

ASSIGNMENT 1 FRONT SHEET

Qualification	BTEC Level 5 HND Diploma in Computing		
Unit number and title	Unit 13:Computing Research Project		
Submission date		Date Received 1st submission	
Re-submission Date		Date Received 2nd submission	
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Introduction

Digital Wellbeing is a state where health is maintained well-being in an environment characterized by technology overabundance. In the condition of digital wellbeing, people can use technology in the direction of their comfort and safety. Digital Wellbeing is not only about achieving satisfaction and minimizing the impact of technology on people, but also about using technology to make sense for each person's activities and to realize the potentials of myself in life. In this research paper, we will conduct research on how technology affects students today, and how Digital Wellbeing tools help them improve their lives.

I. Research

1. What is research?

According to (Walliman, N., 2005, p.6) Research is a term that describes a myriad of activities, such as collecting a range of information, delving into theory and creating new products. It is important that when we embark on research, we have to have a clear idea of what the word "Research" really means.

2. Some ways that the term 'research' is wrongly used

According to Walliman, N., 2005, p.6 there are several misuse of the term "research" including:

- As a mere gathering of facts or information: This means quickly reading through a book, article or magazine to better understand something. More precisely this type of operation can be called "information gathering", and can be performed by a system. It can be considered an important part of research
- Moving facts from one situation to another: Easily gather information and put together in the report, valid reference notes and treat it as research. An important component of the research process, however, was the lack of interpretation. People call this "Assembling Information". This is not the whole study but an important component of the research
- As an esoteric activity, far removed from practical life: Many research projects address abstract and theoretical issues, but it is forgotten that research has a great influence on aspects of everyday life, leading to human understanding of the world. . This is an activity that drives the need to meet our natural curiosity and desire to make sense of the world around us.
- As a word to get your product noticed: The term "Research" is often used in a simulated fashion to impress and formulate ideas.

3. The research problem

According to Walliman, N., 2005, p.20, the first task to decide on a research topic is to find a question, an unresolved issue, a knowledge gap, or a failure to meet the needs of a selected topic. Although there are many problems in our life that need to be addressed, not all of them are suitable for research. So what features should you look for which could lead you to a suitable research problem? Here is a list of the most important:

- We will have to pay attention to it: We will spend a lot of time investigating the issue, and an invaluable motivation for our perseverance will be a living concern on this subject.
- The problem should be significant: Do not spend time and effort on a trivial matter or repeat a job that has been done elsewhere.
- It should be delineated: We should outline problems that need to be addressed, including the time it takes to complete the work, and cover the overall problem to be solved. We should limit a field of study because the more limited the field, the more detailed the research. We should also outline expenses such as travel and other necessary expenses



Figure 1: The world is teeming with questions and unresolved problems

- We should be able to obtain the information required: We will not be able to conduct research if we do not collect the information necessary to resolve our issues, as we cannot use materials or other sources. and we also do not have the cooperation between individuals or organizations necessary for our research
- We should be able to draw conclusions related to the problem: A very important point of asking questions is to find answers. The problem is a very important part of research to be able to come up with a solution, or at least we can eliminate some mistakes.

4. The research process

According to Walliman, N., 2005, p.193 no matter what kind of research we choose, understanding the research process will be very helpful to us. This helps us formulate the steps that need to be taken for research

The research process consists of the following steps

Step 1 Identify the Problem: Identifying the research problem is the first and also the most important step in the research process, identifying the problem helps us understand the problem and underlies the following steps of the research.

Step 2 Statement of problem: The statement of problem is a brief description of the problem to be solved or a condition that needs to be improved.

Step 3 Division into sub-problems: In researching the division of the main problem into sub-issues that make it easier for us to solve the problem, the study from small issues allows us to approach the problem in the best way.

Step 4 Formulation of hypotheses or questions: Formulation of hypotheses or questions is a very important part of the research process. A good question / hypothesis forms the living mist of good research. It plays a very important role in clarifying problems and providing insight into them

Step 5 Data collection: Data collection is defined as collecting data and measuring information to find answers to research problems. Data collection methods are divided into two types, including secondary and primary studies, we will discuss these two methods in the following section.

Step 6 Analysis of data, Data collection conclusions: After collecting data, we conduct data analysis to answer the initial research question. The results of the analysis will be summarized and then drawn to a conclusion about the problem being studied

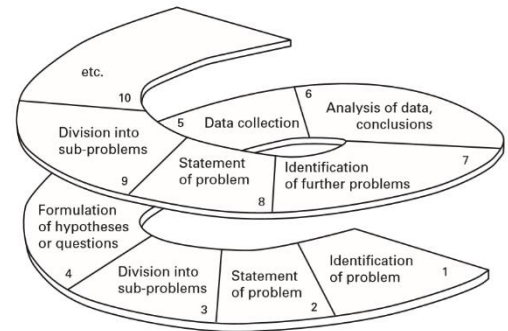


Figure 2: The research process Walliman, N., 2005

II. Primary research

According to Lowe, C. and Zemliansky, P., 2010, primary research is the research used to collect data directly, because we do it ourselves instead of depending on the data that was previously studied. Primary research includes quantitative research and qualitative research

1. Qualitative research

According to Mason, J., 2017, Qualitative research is a method for market research and data collection through communication. Qualitative research allows for a deeper understanding of respondents based on their answers, interviewers or researchers also try to understand or explain phenomena in the sense that people bring them.

We now consider an example of qualitative research to answer the question of whether technology helps improve the lives of students or distract them. To answer this question, we conducted an interview with Greenwich University students through random sampling. Through it we know that technology improves students' lives, but technology also distracts them if they use it properly.

Qualitative research includes many methods including interviews, focus groups, participant observations. Here we will go to learn some qualitative research methods

1.1 Qualitative research methods

According to Mason, J., 2017, qualitative research includes several methods as follows

1.1.1 Interviews

Interviews are one of the most popular qualitative research methods. It is a personal interview conducted by one asker and one respondent at a time. This is a conversational method to get insights from respondents

One of the advantages of interviewing is providing a great opportunity to collect accurate data.

The interviews can be conducted in person or on the phone, with wall interviews lasting from half an hour to an hour, even more. When the interview is conducted live, it is more effective because the interviewer can read the body language of the respondent in accordance with their answers.

1.1.2 Focus groups

Focus groups are also one of the most commonly used qualitative research methods used in data collection. The focus group usually includes (6-10) people discussing the topic. Usually focus groups are used to explain complex processes

The focus group is mainly looking for answers on why and how. One advantage of a focus group is that we don't necessarily interact directly with the group. Today we can implement focus groups through online tools

1.2 Qualitative Research: Data Collection and Analysis

1.2.1 Qualitative Data Collection

According to Mason, J., 2017, Qualitative data collection is a collection of non-numerical data, providing us with detailed information, helping us discover and make decisions. In order to achieve good results, the data collected must be comprehensive, nuanced and rich, and then will be obtained through careful analysis.

One very obvious aspect of qualitative data collection is the process that will produce large amounts of data. In addition to the variety of methods available, there are many different methods of collecting and recording data. For example, collecting qualitative data through surveys will have handwritten notes or audio, video recording ... And they should be copied before the analysis starts.

It will take a long time for a researcher to record an interview. Many researchers want to create their own separate directories to maintain records gathered from different focus groups. Collecting separate directories from different groups helps them to organize the data collected

1.2.2 Qualitative Data Analysis

According to Mason, J., 2017, Qualitative data analysis includes analysis of notes, videos, audio, images and text documents. In that text analysis is one of the most used methods

Text analysis is a method of data analysis different from other methods in which researchers will analyze and decode words and actions ...

Data collection, data analysis and the development and verification of relationships and conclusion are all interrelated and interactive set of processes

Allows researcher to recognize important themes, patterns and relationships as you collect data

Allows you to re-categorize existing data to see whether themes and patterns and relationships exist in the data already collected

Allows you to adjust your future data collection approach to see whether they exist in other cases

1.3 Characteristics of qualitative research methods

According to Mason, J., 2017, qualitative research methods have several characteristics as follows:

- Qualitative research methodology collects data as soon as it sees where the participants are having problems. This is data in real time
- Qualitative research methods often collect many types of data such as interviews, observations of documents instead of relying on a single data source.
- Qualitative research methods help solve complex problems by dividing them into meaningful inferences that are easy to read and understand.
- The qualitative research method is a method that requires more communication and the information obtained is rough and unmodified

1.4 Apply for research

In my research, I applied interviews to collect data from Greenwich University students. The reason I chose the interview method is because the interview is a popular research method, easy to implement and low research cost. When using interviews, I can gather a lot of new and accurate information. The most favorable thing for me to conduct the interview is that we have access to abundant resources

2. Quantitative Research

According to Balnaves, M. and Caputi, P., 2001, quantitative research is a quantitative data collection survey and implementation of mathematical, computational and statistical techniques ... Quantitative research on data collection by sampling and sending to survey online.

An example of quantitative research, through the survey of durian smell 70% of people in the southern provinces of Vietnam said that durian smells very good, 30% of people surveyed feel uncomfortable with the smell of durian fruit. From the data, we can conclude that durian is fragrant

2.1 Quantitative research method

2.1.1 Survey

According to Balnaves, M. and Caputi, P., 2001, surveys are the most popular research tool for all quantitative research methods. The survey is used to ask a sample of respondents, using different types such as online surveys, online surveys, paper questionnaires, etc.

By means of survey research, an organization can ask multiple survey questions, collect data from customer groups, and analyze data collected to produce numerical results.

Traditionally, surveys were conducted via telephone. Today with the development of technology, we can conduct surveys through "Google Form, Zoho Survey, Survey Planet ..."

2.2 Characteristics of quantitative research

According to Balnaves, M. and Caputi, P., 2001, Quantitative research has several characteristics such as:

- Structured tools: Structured tools such as surveys, surveys or questionnaires are used to collect quantitative data. Using structured methods can help gather in-depth data.
- Use closed questions: Closed questions are created according to research objectives. Closed questions help to collect quantitative data and therefore, they are widely used in quantitative research
- Sample size: Quantitative research is usually conducted on a sample size. Appropriate sampling methods must be used when sampling to reinforce research objectives
- Previous research: Characteristics related to the topic being studied before collecting data from respondents
- Quantitative data: Quantitative data is represented through charts, tables, graphs or other types of parameters.

3. Apply for research

In my research, I choose a survey method to conduct quantitative research. The reason I chose the survey is because the survey is easy to conduct, we can run the survey by creating a questionnaire and using Google Form to conduct a survey of Greenwich University students. When conducting surveys we can easily manage, can develop research in a short time, cost savings. When conducting surveys, we can conduct remotely which can reduce or prevent geographic dependence

III. Collecting primary data

According to Walliman, N., 2005, p.231 there is a lot of data in the world. However, we only need to concern ourselves with collecting relevant data for our research purposes and are particularly necessary for our research. Even so, the amount of research-related information can be enormous, and it's hard for us to study it all, to easily achieve our goals we need a method to limit the amount data collected. From there we form two concepts of information gathering called "population" and "sampling".

Population is a term that describes the total number of research subjects of the project. For example, the current disease situation caused by corona virus is very dangerous and complicated, In order to survey the "Immigration information from China, Korea to Vietnam", Greenwich University emailed all students to survey the immigration information. The survey of all Greenwich University students is called "population".

If we want to survey members of a small organization, we can get information from the members and the survey results will be represented for that organization. However, if we want to evaluate a large organization, in addition to surveying everyone we can survey some members of the organization. The survey represents some members called "sampling". The sampling is done from a part of the population.

According to Walliman, N., 2005, p.233 there are basically two types of sampling: random sampling and non-random sampling. The random sampling technique provides a reliable representation for the entire population. Unlike random sampling techniques, non-random sampling is often based on the judgment of the researcher. Below we will learn about two ways of random sampling and non-random sampling

Random sampling: Random sampling is the simplest form that represents all units. For example, in a university, we can randomly select a number of people, survey them in a random way. The following is a guide to some random sampling techniques that suit different population characteristics.

- **Simple random sampling:** Simple random sampling is the method used when the population is homogenous or similar in all cases. An example of a random sample is as simple as taking a random sample of a pen in a pen lot to check their quality.



Figure 3: Simple random sampling(internet)

- **Simple stratified sampling:** Simple stratified sampling is often used when cases in the population fall into different categories (Classes). For example, a company with a workforce is divided into several types of production, research and management

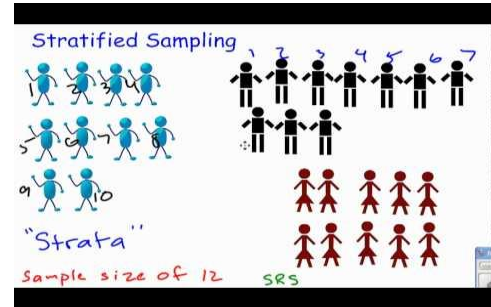


Figure 4: Simple stratified sampling(internet)

- **Proportional stratified sampling:** Proportional stratified sampling is used when cases where the population falls into different types of strata of a known proportion of that population, A random sample is taken from separate strata sized according to the known proportion of each stratum in the entire population, then combined to form a complete sample from the population.
- **Cluster sampling:** Cluster sampling is a sampling method in a cluster that is formed by sharing one or several characteristics, but otherwise the more heterogeneous the better. For example, tourists using air travel to travel, they are the people who travel by air with each cluster under a separate airport. Cluster sampling is used when the population is large and spread over a large area. It is broken down into multiple segments instead of listing the entire population, and then a segment is randomly selected
- **System sampling:** system sampling is used when the population is large without any known characteristics, such as the population of a city.



Figure 5: Cluster sampling (internet)

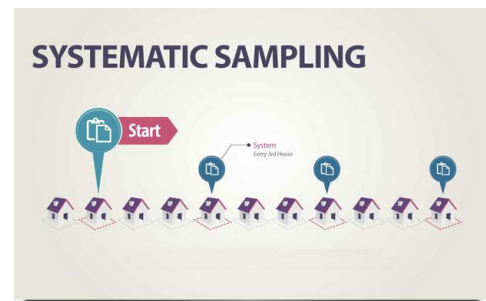


Figure 6: System sampling (internet)

Non- random sampling: Though non-random sampling may be useful for some studies, it only provides a weak basis for generalization. Here are some non-random sampling methods

- **Accidental sampling (or convenience sampling)** is a sampling based on availability or acquaintance. For example, I can choose some people I know to survey, collect information from them
- **Quota sampling:** A method of balancing the sample interviewed through selecting answers from equal numbers of different respondents. In other words, this sampling method depends on a number of pre-established standards. The proportion of sampled individuals should be the same

as in the population. For example, Greenwich University has 10,000 people, 60% of whom are male and 40% female, So when we sample, we also have to make our sample set reflect that ratio, if we take In ten people, 6 of them must be male and 4 of them must be female

In my research, the amount of research-related information was enormous, so we were unable to collect all Greenwich University student information. Therefore, in this study we chose the sampling method to collect information. More specifically, I chose "Accidental sampling" to collect information. The reason I chose this method is because this is a relatively easy, inexpensive method of sampling compared to other methods and participants are always available.

III. Secondary research

1. Definition of secondary research

According to Walliman, N., 2005, Secondary research is a method of research through the use of available literature. Secondary research data collected will be summarized and collated to increase the effectiveness of the study

The secondary study is much more effective than the primary study because it is based on existing data, less time and costs than primary research.

Secondary research includes documents published in research papers and in books. These materials may be provided by internet, library or data collected from the survey. And the following will be some secondary research methods

2. Secondary research method

According to Walliman, N., 2005, Secondary research is one of the most commonly used methods today. Commonly used secondary research methods include:

- *Using data on the internet:* One of the most commonly used secondary research methods is the use of data on the internet. Based on the internet, we can search and use data with just a few small steps. On the internet data can be free or we have to pay a small amount to use the data. There is a lot of information on the internet that we can use to research. However, to use this method we need to find reliable sources to gather information
- *Use data from governmental and non-governmental agencies:* We may use data from governmental and non-governmental agencies, such as the US Government Printing Office. However, we need to pay a small fee to use this data, but the data we have will be reliable.
- *Public library:* The public library is also a good source for us to search secondary data. The public library includes copies of research done earlier, they are an important repository of information that we can exploit.
- *Educational institutions:* Usually we pay little attention to collecting data from educational institutions. However, the data studied by educational institutions gives us more useful, more reliable information than any other business.
- *Source of commercial information:* Sources of trade information include sources from local newspapers, television stations, radio stations, magazines ... commercial sources are an

excellent source for obtaining data for secondary research. They allow us to access information directly.

IV. Secondary research

1. Introduction to the scenario

Today, technology is gradually covering and covering the world, becoming familiar and indispensable tools of man. Technology devices that assist people in all jobs, such as technologies that help people connect with people, entertain, learn ... However, there are some ideas that technology is not always useful for people. For technology students it can act as a hindrance, distracting from their studies and daily tasks, damaging student relationships.

Therefore, in this paper we will study to clarify, "Does technology improve the lives of students or distract them? How can Digital Wellbeing tools help them find the right balance with technology?"

2. Overview of digital wellbeing

As technology becomes increasingly indispensable to everything we do, it can sometimes distract us from the things that matter most to us. However, I believe that technology can improve people's lives and not distract through maintaining a healthy relationship with technology. Maintaining a healthy relationship with the technology is called Digital Wellbeing

2.1 Definition of digital wellbeing

According to (Marco Gui, 2017, p. 165), Digital Wellbeing is a state where health is maintained well-being in an environment characterized by technology overabundance. In the condition of digital wellbeing, people can use technology in the direction of their comfort and safety. Digital Wellbeing is not only about achieving satisfaction and minimizing the impact of technology on people, but also about using technology to make sense for each person's activities and to realize the potentials of myself in life

To take full advantage of the benefits of technology, we can maintain a "digital wellbeing" life through so many different ways, they include:

- Limit screen time by a certain time by day or by week
- Recognizing the impact of technology on human health
- Reduce eye strain when using technology devices regularly through the use of products that cover the screen or through the lens to reduce glare. Use standard monitors, set screen resolutions, set screen time and keep optimal distance between eyes and monitors
- Maintain healthy habits such as physical activity and proper nutrition. Using many technology devices to help track health, monitor heart rate, report daily steps and track diet
- Perform a healthy sleep mode, turn off the unnecessary features of the phone, limiting factors affecting sleep. For example, in a smartphone with a do not disturb mode helps users perform a healthy sleep mode
- Application management and notifications to reduce distractions, help us focus more at work

2.2 Some wellbeing digital tools

According to (Marco Gui, 2017), Digital wellbeing tool are tools that help us achieve a personal sense of digital wellbeing, to balance life with technology, many tools have been created to increase digital wellbeing, such as:

- Cold Turkey tools: Cold Turkey is a tool that helps users block certain websites at any time or in a given time, to reduce distractions and increase productivity.
- Digital wellbeing: Digital wellbeing is a tool developed by google, a tool that helps users see information about the habit of using digital applications every day, disconnecting with applications when we want.
- Use the timer: Timer application helps users limit the number of minutes and hours users can spend on a website or an application every day. They are also used to restrict access after a specified time of day
- Google Shush: Google Shush is a tool that allows users to switch the device to "do not disturb" mode whenever it is placed screen down and Google Wind Down is a feature that flips the screen to grayscale at a specified bedtime.

3. Current situation of students using technology today

According to (Quyên, 2017), Smartphones and social networks are increasingly developing, which are changing people's minds, learning habits and activities. In which students are the most affected object from this.

Today with the strong development of technology that gives students a variety of information channels to access documents, there are many methods to help students interact with lecturers in addition to meeting in class. In addition, there are many resources on the internet for students to self-study. However, according to Master Phan Nguyet Minh, a lecturer at Ho Chi Minh City University of Information Technology. This is also the reason why many students are dependent on technology. Technology-dependent students negatively affect students' learning and development.

Dr. Phan Nguyet Minh, lecturer at Ho Chi Minh City University of Information Technology, shared that "When I give lectures, important points are usually noted and written on the board. They do not use a pen to take notes, but usually take out their phones to take pictures. But with the library that holds thousands of photos, by the end of the term, it will be difficult and time-consuming for them to find again for studying. In addition, they rely on Google so every time teachers give homework to use it to find information right away. However, not all information on the network is accurate. That is why they lose the ability to think and seek their own solutions "

Master Chau The Huu, lecturer of International Business Administration Department, University of Foreign Languages - Information Technology in Ho Chi Minh City shared that, "Surfing the web, Facebook is often much more interesting than sitting and studying the somewhat dry syllabus. Moreover, a large online repository of resources is needed to help students facilitate the process of searching documents. But the downside is that it makes students become lazy to think, play the ability to create, copy and rely on."

In addition to students becoming increasingly dependent on technology, they may also be passive and afraid to interact with society.

According to student Nguyen Ly, University of Finance - Marketing, at the present time Facebook is still an addictive tool for students. "The network in general helps young people connect with each other anytime, anywhere, supporting student learning, entertaining and finding work ... However, it also makes you passive and afraid to continue. social contact. Besides, there are countless documents and bad images that if you don't know the difference between right and wrong, not alert enough, you may fall into bad habits and fall," Ly shared.

Nguyen Thuy Van, a student at Saigon University, found herself aware that being online and surfing Facebook were time-consuming and affecting learning, but could not be reduced. Class Van has friends who are so addicted to Facebook that 2 or 3 am still awake, just to read what their friends wrote, see people's photos, and then to watch comedies and television games that others posted. Many male students are addicted to online games. "It's such a habit that it's hard to quit. I myself also slept late many times, so the next morning I got up late, tired, did not want to go to school. I think everyone needs to set a rule to follow.

Thêm nguồn

4. The influence of technology on students

According to (Themelis, 2018) Today, we can not deny that technology has brought us a lot of benefits, helping people achieve greater productivity, connecting with people faster through social media and entertainment. .. However, the unreasonable use of technology greatly affects people, especially students. Sometimes technology acts as an obstacle to distracting students from studying.

According to Julie Aranda, a researcher from Google, "Social media, email and news applications are now creating a constant sense of duty to create stress." It's a part of smartphone addiction that causes a lot of psychological effects like stress, depression and frequent anxiety.

Excessive use of technology affects students' relationships. Technology can make them less communicative due to lack of communication with others outside and often direct dialogue through smart devices

5. Conclusion

Does technology improve the lives of students or distract them?

After reviewing the material, we found that in addition to the benefits that technology brings to students, technology distracts them and affects learning if they overuse it. As follows:

When students are studying or researching, they often have the habit of looking at the phone when a message or notification comes, which makes them distract and distract from learning.

Many students are too dependent on technology, for example, instead of copying the articles they take their phones to take pictures, with libraries containing thousands of photos, it is unlikely that they have found the photo to review their knowledge.

Whenever something is difficult, most students will immediately think of Google. This helps students access the document very quickly. However, if too much on google search, students will retard thinking

Technology helps students a lot in learning, but technology makes them distracting when studying online. When students study online, there are too many ads around with engaging content, which quickly distracts us and distracts us from the issues we are reading.

Through the above hypotheses we can conclude that technology gives students a lot of benefits, but they not only do not improve students' lives, but they also distract them if they We use technology improperly.

I. Primary research

1. Primary research plan

Research question

Does technology improve the lives of students or distract them? How can Digital Wellbeing tools help them find the right balance with technology?

In the primary study, I used three methods of information gathering including

- Survey: Gather information about student life with technology, technology that is improving their lives or distracting them
- Interview: Collecting information about the impact of technology on students, What Digital Wellbeing tools should students use? How can Digital Wellbeing tools help them find the right balance with technology?
- Focus group

1.1 Survey

To collect information from students, we conducted a survey of Greenwich University students with the purpose of:

- Find out if technology improves students' lives or distracts them
- The positive and negative effects of technology bring to students

Survey tools we use include:

- Google forms: Used to gather information from Greenwich University students
- Tableau: Used to analyze collected data

Survey method: To find out "how technology affects students", we will conduct a survey of Greenwich University students. However, the amount of information related to research is enormous, so we cannot collect all information from Greenwich University students. Therefore, in this study, we chose the sampling method to collect information. More specifically, I chose "Random sampling" to collect information. The reason I chose this method is because this is a relatively easy, inexpensive sampling method compared to other methods, and participants are always available.

To conduct the survey, we have drafted a number of questions and used the "Google form" tool to conduct a survey of students. As planned, the survey questionnaire created by the Google form will be emailed to Greenwich University students.

Survey questionnaire included:

1. How often do you use technology devices such as phones, computers ... how many hours a day?
2. What do you usually use technology for?
3. During school, how often do you need to check your phone if it vibrates and makes a sound?
4. Do you often watch videos or use the phone instead of going to bed when you intend to?

5. You often lose track of time when using your phone.
6. Do you often feel overwhelmed by your unread emails?
7. Do you often use the phone to capture important content that the teacher has written on the board?
8. When you want to search for information, do you use your phone to get an immediate answer?
9. How do you feel about your work performance for the day

1.2 Interview

We will conduct interviews including:

- 6 Students: Zalo and Facebook interviews
- 5 teachers: Interview format is Gmail

The purpose of the interview:

- For student: Research on how students are using technology devices, have they maximize the benefits of technology, The solutions they use to balance their lives with technology
- For teacher: Research on how students are currently using technology devices, how technology affects student learning. Solutions for students to help them balance their lives with technology

Specific information about interview:

<i>Name</i>	<i>Age</i>	<i>Job</i>	<i>Class</i>
Trịnh Anh Tú	21	Student	GCH0709
Bùi Đình Kha	22	Student	GCH0707
Ngô Việt Duy	21	Student	GCH0707
Trương Bá Chính	22	Student	GCH0708
Lê Văn Trung	21	Student	GCH0711
Nguyễn Đức Thắng	21	Student	GCH0710
Phạm Thùy Dương	37	Teacher	
Đỗ Quốc Bình	39	Teacher	
Vương Thị Nhung	35	Teacher	
Doãn Trung Tùng	32	Teacher	
Đỗ Tiến Thành	35	Teacher	

Interview questions:

Interview questions	Interview subjects	Age	Interview form	Interview location	Interview time
1. How often do you use technology devices such as phones, computers ... how many hours a day?	Student	21	By Zalo	University of Greenwich	
2. What do you usually use technology devices for?	Student	21	By Zalo	University of Greenwich	

3. Do you think technology is useful in daily learning? 4. You've spent your days without technology? How do you feel without technology? 5. At present, corona disease is very complicated, all of our students have to study online. What do you think about us learning online? 5. Have you used Digital Wellbeing tools to balance your life with technology? If yes, what tools did you use and how did you use them? 6. How do you feel the Digital Wellbeing tool gives you life?	Student	22	By Facebook	University of Greenwich	
	Student	23	By Facebook	University of Greenwich	
	Student	21	By Facebook	University of Greenwich	
	Student	22	By Facebook		
1. In your opinion, how technology helps students in their learning? 2. However, many students do not use technology for academic purposes, according to you, how technology affects students? 3. Do you have any strategies or tools to help students balance their life with technology? How students need to use them 4. What are the benefits of a digital welfare tool?	Teacher	35	By Gmail	University of Greenwich	
	Teacher	39	By Gmail	University of Greenwich	
	Teacher	42	By Gmail	University of Greenwich	
	Teacher	32	By Gmail	University of Greenwich	
	Teacher	34	By Gmail	University of Greenwich	

2. Survey

2.1 Survey questions

To collect data from Greenwich University students, we created a survey questionnaire. However, in the secondary research process and based on the involvement of teacher, we found that some of the questions needed to be modified to study effectively, so our survey questions had some change. Our survey questionnaire includes:

1. How often do you use technology devices such as phones, computers ... how many hours a day?

- Less than 4 hours
- About 4 hours
- About 6 hours
- More than 6 hours

2. What do you usually use technology for?

- Play game
- Watch video
- Study

3. During study time, how often do you need to check your phone if it vibrates and makes a sound?

- Yes
- No

4. Do you often watch videos or use the phone instead of going to bed when you intend to?

- Yes
- No

5. You often lose track of time when using your phone.

- Yes
- No

6. Do you often feel overwhelmed by your unread emails?

- Yes
- No

7. Do you often use the phone to capture important content that the teacher has written on the board?

- Never
- Sometimes
- Always

8. Do you remember all the content of the pictures you have taken in your phone?

- Yes
- No

9. When you want to search for information, do you use your phone to get an immediate answer?

- Yes
- No

10. How are your results at the end of the term?

- Failure
- Pass
- Good
- Distinction

2.2 Collect and analyze survey data

After conducting a survey of 30 Greenwich University students. We collected some results as follows:

Figure 1 is a graph of Greenwich University's student time use technology. From the chart in Figure 1, we can see that 3.23% of the students surveyed said that they usually use technology less than four hours a day, 6.45% of students usually use technology about every four to six hours. day, 35.48% of students use technology six to eight hours a day and 54.84% of students use technology more than eight hours a day. From the above results we can see, now Greenwich University students are losing their life balance with technology. Based on the results of the survey, most students use technology more than eight hours a day, so they spend most of their daily activities using technology devices, with little time spent for family, friends and other sporting activities.

Analyze student's time using technology

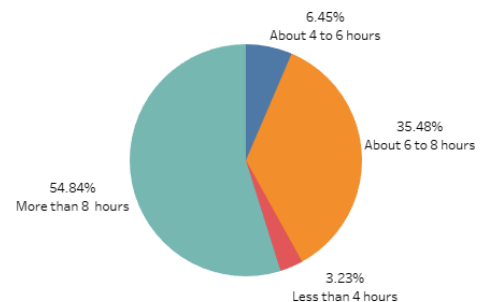


Figure 7: Analyze student's time using technology

From the chart in Figure 1, we can see that the majority of students use technology from 6 to 8 hours and more than 8 hours a day and the percentage of students using technology equipment is less than six hours is negligible. We will now analyze what they do between 6 and 8 hours and over 8 hours.

Analyze the purpose of using technology with the time they use in a day

1. How often do you use techn..

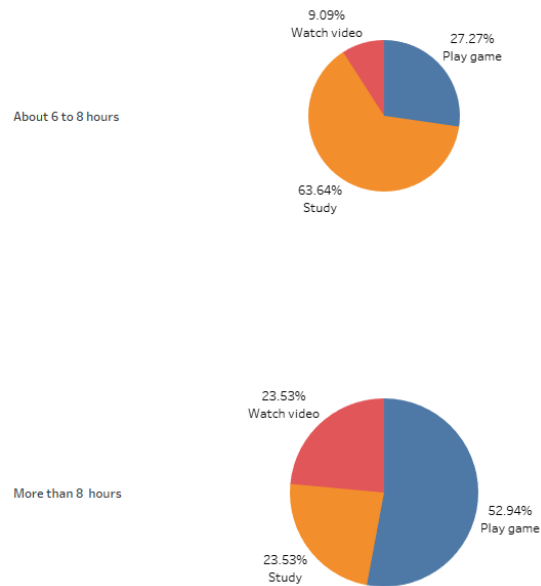


Figure 8: Analyze the purpose of using technology with the time they use in a day

From the chart in Figure 2 we can see that students using devices over 8 hours tend to play games more. Students who use technology for 6-8 hours are more likely to use technology with the purpose of learning more.

Chart 3 is a chart that analyzes the habit of checking your phone regularly during school hours. Through the results of the survey, we can see that during the study time, 64.52% of students have a habit of checking their phone regularly when the phone vibrates, 35.48% of students ignore and ignore phone when it vibrates. Based on the chart above we can see, during studying time most students often check their phone when the phone vibrates and makes a sound.

Analyze phone checking habits during students' study time

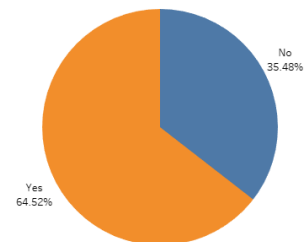


Figure 9: Analyze phone checking habits during students' study time

To clarify the impact of the habit of checking the phone when the phone vibrates during class time, we conduct an analysis of the end-of-school results of those who regularly check the phone during class time by using Figure 4. From the chart, the percentage of students who regularly check the phone with a study result of "Failure" accounted for 25%, Pass accounted for 45%, Merit took 25% and Distinction accounted for 5%. So we can see that the number of students who regularly check their phones has not been high academic results. From this we can conclude that regular phone calls during class time distract students, affecting their academic performance.

Chart 5 is a chart that analyzes the amount of mail sent to students' mobile devices and how they affect students. Based on the results of the survey, 67.74% of students say that they are often overwhelmed by the amount of emails they receive, 32.26% of students think that the number of emails in their phones is at a normal level. From the above results we can see that the majority of students are often overwhelmed by the amount of email they receive. Based on the conclusions from the figure 3-4, we can see that too much spam sent to email also greatly affects student learning.

10. How are your results at the end of the term?

2. During study time, Do yo...

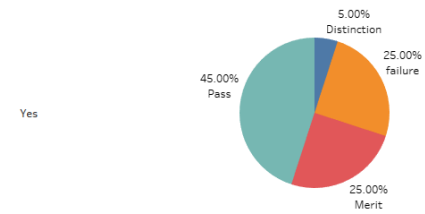


Figure 10: Analyze the impact of phone checking habits during class

5. Do you often feel overwhelmed by your unread emails?

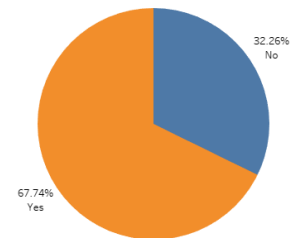


Figure 11: Analyze the impact of too much spam on students

Figure 6 is an analytical chart of the effect of lost timestamp when students use technology. From the chart in Figure 6 we can see that the number of students who do not lost timestamp of time when using technology has the end of the semester respectively: 9.68% failure, 16.13% pass, 22.58% merit, 6.45% distinction. And the results of students losing time stamp when using technology are respectively: 9.68% failure, 16.13% pass, 22.58% merit, 6.45% distinction.

From the chart we can see that the number of students who often lost timestamp when using technology devices have worse academic results than those who can control the time when using technology. This shows that technology greatly affects the performance and academic results of students.

Analyze the impact of lost timestamp when using technology on students.

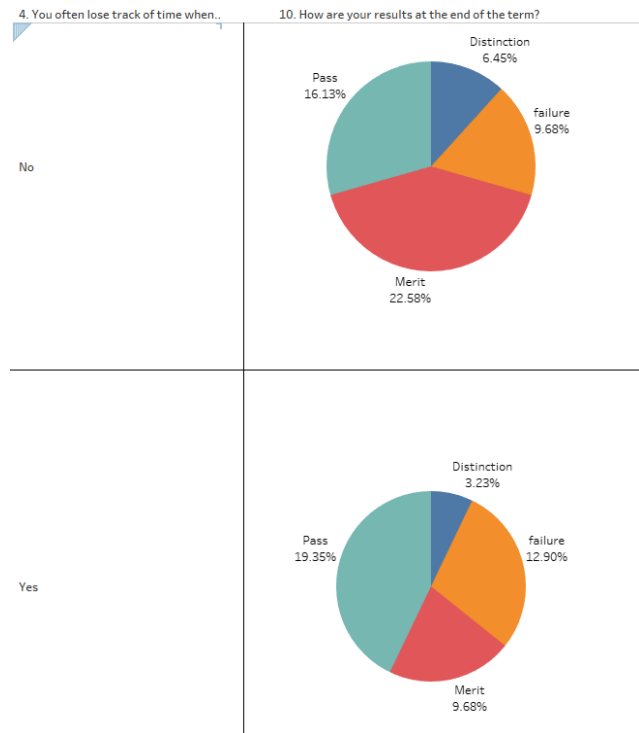


Figure 12: Analyze the impact of lost timestamp when using technology on students.

Figure 7 is a graph that analyzes students' habit of using technology instead of going to bed. Through the chart we can see that 58.06% of students often maintain the habit of using technology instead of going to bed. 41.94% of students do not use technology devices instead of going to bed. It shows that most of our students are maintaining unhealthy technology habits because using technology instead of going to bed has a negative impact on their health and academic work.

Analyze students' habits of using technology instead of going to bed

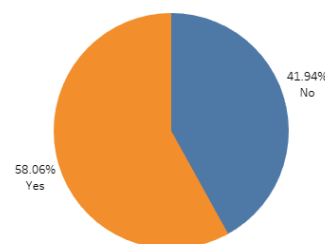


Figure 13: Analyze students' habits of using technology instead of going to bed

Figure 8 is a chart that analyzes the habit of using the phone to record what the teacher writes on the board. Through the results of the survey, we have 70.97% of students always, 16.13% of students occasionally and 12.90 students never use the phone to take pictures of what teachers write on the board. Based on the results of the survey we find that the majority of current students do not take lessons but instead use their phones to take pictures.

Do you often use the phone to capture important content that the teacher has written on the board?

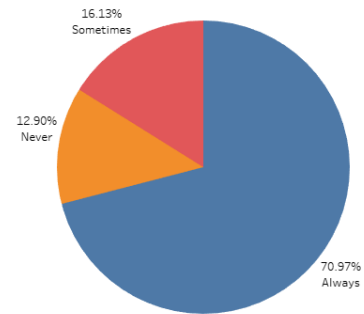


Figure 14: Do you often use the phone to capture important content that the teacher has written on the board?

3. Interview

To clarify the topic " Does technology improve the lives of students or distract them? How can Digital Wellbeing tools help them find the right balance with technology?" we proceeded to use the interview method. In order to get the most out of our research, we interviewed some students and teachers at the University of Greenwich. Because of the Corona epidemic, we could not go to school to interview them, so we conducted interviews via Zalo, Facebook. Each interview lasts from 15 to 20 minutes.

The following is the process and results through interviews with some students and teachers of Greenwich University.

3.1 Interview with students

First, to prepare for an interview with Greenwich University students, we have prepared a number of questions to explore, some of which include the following:

1. During study, what do you usually do with the ads that appear on your computer, how do you feel about them?
2. What do you usually do with your technology when you intend to go to bed, and how do you feel about it?
3. Have you ever spent your days without technology, how do you feel about your days
4. Currently, due to the impact of the Corona disease, we all have to learn online, how do you feel about learning online compared to learning in the classroom.
5. Have you used Digital wellbeing tools to balance your life with technology (Examples of tools such as: Digital wellbeing, alarms, google keep ...)? If yes, what tools did you use and how did you use them?
6. How do you feel the Digital Wellbeing tool gives you life?

After preparing a questionnaire to collect data, we interviewed them via Facebook and Zalo. We obtained some results as follows

Name	1. During study, what do you usually do with the ads that appear on your computer, how do you feel about them?	2. What do you usually do with your technology when you intend to go to bed, and how do you feel about it?	3. Have you ever spent your days without technology, how do you feel about your days	4. Currently, due to the impact of the Corona disease, we all have to learn online, how do you feel about learning online compared to learning in the classroom.	5. Have you used Digital wellbeing tools to balance your life with technology (Examples of tools such as: Digital wellbeing, alarms, google keep ...)? If yes, what tools did you use and how did you use them?	6. How do you feel the Digital Wellbeing tool gives you life?
Mr. Tu	While I was studying, I had a lot of ads pop up, I often turned them off because they distracted me and I got annoyed with them.	Mr. Tu: I usually charge the battery or put it to bed. It helps my device be better preserved	I've been through days without technology, its team building sessions, hangouts with friends. It was fun and made me feel that life is more meaningful than on screen	Online learning has a lot of restrictions, we can't talk to each other directly, many of you can play games, watch videos ... they also invite me to play games during class, that's why I lost concentrate. But I think it is the best measure at the moment	I use the Digital wellbeing tool to manage my phone time. My phone will automatically go to sleep mode after 11am and notify me of getting to bed on time and stop using the phone.	It helps me manage my phone time well and manage the apps I use a lot to get a balance of my usage time.
Mr. Kha	I feel uncomfortable and uncomfortable at all. It distracts me from studying. I always block it so it doesn't show up on the screen.	Before sleeping, I usually use my phone to watch movies, listen to music to help my body more comfortable. I feel comfortable and relaxed when using my phone to sleep better.	There are days when I lose power and cannot use the phone. Things were really bad for me when I couldn't use my phone. I can't contact people, I can't check my class schedule, I don't play games, I watch movies ... it's really sad and inconvenient when I don't use technology	I find online learning very effective, people can learn anywhere, anytime. Also can prevent disease that does not affect learning. This is a good method when using technology in learning and disease prevention. However, the interaction with teachers is reduced and the quality of learning is not highly effective.	I used the Smart watch to measure my running distance and body stats. Every morning I do exercise and sports activities, through the Smart Watch I can check and manage my body's health indicators and thus adjust my body's activities. For example, if my heart rate is high, I will limit my physical activity. Low blood pressure I will limit eating foods that lower blood pressure like Ginseng, ... and eat many things like hypertension stop ...	Digital Wellbeing tools bring you many benefits. It helps me, increasing the quality of life, improving the quality of learning, and raising my level ...
Ms. Linh	I often turn off ads if they are ads that affect the actions on my computer and vice versa if I find them suitable for the content I am looking for, I can take the time to learn it.	When I intend to go to bed, I still use my technology, although this has a part that affects the quality of my sleep, but it is a habit that I cannot quit.	I've been through days without technology, I feel those days are a bit uncomfortable, but it helps me to feel the surroundings better that I usually pay attention to.	I feel that studying Online does not affect the quality of the lesson, just like the class sessions.	I have used Digital Health tools to balance my life with technology. For example, I used an alarm-setting application to remind myself of what to do	This tool can help me limit my daily use of smart devices, helping to balance and improve my life.
Ms. Nguyen	During the study time, advertisements appeared on my computer a lot. I felt very uncomfortable with them, I couldn't concentrate during class. Sometimes they interrupt my learning.	When I was going to sleep, I would listen to some music. Or I'll keep the device far enough to not interfere with my sleep.	Of course, I used to experience it when we were in the military for about 20 days. Sometimes 1 day only use 1 hour. Sometimes uncomfortable and boring when you don't have a phone. It was also a difficult time for others.	I think online learning is also good. we can also communicate with teachers like in the classroom, I can study alone in a noisy space, I can focus on studying but I prefer to study in class because it is not boring, yes. Friends for direct exchange.	Every day I usually set an alarm to wake up on time every day, from which I would not oversleep, not wake up too late. Help me have a healthy life, Hahahahaha...	Digital Wellbeing tools give me a healthier, more balanced life and not rely too much on technology.
Mr. Hieu	I feel that these ads are normal, sometimes they are what I am looking for, I can click to see those content as soon as they appear.	When I intend to go to sleep, I usually turn off the computer or turn on the disturbing avoidance mode, I find this useful to me	I've been through days without technology, to me those were bad days	I feel that learning online is not effective at all. Looking at the computer for a long time made me very tired and really sleepy when I study online	I often use the Digital Wellbeing tool to track the usage time of my application, set game time, watch video time to suit myself.	They help me a lot in life, I can record what I think and use them whenever I need. I can manage my app usage time to adjust my life to balance with technology

After interviewing 5 Greenwich University students, we found that technology has a huge impact on the students.

- Through interviews, there are many different views about the advertisements that often show up when they are learning. Many people think that ads are distracting from their studies, so they turn them off or use ad blocking software. Many people are curious and see the content in the ad, and with the extremely attractive content they will easily forget about learning and spending time with those ads. Through the results of the interview there are many different opinions about the ads that show up while they are studying, but they all have a common opinion that the ads are distracting to them.
- Next, most respondents said they used the phone when they intended to go to bed. Some people charge the battery and leave it at the bedside, while others watch videos and listen to music instead of when they intend to go to sleep. This greatly affects the quality of their sleep and can make them sleep deprived, sleep late, tired of not wanting to go to school and unable to concentrate while in class.
- Almost all of the people interviewed went through technology-free days, and most of them said it was a bad day when they didn't use technology. They cannot do anything. Even if some people participate in team building, activities with their friends outside, they also find it very difficult and boring when there is no technological equipment.
- Through the current online learning survey, almost all students think that online learning is a good method, that everyone can study anytime, anywhere effectively. However, there are many factors affecting online learning that make them distract in class, some health problems when they sit and look at computer screens for too long.
- To balance their lives with technology, students have chosen a variety of digital wellbeing tools to support them in life. Common tools such as Digital wellbeing, google keep ... They can use tools to manage the time spent using technology devices, limit the time spent for themselves ... And almost all students They all claim that digital wellbeing tools help them find the balance between their lives and technology.

3.2 Interview with teacher

To prepare for an interview some Greenwich University teachers. We have prepared a number of interview questions, including:

1. In your opinion, how technology helps students in learning?
2. However, whether technology affects the health and academic status of students or not?
3. Currently, due to the impact of the Corona disease, we all have to learn online, how do you feel about learning online compared to learning in the classroom.
4. In your opinion, how rules should be set in the classroom to make the class more effective
5. Do you have any advice for students to help them balance their lives in accordance with technology?
6. What digital wellbeing tools do you use to support yourself in life? You can share with the students about some of the tools you are using

After preparing a questionnaire to collect data, we interviewed the teacher through Gmail. However, due to the corona epidemic, Gmail interviews are very limited. Therefore, the interview of teachers has some changes and the number of teachers interviewing will be less than planned. Here are the results we obtained after interviewing the teacher.

Name	1. In your opinion, how technology helps students in learning?	2. However, whether technology affects the health and academic status of students or not?	3. Currently, due to the impact of the Corona disease, we all have to learn online, how do you feel about learning online compared to learning in the classroom.	4. In your opinion, how rules should be set in the classroom to make the class more effective	5. Do you have any advice for students to help them balance their lives in accordance with technology?	6. What digital wellbeing tools do you use to support yourself in life? You can share with the students about some of the tools you are using
Vuong Thi Nhung	I think, technology will helps student in learning such as : smartphone, laptops and others smart device. It's helps for student to find documents, self-learning, discover news things for study and helps them to proactives learning when not help lecture supports.	I think, technology will affects to the health of students. May be use smart too much a per day , students always sleeps during class, it's make for students health decrease such as : eyestrain, tired, headache and so on. Beside that, its affects to quality learning of students such as : not focus and pay attention on the lesson => miss knowledge => decrease quality learning of student.	Learning Online is the best solution in this time Corona virus. It's helps for students be on schedule and students also to interact with teacher and friends the same class offline. In addition, learning online is very convenient and easy to learn . The same with class offline.	I think in the classroom it is necessary to check and control students more. Sometimes you should randomly call a student and ask them to answer the question in the lesson. I think this will control the learning status of students during online learning. As for the theoretical study should not be used to not affect the lesson.	Students need to control the use of smartphones and laptops. Limit use when not needed, need to be aware of the importance of health and also create habit of using your phone at the right time and for the right purpose. Do not use when not needed.	I am using Digital Wellbeing tool. Basically, the use and operation of Digital Wellbeing is quite similar to Screen Time available on iOS but more features. Thanks to it, you will know your smartphone addiction level and can use the supportive treatment solutions that it has available. Besides, this tool is also used to prevent notifications, annoying alarm sounds from messages, calls of unnecessary people. This will make it easier for you to fall asleep or focus on your studies
Dao Thi Thu Huong	Technology has many benefits for students if they use it properly. For example, through thousands of online libraries, technology helps students find learning materials easily, helping them answer difficult questions when they are unable to answer. Not only technology students also help us update information as quickly as possible, in order to promptly transfer new knowledge to students.	As I said in sentence one, technology only helps students when they use it properly. When they use technology improperly, it can distract them from their studies, adversely affecting their health and outside relationships.	Compared to studying in the classroom, online learning does not achieve the absolute effect that it brings. Many students in the class do not use technology for learning purposes but use it for the purpose of teasing, kicking classmates out, and many of them use it for different purposes such as playing games ... It is difficult if students are not conscious. However, I think with the current situation, this is the best solution	I think we should have some rules to help students learn online more effectively such as assigning class assignments and checking them regularly. Strictly punish students who do not do classwork, for example, do not take attendance if they do not participate in online learning activities. Communicate regularly with them to control their learning status	Students need to learn the negative effects that technology brings them, need to have knowledge about them. After knowledge, they will be able to optimize the benefits that technology brings	There are many tools to help you support yourself in your life, such as setting alarms to remind us at work, time management and the purpose of using technology. Personally, I often use Digital Wellbeing to manage technology usage time

Name	1. In your opinion, how technology helps students in learning?	2. However, whether technology affects the health and academic status of students or not?	3. Currently, due to the impact of the Corona disease, we all have to learn online, how do you feel about learning online compared to learning in the classroom.	4. In your opinion, how rules should be set in the classroom to make the class more effective	5. Do you have any advice for students to help them balance their lives in accordance with technology?	6. What digital wellbeing tools do you use to support yourself in life? You can share with the students about some of the tools you are using
Do Tien Thanh	Technology supports students very well, students use technology to study, research materials and develop themselves.	Technology also affects students' health when they are too abused. I see many students go to school tired, quit school because of playing games overnight, participating in content programs that make students behave unhealthily.	Online learning is also effective, we can educate with many students in many different positions. But not by direct learning, when discussing something, just a student in a noisy environment will affect the whole class. However, it is the best learning solution available today	Students come up with a healthy and harmonious lifestyle between using technology and their lives. Come up with a schedule that regulates the time used to manage personal time and study more effectively.	Students come up with a healthy and harmonious lifestyle between using technology and their lives. Come up with a schedule that regulates the time used to manage personal time and study more effectively.	I have used some technologies such as laptop, iphone. These are tools to support my learning, and I also use them for fun in a reasonable time. However, I need to control them to use technology devices effectively. For example, control the time spent using technology equipment, control the time spent using applications, control mail ...
Lai Manh Dung	Technology devices are tools and facilities that help students access and connect to many resources around the world easily and quickly. Thanks to these technological devices, they can actively learn more easily	There are currently too many applications on technology devices that interest students, so they are easy to immerse themselves in them and affect their time to study and live.	Compared to studying in the classroom, online classroom is not as exciting as classroom learning. However, students are easily distracted by the surroundings.	The answer mic should always be turned on when called, when a teacher asks questions, feedback from students, lecturers assign small assignments and check their results right in the classroom.	Students should turn off notices on electronic devices and focus on using them for specific purposes according to each time frame: class time, recess, homework time.	I often use a lot of digital wellbeing tools to support myself. For example, when I use the appointment app on my phone, I often create my own daily and weekly schedules and then set up important tasks on my phone. And they will remind me when needed
Do Quoc Binh	It will help a lot. Students can learn almost every subject at school on the internet at anytime. Many free/paid courses with very good quality. The problem only if the students want to learn or not.	Yes of course, but it can be easily overcome if you spend 30 minutes to one hours to take exercise daily.	Yes, currently we have no other way to learn except online. So don't waste your time to wait for anything. Study now.	Rules can help a bit but most importantly it depends on the student's attitude only.	Find a sport which you like or go to the gym at least 3 times/week; play game only when everything is done.	Laptop, Phone, iPad, Youtube, online courses that all you need

After interviewing the teacher, we gathered some information about the impact of technology on students and some solutions to make learning more effective, and some tips from teachers to students:

Through teacher interviews, we found that technology plays an important role in student learning, it helps students self-study and discover new information in the fastest, most convenient way with low cost. Through thousands of online libraries, technology helps students find learning materials easily, helping them answer difficult questions when they cannot answer. Not only technology students also help teachers update information as quickly as possible, to timely transfer new knowledge to students.

In addition to the benefits that technology brings to students, technology also has a negative impact on students' health, morale, and academic status if they are used incorrectly. Some teachers share that many students use technology too much time, even play games overnight, the next day they go to class with fatigue, sleep during class, many students also have. Can skip school due to overslept. Some teachers share that many students use technology too much, causing them to lose focus on their studies, adversely affecting their health and outside relationships.

Today, due to corona outbreaks, for student safety, students cannot go to class to study. From there, we see even more the role of technology in student learning. For students to study, we have to use some tools such as Google meet, zoom ... Tools that help teachers communicate with all students, teaching and learning are still as normal as above. Class. However, online learning will not be effective if students' learning consciousness is not good, self-discipline is not high. Many teachers share: "Many students in the class do not use technology for learning purposes but use it for the purpose of teasing, kicking classmates out, and many of them use it for different purposes such as playing games ... It is difficult if students are not conscious", "when discussing something, just a student in a noisy environment will affect the whole class." From there, we can see that technology helps a lot for students, but they are not a substitute for teachers teaching directly in class.

To make online learning more effective, many teachers have some solutions such as: Regularly checking the student's learning status by randomly calling a student to answer questions about the lesson, assigning homework and ask them to do their exercises directly in class, ask students to turn off their microphones when they are not needed to avoid affecting the whole class ... However, some teachers said "The rules can help a little but Most importantly, it just depends on the attitude of the student."

V. Conclusion

Through two studies including primary and secondary research, we draw some conclusions as follows:

Today, information technology is covering, pervading the world, becoming familiar with people and intimately supporting people in every job. But beyond the benefits that technology brings to students, technology distracts them and affects learning if they abuse it.

- My primary research indicates that, as students use technology more and more today, the vast majority of students devote their entire day-to-day activities to technology for a variety of purposes, including: playing games, watching videos, learning ... However, regardless of the purpose, spending too much time on technology a day will make them lose the balance between life and the use of technology devices. This greatly affects student life such as they spend most of their daily activities with technological equipment, with less time spent with family, friends and other sporting activities. Therefore, spending too much time on technological equipment will greatly affect their health, learning status and relationships.
- Based on the results of the student's technology habits survey, we find that most students nowadays develop a reflex that, even during class, they check their phones as soon as possible when their phone emits a sound or vibrates. And the majority of students who have this habit have not high end of academic results. The majority of students who regularly check their phones during class hours as soon as the phone vibrates often have poor academic results because using the phone during school hours can distract them. When they use phones in class this will disrupt the learning process. If they are studying in class, they may miss what the teacher is saying.
- Spam is also one of the reasons students are distracted from studying. Whenever a letter arrives, their phone will notify and remind them to check the phone even while studying and working, which will distract students from their studies. During class time, if they see their phone frequently when there are text messages, advertising messages, spam messages with interesting content, they may make them forget to study and follow instructions.
- Most students today often lost timestamp of time when using technology devices. They may forget the time, the things they need to do when using technology. This greatly affects their study and work performance. Such as: The loss of time stamp can cause a lot of work missed in the daily schedule, forget the time making use of technology equipment more and more ... and many other adverse effects for student.
- Currently, many students are maintaining the habit of using technology devices when they intend to go to sleep. This has a negative impact on their health and academic work. The use of night technology devices will make them more affected by blue light emitted by technology devices than during the day. Blue light emitted by devices such as phones, tablets, and laptops can prevent melatonin from developing in the body at night, helping to regulate human circadian clocks. When you use these devices too much will interrupt the process and make you unable to go to sleep at a reasonable time. This can negatively affect yourself as well as reduce your concentration at work as well as memory problems, or even more serious it can even cause some brain tissue to die. When using technology devices instead of going to bed, they lost

timestamp, so they may suffer from sleep deprivation, leading to drowsiness, fatigue and distraction in learning.

- Today most students abuse too much in technology, do not take notes but use the phone to quickly take pictures of what teachers have written on the board. Using the phone to take pictures helps them quickly record what the teacher writes on the board, but with the library storing thousands of photos, by the end of the term, students who want to find them will find it difficult and time-consuming because they cannot remember the content of those photos. This greatly influenced their academic performance
- Through the current online learning survey, almost all students think that online learning is a good method, that everyone can study anytime, anywhere effectively. However, there are many factors affecting online learning that make them distract in class, some health problems when they sit and look at computer screens for too long.

After conducting research from Greenwich teachers and students, we have drawn a lot of solutions to help students make the most of the benefits of technology. To balance life with technology, right now we need to refine our habits to achieve digital wellbeing in life. Here are some tips for students to balance their lives with technology.

- Learn and cultivate yourself knowledge of Digital wellbeing.
- To balance their lives with technology, students have chosen a variety of digital wellbeing tools to support them in life. Common tools such as Digital wellbeing, google keep ... They can use tools to manage the time spent using technology devices, limit the time spent for themselves ... And almost all students They all claim that digital wellbeing tools help them find the balance between their lives and technology.
- Make the most of technology by being more focused when you use it: To do this we need to create a boundary for ourselves through setting limits on applications or websites.

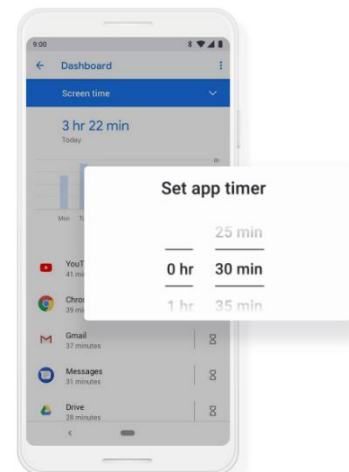


Figure 15: Manage your time spent in apps and on sites (Google, n.d.)

- We also need to use digital wellbeing tools to get information about phone usage time, frequency and time to use applications. The information that will be helpful to improve digital wellbeing

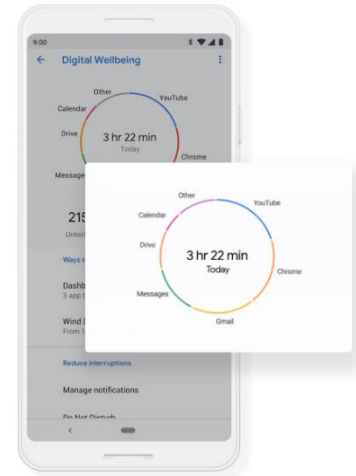


Figure 16: Learn more about your time spent in apps (Google, n.d.)

- Creating space from a device at night can help us feel more relaxed and help us sleep better: To do this, we need to turn on the "do not disturb" mode when going to sleep, which will help us have a good night's sleep.

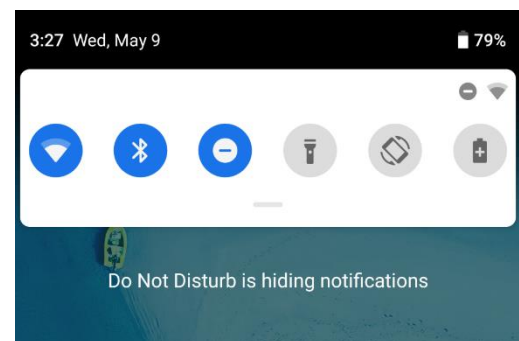


Figure 17: Do not disturb (internet)

- Using "Wind Down" reminds us to turn off the phone at night by setting the phone to bedtime

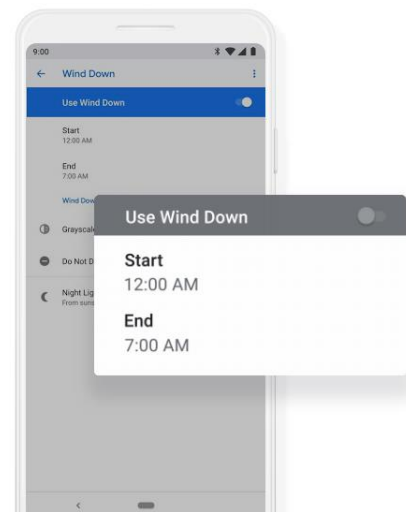


Figure 18: Ease into your night (Google, n.d.)

- Create a time zone without a mobile device: To do this, we need to specify the time of the day that you do not use technology devices, this reduces the need to check email and messages in phone
- Manage your apps and notifications to reduce distractions: We can pause distracting apps, control notifications on our phones

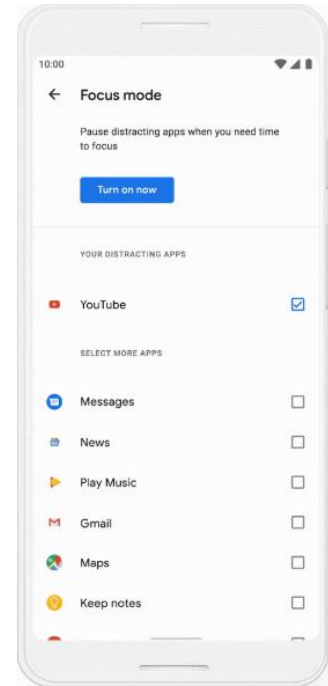


Figure 19: Pause distracting apps and stay focused. (Google, n.d.)

- In addition to balancing their lives with technology, students need to spend time participating in other activities such as: Find a sport which you like or go to the gym at least 3 times/week; play game only when everything is done. Regularly communicating with friends, constantly expanding relationships to learn and improve yourself...

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Research Proposal Appendix

Research Proposal

Student Name: Pham Thanh Dat

Student Number: GCH17575

Tutor: Do Quoc Binh

Date: 16-1-2020

Unit 13: Computing research project

Propose title: Tools to help students achieve a personal sense of digital wellbeing.

Section One: Title, objective, responsibilities

Research question:

Does technology improve the lives of students or distract them? How can Digital Wellbeing tools help them find the right balance with technology?

Objectives

I want to learn:

- Current situation of how students use technology.
- How technology has an adverse effect on students?
- What is digital wellbeing?
- How do students find a balance towards a healthy relationship with devices?
- Tools to help students manage the impact of technology dependence
- How students can use those tools?
- Strategies for managing the impact of technology dependence.
- How people can implement that strategy?

Section Two: Reasons for choosing this research project

Reasons for choosing the project:

Today with the rapid development of technology, technology has changed a lot to our lives from shopping, consumption, entertainment, communication and communication. For students, technology is also an important tool to help students become more convenient in accessing knowledge. However, the improper use of technology greatly affects students, including:

- *Physiological Health Effects:* Prolonged abuse of technology can affect sleep quality, cause stress and reduce vision, as well as headaches.
- *Psychological Health Effects:* Excessive technology abuse has a negative impact on psychology. Technology addicts are at risk of developing hyperactivity disorder, depression, anxiety, insomnia and impulsive behavior.
- *Relationship Health Effects:* The misuse of technology will adversely affect relationships around.

The improper use of technology greatly affects the health and academic status of students. Therefore, we want to choose this research topic with the purpose of learning about how to help students have the ability to find the right balance of technology suitable for their lives. What does the Digital Wellbeing tool help in finding the right balance for technology?

Section Three: Literature sources searched

The initial sources which could help me to answer those questions:

1. Themelis, C., 2018. *Digital Well-Being: Are Devices Overwhelming or Extending Our Minds?*
 2. Google, n.d. *Find a balance with technology that feels right for you.* [Online]
 3. Howard-jones, D. P., n.d. *The impact of digital technology on human wellbeing*, US
- Use of key literature sources to support your research question, objective or hypothesis:

Section Four: Activities and timescales

1. Collect materials relating to research's question and objectives
2. Complete research proposal
3. **Milestone 1[16-1-2020]:** Get feedback from the Tutor about the research proposal
4. Produce project plan
5. Writing literature review and represent the findings in term of hypothesizes
6. Check project progress: research proposal, plan, literature review
7. Preparation for primary research(to confirm the findings in literature review or clarify the questions might arise after the literature review)
8. **Milestone 2[18-2]:** Get feedback from the Tutor about the plan of primary research.
9. **Milestone 3[10-3]:** Get feedback from the Tutor about the result of literature review
10. Conducting the primary research
11. **Milestone 4[23-3]:** Represent the findings in primary research and get feedback from Tutor

12. Writing assignment 1 which contains LO1, LO2
13. **Milestone 5[8-4]:** Submit assignment 1 -Draft
14. **Milestone 6[12-4]:** Submit assignment 1- Final
15. Writing Assignment 2 which contain LO3, LO4
16. **Milestone 7[20-3]:** Submit assignment 2 -Draft
17. **Milestone 8[22-3]:** Presentation- put everything together.
18. **Milestone 9[25-3]:** Submit assignment 2- Final

Section Five: Research approach and methodologies

- Research process: sequential
- Research classes: quantitative and qualitative
- Research methods: case study, survey, interview

Type of research approach and methodologies you are likely to use, and reasons for your choice:

What your areas of research will cover:

Comments and agreement from tutor

[This part not for student]

Comments (optional):

I confirm that the project is not work which has been or will be submitted for another qualification and is appropriate.

Agreed: (Name)

..... (Date)

Comments and agreement from project proposal checker (if applicable)

[This part not for student]

Comments (optional):

Agreed: (Name)

..... (Date)

Project plan

