

IMPACT OF INTERNET USAGE IN THE DECLINING ATTENTION SPAN OF RADIOLOGIC TECHNOLOGY STUDENTS: AN ASSESSMENT

Dr. Cecilia J. Cardoso, Dr. Noel J. Acosta, Maria Stephanie, T. Borja, Tomi Jeff G. Ichikawa, Mary Angelica R. Nayos and Breiner James A. Ocampo and Dr. Edgardo C. Cayanan
Bachelor of Science in Radiologic Technology, Perpetual Help College 1240 V. Concepcion ST. Sampaloc, Manila, 1016

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ABSTRACT

This study seeks to present and discuss the Impact of Internet Usage on the Declining Attention Span of Radiologic Technology Students as well as to provide a proposed action plan. The researchers surveyed to gather basic information that is essential for the collection of data such as the profile of the respondents based on their gender and year level. Furthermore, the researchers determined the impact of internet usage on the attention span to cognitive, affective, and psychomotor, together with providing proposed programs to improve the attention span of the radiologic technology students.

Keywords: Cognitive, Affective, Psychomotor, Attention Span, Radiologic Technology.

1. INTRODUCTION

Internet usage has become an integral part of our daily lives, offering platforms like Facebook, YouTube, and Google for people to communicate, be entertained, and stay updated. These online spaces enable users to post pictures, watch videos, and search for information which take up much of the user's time and attention. The internet also serves as a hub for news, trends, and entertainment, making it a go-to source for information and leisure. With the ability to reach millions instantly, the internet plays a significant role in shaping modern communication, influencing opinions, and fostering virtual communities.

In the age of digital connectivity, the world has witnessed a remarkable transformation in how we communicate, consume information, and interact with one another. The internet has redefined the dynamics of human connection and spread information. (Martínez-Peláez et al, 2023). However, concerns have been raised about the internet's potential impact on cognitive functions, including attention span, due to people using it more frequently and for longer periods on devices other than computers and laptops, including cellular phones.

The researchers determined the impact of short attention span on the radiologic technology students based on the three domains of learning which are the cognitive, affective, and psychomotor aspects. At the end of the study, the researchers proposed enhancement programs for improving the declining attention span of radiologic technology students and encouraged more sensible and balanced use of the internet in their daily lives.

2. METHODOLOGY

This study utilized a mixed method, applying both Quantitative and Qualitative. This method is formulated to collect and analyze data, to properly support the findings from respondents. A Likert

Five-Point scale was used to quantify different viewpoints from subjects in which single-choice and close-ended questions were utilized to acquire more detailed information.. Percentage Frequency Distribution was also used together with the Likert scale, to indicate the percentage observations from the questionnaires.

Triangulation was also used to improve credibility and provide in-depth insights regarding the phenomenon being studied, Bans-Akutey and Tiimub (2021). Regarding data collection, a three-part custom questionnaire was applied, which consisted of the demographic profile, with the following parts focusing on the impacts of internet usage on the declining attention span of radiologic, and technology students based on their cognitive, affective, and psychomotor, and lastly, delved into the participants' personal experiences regarding the impact of internet usage on the declining attention span, together with the strategies the respondents suggested which could help overcome the following challenges.

With consideration for confidentiality, all personal information and data are kept private to protect the respondents' identity. A formal letter was also signed before said survey was conducted and distributed, which indicates that all acquired findings and personal data will be treated with complete confidentiality, and be used strictly for research purposes.

Table 1. Percentage Distribution According to Demographic Profile.

N= 65

		n=65		
G E D E R	No. Items		f	Percentage
		Male		26
	Female		39	60
	Total		65	100%
Year Level	No. Items			Percentage
	1st Year		36	55.38
	2nd Year		29	44.62
	Total		65	100%

Based on the data being gathered, 39 out of 65 respondents are female respondents
 Based on the data being gathered, 39 out of 65 respondents are female respondents with 60 percent while male respondents are 26 having 40 percent. At this point, males remain to dominate the

course may also be due to its work nature. As for the year level, the 1st year students of Perpetual Help College of Manila were 36 or 55.38 percent while the 2nd year were 29 or 44.62 percent. Therefore, 100 percent of the participants answered the questionnaire.

3. RESULTS AND DISCUSSION

Table 2. The Impact of the Declining Attention Span of Radiologic Technology Students based on Cognitive

No.	Items	SD	Mean	Rank	VI
1	Challenge to focus on studying one thing at a time.	54.72	3.73	4th	Agree
2	Difficulties in concentrating on academic activities when using the internet.	43.26	3.67	5th	Agree
3	Information overload makes it harder for me to focus on studying.	45.16	3.87	2nd	Neutral
4	Inability to concentrate on reading a lengthy article or book for an extended period.	45.14	3.76	3rd	Agree
5	Accessing the internet often diverted attention to other sites and apps due to internet usage.	50.55	3.98	1st	Agree
Average Mean			3.80		Agree
Standard Deviation (SD)			47.77		

The gathered data shows that “Accessing the internet often diverted attention to other sites and apps due to internet usage” got the highest computed mean value of 3.98 which has a verbal interpretation of “Agree”. Next, “Information overload makes it harder for students to focus on studying” has a computed mean value of 3.87 which has a verbal interpretation of “Neutral”. Meanwhile, “The inability to concentrate on reading a lengthy article or book for an extended period” got the computed mean value of 3.76 which interprets “Agree”. Furthermore, “The challenge to focus on studying one thing at a time” got a computed mean of 3.73 which interprets “Agree”. Lastly, “Difficulties in concentrating on academic activities when using the internet” got a computed mean value of 3.67 which has a verbal interpretation of “Agree”.

Table 3. The Impact of the Declining Attention Span of Radiologic Technology Students are based on Affective

No.	Items	SD	Mean	Rank	VI
1	I have felt a decrease in attention span while using the internet.	55.87	3.8	2nd	Agree
2	I feel comforted by social media (using the Internet) throughout the day.	45.97	3.86	1st	Agree
3	I tend to forget other tasks I have because I enjoy the use of the internet.	48.52	3.72	3rd	Agree
4	Sense of dependency towards the internet.	43.47	3.64	5th	Agree
5	Frustrated when unable to browse the internet.	36.63	3.67	4th	Strongly Agree
<i>Average Mean</i>			3.74		Agree
<i>Standard Deviation (SD)</i>			46.09		

Based on the collected data, it presents that most of the students feel comforted by social media (using the internet) throughout the day which got the highest computed mean value of 3.86 with the verbal interpretation of “Agree”, next, students have felt a decrease in attention span while using the internet got a computed mean value of 3.8 with the verbal interpretation of “Agree”. For the time being, students tend to forget other tasks they have because they enjoy the use of the internet and got the computed mean value of 3.72 with the verbal interpretation of “Agree”. Meanwhile, students are frustrated when unable to browse the internet and get the computed mean value of 3.67 which interprets “Strongly Agree”. Furthermore, they’re feeling a sense of dependency on the internet and got a computed mean value of 3.64 which has the verbal interpretation of “Agree”.

Table 4. The Impact of the Declining Attention Span of Radiologic Technology Students are based on Psychomotor

No.	Items	SD	Mean	Rank	VI
1	I am inclined to make rapid decisions without a decrease in performance..	46.87	3.61	4th	Agree
2	Memory retention has been enhanced.	40.54	3.61	5th	Neutral
3	My multitasking skills have improved.	48.19	3.86	3rd	Agree
4	It has developed my reading comprehension skills.	56.60	4.07	1st	Agree
5	Browsing becomes a habitual reflex action.	52.44	3.98	2nd	Agree
<i>Average Mean</i>			3.83		Agree
<i>Standard Deviation (SD)</i>			48.93		

According to gathered data, people using the internet have developed their reading comprehension skills which have the highest computed mean value of 4.07 with the verbal interpretation of “Agree”. Next, browsing becomes a habitual reflex action for them with a computed mean value of 3.98 which has an interpretation of “Agree”. Meanwhile, their multitasking skills have improved and have a computed mean value of 3.86 with the verbal interpretation of “Agree”. Furthermore, being inclined to make rapid decisions without a decrease in performance got a computed mean value of 3.61 which indicates the interpretation of “Agree”. Lastly, memory retention has been enhanced and has a computed mean value of 3.61 which signifies the interpretation of “Neutral”.

Table 5. The Impact of Internet Usage on Attention Span is Reduced based on Frequency of Usage

No.	Items	SD	Mean	Rank	VI
1	Creating a distraction-free workspace.	41.59	3.69	4th	Moderately Effective
2	Implementing digital detox days (periods without internet).	42.65	3.58	5th	Effective
3	Setting daily time limits for internet activities.	45.51	3.87	2nd	Highly Effective
4	Establishing clear internet-free time before bed.	46.64	3.70	3rd	Effective
5	Engaging in offline hobbies or activities regularly.	45.43	3.89	1st	Effective
Average Mean			3.75		Effective
Standard Deviation (SD)			44.36		

Based on the collected data, engaging in offline hobbies or activities regularly reaches the highest computed mean value of 3.89 with the verbal interpretation of “Effective”. Meanwhile, setting daily time limits for internet activities got a computed mean value of 3.87 which has a verbal interpretation of “Highly Effective”. Furthermore, establishing clear internet-free time before bed got a computed mean value of 3.70 which has a verbal interpretation of “Effective”. For the time being, creating a distraction-free workspace got a computed mean of 3.69 which is interpreted as “Moderately Effective”. Lastly, implementing digital detox days (periods without internet) obtains the lowest computed mean value of 3.58 with the verbal interpretation of “Effective”.

Table 6. The Impact of Internet Usage on Attention Span Reduced Based on Diminishing Ability to Stay Focus

No.	Items	SD	Mean	Rank	VI
1	Using productivity apps to monitor and limit internet use.	44.19	3.64	4th	Effective
2	Frequent social interaction without using the internet.	42.03	3.70	3rd	Effective
3	Using cues, such as timers or ambient sounds, to signal focused work periods and breaks.	47.20	3.76	2nd	Moderately Effective
4	Frequently engaged in multiple tasks simultaneously.	38.61	3.61	5th	Moderately Effective
5	Introducing planned breaks during work or study sessions to refresh the mind	50.34	4	1st	Effective
Average Mean			3.74		Effective
Standard Deviation (SD)			44.53		

Most of the respondents said that introducing planned breaks during work or study sessions to refresh the mind got the highest computed mean value of 4 with the verbal interpretation of "Effective". Meanwhile, using cues, such as timers or ambient sounds, to signal focused work periods and breaks got a computed mean value of 3.76 which has a verbal interpretation of "Moderately Effective". For the time being, Frequent social interaction without using the internet has a computed mean value of 3.70 which has a verbal interpretation of "Effective". Next, Frequent social interaction without using the internet got a computed mean value of 3.64 which has a verbal interpretation of "Effective". Lastly, Frequently Engaged in multiple tasks simultaneously obtains the lowest computed mean value of 3.61 with the verbal interpretation of "Moderately Effective".

4. CONCLUSIONS

From the findings of the study, the researchers were able to arrive at this conclusion: Through a student development program, Radiologic Technology students can improve their ability to concentrate and focus on their studies despite the potential distractions from excessive internet usage.

5. RECOMMENDATIONS

Given the findings and conclusions of this study, the following recommendations were drawn:

1. Radiologic technology students should prioritize educational use of the internet, such as referencing, emotional connection, and tutorial learning.
2. Other students must balance online time to maximize internet convenience while minimizing negative effects, promoting a healthy lifestyle for improved focus.
3. Teachers should raise awareness about declining attention spans and internet impacts, guiding students toward productive online habits.
4. School administrators must secure and monitor internet access, ensuring it's used for academic purposes only to enhance student performance.

5. Department heads should collaborate on attention-building programs applicable both in school and daily life, fostering discipline and focus.

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ABOUT THE AUTHORS

Dr. Cecilia J. Cardoso, the adviser and faculty of Perpetual Help College of Manila, Dr. Noel J. Acosta, the dean, Maria Stephanie T. Borja, Tomi Jeff G. Ichikawa, Mary Angelica R. Nayos and Breiner James A, Ocampo are 3rd year Bachelor of Science Technology students at Perpetual Health College of Manila.