

What is the Correlation between Technology Usage, Health Behaviors and Academic Performance?



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Introduction

- Technology can make life more convenient but can also lead to unhealthy behaviors.
- College students are major consumers of technology and excessive technology usage may be associated with more sedentary behaviors, poorer dietary choices, less sleep, lower academic performance.

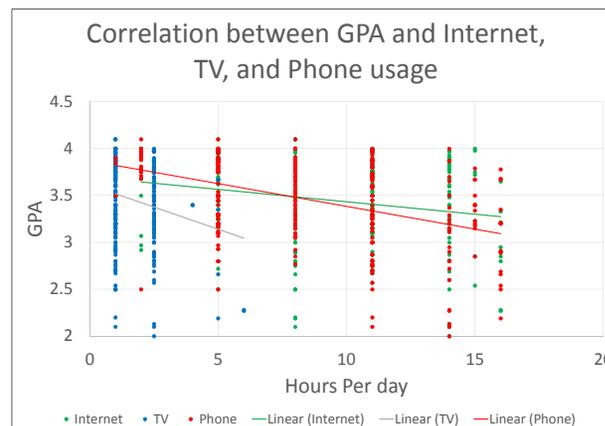
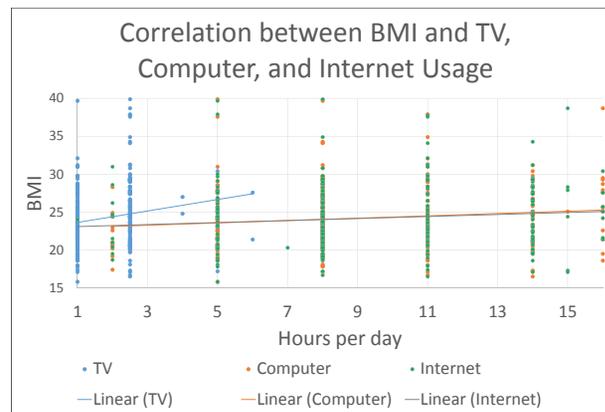
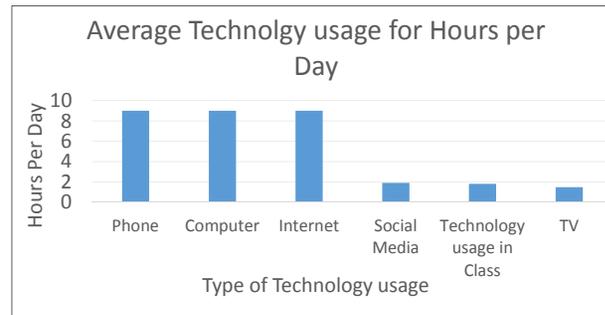
Purpose

To examine the correlations between technology usage, with diet, sleep, physical activity and academic performance in college students.



Methods

- Received IRB approval
- 297 college students completed a survey that was sent via email that asked about their technology usage, diet, sleep, physical activity, body mass index (BMI), and grade point average (GPA)
- Consent was implied when the participant completed the survey
- Correlations between technology usage and health behaviors were determined with SPSS



Results

- BMI is positively correlated with the use of TV ($p = .002$), computer ($p = .035$), and internet ($p = .034$).
- GPA is negatively correlated with the use of mobile phone ($p = .001$), TV ($p = .001$), internet ($p = .001$) and social media ($p = .001$).
- High use of technology is associated with consuming less than the recommended number of servings from dairy ($p = .001$), fruits ($p = 0.12$), vegetables ($p = .593$), and grains ($p = .014$) but is positively correlated with sweetened beverages ($p = .001$).
- There was no consistent correlation between technology usage and physical activity or sleep.



Conclusion

- College students should be cautious of the number of hours spent using technology because excessive usage appears to come with a price. Technology use correlated with poorer grades, higher body weights, and less nutritious diets.
- High technology usage may affect college student's academic performance due to distractions with multitasking.

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