**Questionnaire**

**Direction:** Please provide your answer in the space provided.

1. What Technology you usually use?
2. How many hour per day you spent on using this technology?

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| **POSITIVE EFFECTS** | **Agree** | **DisAgree** |
| 1.Enhance cognitive skills(problem solving,critical thinking,analytic skills) |  |  |
| 2.Technological Literacy |  |  |
| 3.Collaboration and Communication skills |  |  |
| 4.Stress management(application of time management) |  |  |
| 5.Career Opportunities |  |  |

**Direction:**These are some positive and negative effects of using Technology to the health of students. Please check the answer of your choice.

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| **NEGATIVE EFFECTS** | **Agree** | **DisAgree** |
| 1.Sedentary Lifestyle(obesity,musculoskeletal problems,and decreased cardiovascular fitness) |  |  |
| 2.Eyes Strain and Vision problem. |  |  |
| 3.Sleep disturbance. |  |  |
| 4.Social isolation. |  |  |
| 5.Mental health challenges. |  |  |