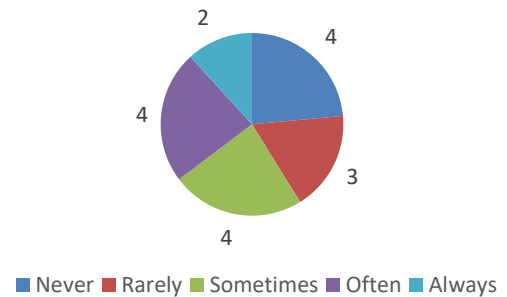


Table 2 shows 2 out of the 17 participants answered that they always stay up late to play mobile games, 4 answered that they never stay up late playing mobile games, another 4 say they often stay up late to play mobile games, 3 answered that they rarely stay up late to play mobile games, and another 4 answered they sometimes stayed up late to play mobile games.

Table 3

How many hours have you spent on Mobile Games recently?

Types of responses	Number of responses
Don't Play	1
Less than an Hour	1
0 Hour	2
1 Hour	4
1-3 Hours	1
2 Hours	1
3 Hours	2
4 Hours	1
5 Hours	2
6 Hours	2

n = 17

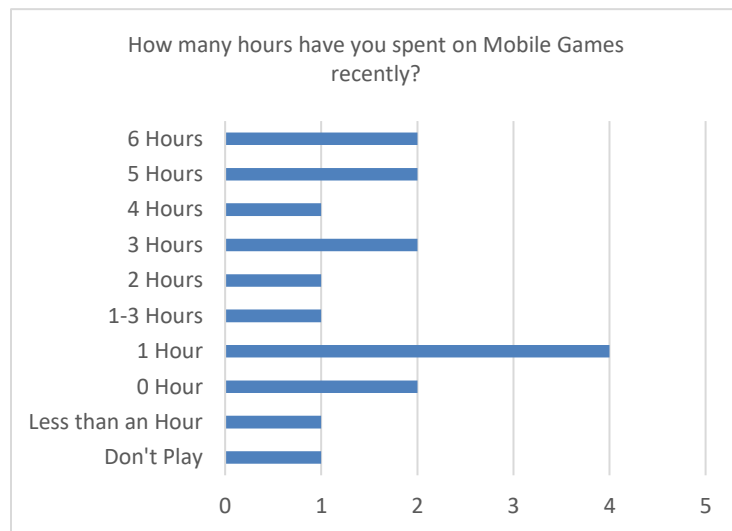


Table 3 shows each participant's time playing Mobile games, the most frequent being playing only 1 hour or less. The second most frequent is a 3-way tie between 6 hours, 5 hours, 3 hours, and 2 hours.

Table 4

What time do you regularly sleep when you play Mobile Games?

Types of responses	Number of responses
6:00 AM	1
3:30 AM	1
3:00 AM	2
2:00 AM	2
1:00 AM	2
12:00 AM	3
11:30 PM	1
10:00 PM	2
8:30 PM	1
8:00 PM	1
1:00 PM	1

n = 17

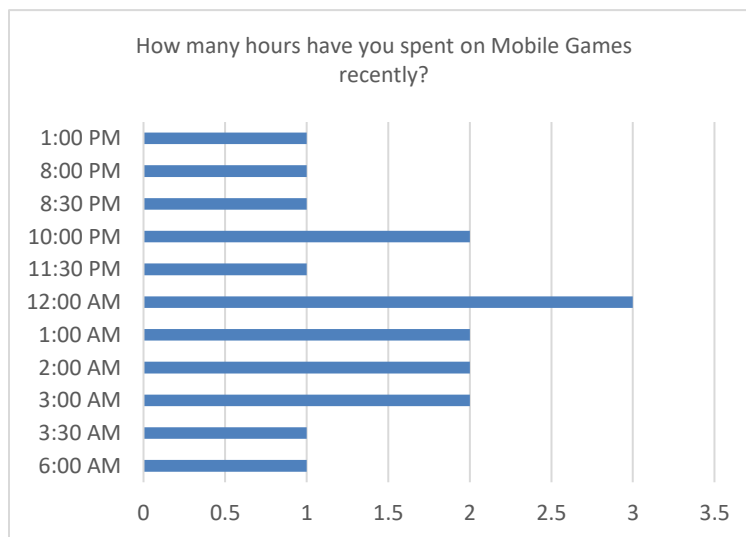


Table 4 shows what time each participant sleeps. Some sleep around 11 pm while others sleep past midnight. The two most common sleeping time for the SD11 Students is 12 Midnight and 3:00 Am.

Table 5

Do you often get tired after playing Mobile Games?

Types of responses	Number of responses
Yes	7
No	10
n = 17	

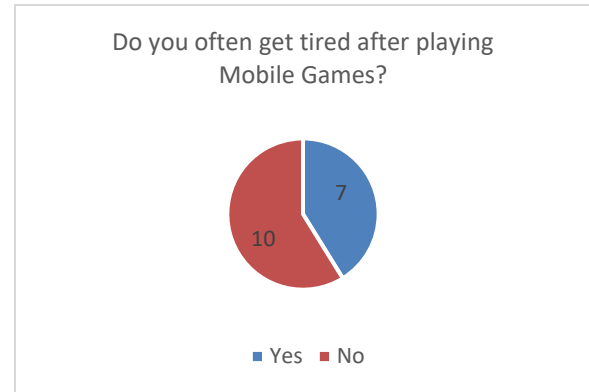


Table 5 shows 10 of our participants do not get tired after playing Mobile Games while the remaining 7 do get tired from playing mobile games.

IV. Discussion

1. Has playing Mobile Games affected your sleep schedule?

9 of 17 students have mobile games affect their sleep schedule.

Types of responses	Number of responses	% Frequency	Cumulative Frequency	% CF
Yes	9	52.94%	9	52.94%
No	8	47.06%	17	100.00%

2. How often do you stay up late playing Mobile Games?

A small percentage of students never stay up late playing mobile games.

Types of responses	Number of responses	% Frequency	Cumulative Frequency	% CF
Always	2	11.76%	2	11.76%
Often	4	23.53%	6	35.29%
Sometimes	4	23.53%	10	58.82%
Rarely	3	17.65%	13	76.47%
Never	4	23.53%	17	100.00%

3. How many hours have you spent on Mobile Games recently?

A lot of students (9) play Mobile Games for only 1 hour or less.

Types of responses	Number of responses	% Frequency	Cumulative Frequency	% CF
0 hr	2	11.76%	2	11.76%
1 hr	4	23.53%	6	35.29%
2 hr	1	5.88%	7	41.18%
3 hr	2	11.76%	9	52.94%
4 hr	1	5.88%	10	58.82%
5 hr	2	11.76%	12	70.59%
6 hr	2	11.76%	14	82.35%
Don't Play	1	5.88%	15	88.24%
Less than 1 hr	1	5.88%	16	94.12%
1 -3 hrs	1	5.88%	17	100.00%

4. What time do you regularly sleep when you play Mobile Games?

Most of the students sleep at about midnight and after midnight in early morning after playing Mobile Games, some even sleep at 6 in the morning. About less than half of the students sleep early or before midnight.

Types of responses	Number of responses	% Frequency	Cumulative Frequency	% CF
12:00 AM	3	17.65%	3	17.65%
1:00 AM	2	11.76%	5	29%
2:00 AM	2	11.76%	7	41.18%
3:00 AM	2	11.76%	9	52.94%
3:30 AM	1	5.88%	10	58.82%
6:00 AM	1	5.88%	11	64.71%
1:00 AM	1	5.88%	12	70.59%
8:00 AM	1	5.88%	13	76.47%
8:30 AM	1	5.88%	14	82.35%
10:00 AM	2	11.76%	16	94.12%
11:30 AM	1	5.88%	17	100.00%

5. Do you often get tired after playing Mobile Games?

10 of 17 students do not get tired after playing mobile games.

Types of responses	Number of responses	% Frequency	Cumulative Frequency	% CF
Yes	7	41.18%	7	41.18%
No	10	58.82%	17	100.00%

V. Conclusion

1. Has playing Mobile Games affected your sleep schedule?

According to the graph, half of the students have had playing Mobile games affect their sleep schedule, and the other half have not. The data here addresses our questions about the students' sleep schedule and if Mobile Games affect it.

2. How often do you stay up late playing Mobile Games?

In the graph shown, the data are spread out almost evenly. We can see that 6 students almost always often stay up late playing Mobile Games, 7 students almost never or do not stay up late playing Mobile Games, and 4 students are about fifty-fifty on whether to stay up or not.

3. How many hours have you spent on Mobile Games recently?

In this data it is shown that about majority play Mobile Games for about an hour or less. The maximum of playing hours of the students did not go above 6 hours, and 2 students each answered playing for 6 hours, 5 Hours and 3 Hours.

4. What time do you regularly sleep when you play Mobile Games?

Here it is asked their time of sleep. According to the table we see that most of the students sleep at midnight or after midnight when playing Mobile Games. Others sleep a little bit early, one even sleeps at 1:00 in the afternoon.

5. Do you often get tired after playing Mobile Games?

When asked if students get tired after playing Mobile Games, about less than half of the students said they get tired when after playing Mobile Games, meanwhile 10 students say that they do not.

VI. Limitations

The only challenge that we had was when handing out the survey forms. Because of our negligence we did not get our ideal number of students to answer our survey. Although our data was just barely sufficient, we realize our mistake and must improve our actions the next time we do something similar.

VII. References

We do not have any references.