Questionnaire

Dataset of Jordanian University Students' Psychological Health Impacted by Using E-learning Tools during COVID-19

1. <u>Demographic Information:</u>

Gender: Male: _____   Female: _____

Level/Year: First/Freshman: _____   Second/ Sophomore: _____

                 Third/Junior: _____   Fourth/Senior: _____

                 Other   _____

Age: 18-24 _____   25-30 _____   30+ _____

Your cumulative average (GPA):

+90 / 3.5+

80-89 / 3.0-3.49

70-79 / 2.5-2.99

60-69 / 2.0-2.49

Below 60 / Below 2.0

Dear Student:

This research tool is designed to elicit students' responses about the "Effect of Prolonged Smartphones, i-pads, and Laptop Use on the Psychological State of University Students during the COVID-19 Crisis". The researchers assure you that your responses to the questionnaire will be used only for research purposes.

Please respond to the following questions as indicated against each:

Thank you!

A	Use of digital tools (mobile phone, laptop, i-pad)						
1	Which of the following digital tools do you usually use?	**Before COVID 19**	Laptop	Mobile phone	I pad/ Tablet	Personal Computer	Other
		After COVID 19	Laptop	Mobile phone	I pad/ Tablet	Personal Computer	Other
2	How much time do you spend using the digital tools in learning?	**Before COVID 19**	1-3	3-6	6-9	9-12	+12
		After COVID 19	1-3	3-6	6-9	9-12	+12
3	I always use digital tools (mobile, laptop, i-pad) in studying.	**Before COVID 19**	Strongly Agree	Agree	Uncertain	Disagree	Strongly Disagree
		After COVID 19	Strongly Agree	Agree	Uncertain	Disagree	Strongly Disagree
4	When I use the mobile phone, tablet or laptop in e-learning I cannot concentrate and I am distracted.	**Before COVID 19**	Strongly Agree	Agree	Uncertain	Disagree	Strongly Disagree
		After COVID 19	Strongly Agree	Agree	Uncertain	Disagree	Strongly Disagree
B	Sleeping Habits						
5	I have fixed hours for bed time and wake up.	**Before COVID 19**	Strongly Agree	Agree	Uncertain	Disagree	Strongly Disagree
		After COVID 19	Strongly Agree	Agree	Uncertain	Disagree	Strongly Disagree
6	Prolonged use of digital tools for learning (mobile, laptop, i-pad) affected my sleeping habits.	**Before COVID 19**	Strongly Agree	Agree	Uncertain	Disagree	Strongly Disagree
		After COVID 19	Strongly Agree	Agree	Uncertain	Disagree	Strongly Disagree
7	Continuous exposure to electronic screens in online learning is tiring and exhausting.	**Before COVID 19**	Strongly Agree	Agree	Uncertain	Disagree	Strongly Disagree
		After COVID 19	Strongly Agree	Agree	Uncertain	Disagree	Strongly Disagree
C	Social Interaction						
8	Prolonged use of digital tools (mobile, laptop, i-pad) results in social distancing.		Strongly Agree	Agree	Uncertain	Disagree	Strongly Disagree
9	Prolonged use of digital tools (mobile, laptop, i-pad) causes students' isolation.		Strongly Agree	Agree	Uncertain	Disagree	Strongly Disagree
10	University learning contributes to strengthening the social personality of students.		Strongly Agree	Agree	Uncertain	Disagree	Strongly Disagree
11	Staying home for long periods of time leads to lethargy and laziness.		Strongly Agree	Agree	Uncertain	Disagree	Strongly Disagree
D	Psychological State						
12	Prolonged use of e-learning tools often leads to boredom, nervousness, and tension.		Strongly Agree	Agree	Uncertain	Disagree	Strongly Disagree
13	The psychological element is a key factor in the success of the educational process.		Strongly Agree	Agree	Uncertain	Disagree	Strongly Disagree
14	Some students cannot afford buying all necessary digital tools, which is embarrassing and frustrating.		Strongly Agree	Agree	Uncertain	Disagree	Strongly Disagree
15	I don't recommend continuing with the online learning model because it is socially and psychologically unhealthy.		Strongly Agree	Agree	Uncertain	Disagree	Strongly Disagree

16	Measures of lockdown, closures, and quarantine, brought by COVID-19 caused stress, frustration, and depression.	Strongly Agree	Agree	Uncertain	Disagree	Strongly Disagree
E	**Academic Performance**					
17	Use of digital learning tools is responsible for my low academic performance.	Strongly Agree	Agree	Uncertain	Disagree	Strongly Disagree
18	The volume of assignments via e-learning led to confusion, frustration and poor performance.	Strongly Agree	Agree	Uncertain	Disagree	Strongly Disagree
19	Face-to-face interaction contributes significantly to boosting students' academic achievement.	Strongly Agree	Agree	Uncertain	Disagree	Strongly Disagree
20	Taking quizzes and exams online from home was not comfortable and made me nervous.	Strongly Agree	Agree	Uncertain	Disagree	Strongly Disagree

Thank You!