ASSIGNMENT 2 FRONT SHEET

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Student declaration

I certify that the assignment submission is entirely my own work and I fully understand the consequences of plagiarism. I understand that making a false declaration is a form of malpractice.

Student's signature   Son

Grading grid

P6 P7 M4 D3

❑ **Summative Feedback:** ❑ **Resubmission Feedback:**

Grade: **Assessor Signature:**   **Date:**

Internal Verifier's Comments:

Signature & Date:

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Introduction

After doing research on the impact of cell phones on students' mental health, I have many difficulties in the process of doing the research. This report will conduct a project implementation review and summarize lessons and improvements to be made during a research project.

Reflection of research

Research proposal

The project proposal has helped me generalize through the research issues. Such as digital welfare or subject selection reason is the impact of smart-phones on human sleep especially young people. Besides, it helps me find documents more easily when I have saved some resources related to the topic and it also helps me to define the goals clearly:

- How important is sleep to humans, especially in adolescence?
- What is the relationship between smart-phones and human sleep?
- What is the effect of the smart-phone?
- What are the measures to minimize the impact of smart-phones on sleep?

The project proposal helps me to look more clearly and find a lot of documents, in addition to giving specific and necessary reasons for doing the research.

Nowadays, young people who have smart phones at an early age, with poor understanding, will first go to find out about the effects of phones on students of student age. Without the research papers to show these problems, it is very dangerous and can directly affect a whole generation. Once we know those effects, we will continue to find the cause and then point out the measures suitable for young people.

The project proposal helps me to set up the activities to do and the timetable for the Project Study and also helps me to define the research methodology for the project (primary research and secondary research). The above information will give the reader an overview of the research project. From there it is possible to monitor the process of making and have an evaluation and point out the best direction for their own project.

Literature review

Through this section, I have learned how to write a complete literature review with requirements such as first we must define the problem we study, in this post I have defined what digital well-being is with the extraction method. sourced from reputable websites from Google scholar with useful information, in addition to articles that have stated their own personal opinions and then made specific conclusions.

In general, in this research paper, digital well-being has been defined, but besides that, the search for references is a bit less and the assessment is not in depth. However, I have also made sense, and know how to summarize the ideas from other people's research

Next is the influencing part, my research has also raised the issues that I want to mention such as affecting human health, especially sleep. Besides, insomnia is also a potential for diseases such as autism or depression. With the study, readers also understand a part that digital well-being is shown, especially that it has more benefits than harm and the above harms will be handled by humans but there are objects that can inform us, and they are all smart gadgets that people use like smart-phones and watches. Thereby it can be seen that it has a direct impact on human life, but the benefits will outweigh and help people have a better life in the future.

Next is the topic definition, from the research I know how to go online to read articles, books by intellectuals that record the issues that I am studying such as the impact of the phone on sleep and human health. The article has highlighted the harm that smart-phones bring if used too much and there are specific statistics from the article to contribute to asserting their thesis is correct. And besides, in this section, we will explore more deeply not only the phone but also social networks contribute to

affecting people, especially the psychology of young people. Although the study lacks many places, it partially filled the gaps that other researchers have not taken into account.

And from literature review will also outline the research methods which are the assumptions I make to further study on this issue.

Research methods ()

Research methods I use in research projects: **primary research and secondary research**

About Primary research: Survey and Interview

First of all, you must know that primary research has many benefits, first of all, it is very authentic because it is based on the principles of the scientific method. Although the application of the scientific method varies from field to field, the general principles of the scientific method allow researchers to learn more about the world and observed phenomena.

And one of them is the interview and survey method, when I chose this research because it is easy to research and has a high accuracy rate and it is the key to my research. **According to A**, it is necessary to evaluate the attitudes of others when asking about a problem using interviews or interviews. Accordingly, interviews and surveys are two ways you can gather information about people's beliefs or behavior.

The process of creating questions for interviews is the most important thing, it consumes a lot of my time. At first, my question was still quite sketchy and did not go into the content to be researched, but after a lot of learning with the help of a supervisor, I also had a survey called temporary acceptance. When people survey, their assessment is very objective and also achieve the purpose that I want. In addition, the problem when interviewing is that many people are also afraid to communicate, partly worried, and also during an epidemic so they can understand them. But after my hard work, I found a few people to be able to interview face to face and have gathered a lot of useful information for my research and then used it as momentum to step in. the next part

About secondary research:

Through the research process, I have come to know and **according to A**, secondary research is to use data collected through the main sources and ready to provide to researchers. It is a type of data collected from the past that one researcher can collect from the past and then provide information for other researchers to use.

In this section, after I have gathered a lot of data from the survey and interview, I went to research my post about the Hypothesizes that I have given and proved it. My post has shown how phone use affects people's mental health, especially sleep. Through a survey, I used the results of creating Google forms and using Excel to do this. The analysis gives specific figures. First of all this research has concluded that today's students are very fond of using the phone before bed, especially for the purpose of social networking, and has shown its effects on them. Next, the study gave evidence that they were more likely to suffer from insomnia when asked by questions such as their recent symptoms. Besides, the research has highlighted the reason why they have been using smartphones for so long and has come up with very good health improvement measures such as changing the habit of using smartphones. By reading a good book during the day, I will actively participate in outdoor activities.

In this part, although there is a lack of an opinion article, it has partly stated the purpose of the research and already know how to clarify and take other research papers for reference and thereby filled the gaps that the paper by other researchers. In general, readers can see the significance of the research paper

Project plan

Based on the timelines and activities set out in the project proposal, I have created specific activities in each of the above activities and timelines.

Activites

-
    1. Write research proposal
    2. Write literature review

3. Prepare primary research
4. Conduct primary research
5. Submit assignment 1- Final
6. Submit assignment 2- Final

First I created WBS, to divide the work specifically for each of the above timelines by draw.io. I then create a table in Excel to divide my time into each of the above specific tasks and will Grant Chart to show progress for the project. I regularly update my plan every time I complete tasks within the timelines set by my supervisor. In addition, during the research process, the supervisor has some tasks that need to be solved and the implementation of the tasks takes longer than the scheduled time, so the plan will not guarantee progress. So should update and introduce new timelines to ensure the study is completed on time.

Process of research

Theo sự hướng dẫn của người giám sát, tôi bắt đầu công việc đầu tiên cho nghiên cứu đó là viết đề xuất dự án. Trong quá trình viết đề xuất dự án, tôi đã xác định được các mục tiêu, nhiệm vụ và phương pháp để thực hiện nghiên cứu.

Sau đó, tôi sử dụng trang wed draw.io để vẽ Work breakdown structure. Khi vẽ xong Work breakdown structure tôi sử dụng excel để gán các mốc thời gian và vẽ grant chart.

Tiếp đến, tôi tiến hành viết liture review để tìm hiểu các khái niệm và tác động của digital wellbing.Bên cạnh đó tôi cũng đọc các tài liệu nghiên cứu có liên quan khác và đưa ra những đánh giá của mình về những tài liệu đó. Từ những đánh giá đó tôi đã đưa ra được giả thuyết của mình. Trong quá trình viết litute review, tôi cũng đã nghiên cứu các khái niệm của các phương pháp thực hiện dự án và lấy các nghiên cứu khác áp dụng phương pháp nghiên cứu trên để lấy ví dụ. Đây là quá trình mất nhiều thời gian nhất của dự án nghiên cứu do có nhiều khái niệm nên cần phải tìm hiểu nhiều tài liệu nghiên cứu.

Sau khi viết liture review, tôi tiến hành thực hiện primary research. Trong quá trình đặt câu hỏi để lấy dữ liệu khảo sát và phỏng vấn, các câu hỏi còn chưa đi sâu để chứng minh giả thuyết nhưng nhờ có người giám sát nên tôi đã điều chỉnh lại câu hỏi cho phù hợp với nghiên cứu của mình. Sau đó, tôi tiến hành gửi các bài khảo sát qua mạng và thu nhận những câu trả lời từ học sinh và tiến hành phỏng vấn trực tiếp 1 bạn học sinh.

Sau khi tiến hành primary research, tôi tiến hành thực hiện secondary research để lấy những kết quả nghiên cứu chứng minh cho giả thuyết của tôi.

Qua kết quả của nghiên cứu thứ cấp và nghiên cứu sơ cấp, tôi tiến hành thực hiện chứng minh giả thuyết của mình. Do lập luận để chứng minh giả thuyết khá là khó nên tôi mất khá nhiều thời gian để làm phần này. Nhưng nhờ có sự trợ giúp của người giám sát, tôi đã thực hiện xong phần này.

Tiếp đó, tôi tiến hành viết báo cáo cho ASM1, tôi kết hợp tất cả các phần đã nghiên cứu trước đó vào báo cáo và gửi cho người giám sát kiểm tra.

Sau đó, tôi tiến hành viết báo cáo ASM2, tôi đã rút ra các đánh giá của mình về nghiên cứu vừa thực hiện.

Population of research

Through research and evaluation documents at liteture review, I have found that young people have a strong impact on mobile phones but not yet in students. So I chose the topic: the impact of cell phones on the mental health of students (high school and college). Since this is the age group with the most time using the phone, the effects of the phone may be more pronounced.

Presentation of result

Để trình bày kết quả nghiên nghiên cứu sơ cấp, tôi sử dụng excel và tạo bảng cho các dự liệu thu được để phân tích kết quả. Từ các biểu đồ, tôi có thể hiểu được các hành vi của học sinh khi sử dụng điện thoại.

Để chứng minh giả thuyết của mình, tôi đã kết hợp kết quả nghiên cứu sơ cấp và nghiên cứu thứ cấp. Bằng kết quả phân tích thu thập được từ nghiên cứu sơ cấp và kết quả của nghiên cứu khác có liên quan từ nghiên cứu thứ cấp, tôi phân tích dữ liệu và đưa ra các lập luận của mình để chứng giả thuyết của mình.

The role of tutor in research

I often meet with my supervisor every time I complete assignments based on key timelines. The supervisor guided me through the specific steps and that helped me complete the project on time.

With the writing of liteture review, I often meet to consult about specific jobs such as: An overview of research issues (digital wellbing), reviews of relevant research papers on the topic research (how smartphone affect to student's mental health), research methods and hypotheses after liture review. This helps me to have a good view and correct thinking about the problem I need to research, to avoid being confused with other topics.

Trong quá trình chuẩn bị nghiên cứu sơ cấp, cán bộ giám sát đã có nhận xét và góp ý về các câu hỏi khảo sát. Từ đó giúp tôi có thể nghiên cứu sâu hơn và thu thập được những dữ liệu phù hợp để chứng minh giả thuyết của mình.

Trong quá trình chứng minh giả thuyết của mình, người giám sát đã đưa ra các đánh giá, hướng đi để giúp tôi có hướng lập luận logic. Từ đó giúp tôi viết bài lập luận có sức thuyết phục và hợp lý hơn.

Trong quá trình viết và nộp a1, người giám sát của tôi đã giúp tôi ghép các phần lại với nhau để tạo thành một báo cáo đầy đủ.

Trong quá trình viết a2, người giám sát giúp tôi kiểm tra cấu trúc bài báo cáo.

Lesson learnt, mistake and improvement

Lesson learnt

Qua bài nghiên cứu này tôi đã hiểu được tác động của điện thoại đối với học sinh

Qua bài nghiên cứu này, tôi hieuer được các bước, phương pháp để thực hiện 1 bài nghiên cứu.

Limitation and mistake

Search for documents: In the process of searching for documents, I have difficulty in synthesizing opinions from many different sources because there are so many sources. Searching for the material took me a lot of time to research.

In addition, because English is not very good and all documents are in English, reading and retrieving information is also very difficult. Writing reports in English, so writing reports will also waste time in the research process.

In data collection process , the survey resulted in 17 students. With such number of results, the survey rate may be wrong due to the small number of surveys. Survey questions have not exploited too much depth information.

Improvement in the future

It is necessary to improve the English language to help the process of finding documents and writing reports quickly and to gather the necessary information. More students need to be surveyed for more information to combine and research. The more students participate in the survey, the more realistic the results.

Conclusion

Reference list