

Category 4 Resource Development

Group 4-019 ScreenSaver

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ABSTRACT

ScreenSaver is an interactive and educational resource which aims to educate students and their parents on the negative effects of over-usage of mobile devices such as smartphones, thus reducing the amount of time students spend on mobile devices. Our resource will include a card game that demonstrates the negative effects of over-usage of mobile devices, while promoting other meaningful activities that students can be engaged in instead of wasting their time on mobile devices. Our resource also consists of an interactive and informative website which contains essential information, photos and videos on the negative effects of over-usage of mobile devices. The website also suggests ways and strategies that both students and parents can implement to reduce the negative impacts of over-usage of mobile devices. In today's technological era, mobile devices serve many purposes such as entertainment, communication and surfing the web. Therefore, we hope that through ScreenSaver, we can help address the problem of over-usage of mobile devices.

1) INTRODUCTION

1.1 Rationale

During recess and the interval between classes, many students instinctively whipped out their phone despite the implementation of the 7-2 rule. The fact that these students carried out these acts suggests the extent of which they are addicted to their smartphones. Once at home, some parents may not be able to monitor their child's mobile usage if they lack the time.

1.2 Objectives

The objectives of the ScreenSaver card game were to:

- Help students learn to be self-conscious about their mobile usage
- Suggest activities they can do instead of looking at screens

The objectives of the ScreenSaver website were to:

- Let parents and teachers be involved in monitoring / controlling students' mobile usage
- Let parents and teachers know about the negative effects of over-usage of mobile devices
- Suggest ways to limit students' screen time

1.3 Target Audience

Secondary 1 and 2 students and their parents

1.4 Resources

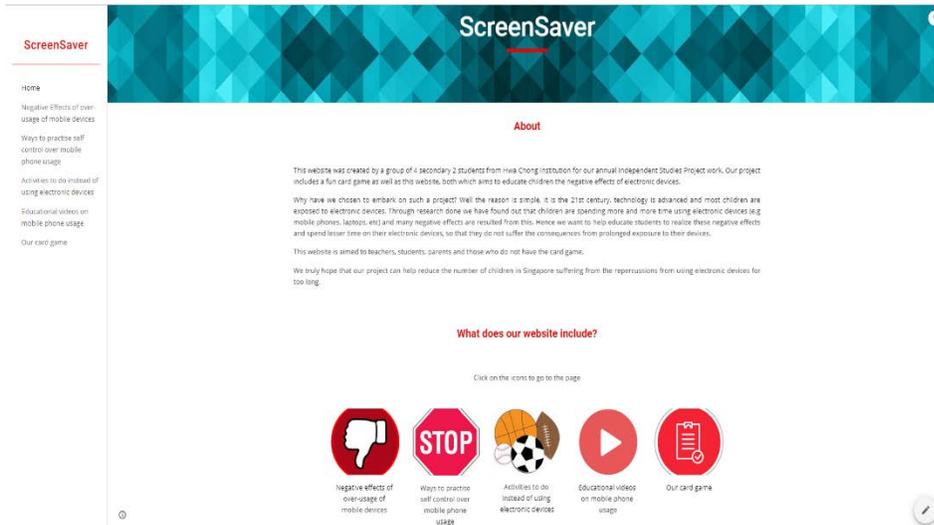
Resources created for this project were:

1. A website containing information on negative effects of over-usage of mobile devices, ways to practise self-control, activities to do instead of using mobile devices, educational videos on mobile phone usage and information about our card game and a video demonstrating how to play it
2. A booklet containing information from our website and information about our card game.
3. A card game with 78 cards, 40 money cards, 40 tokens and 4 gaming mats

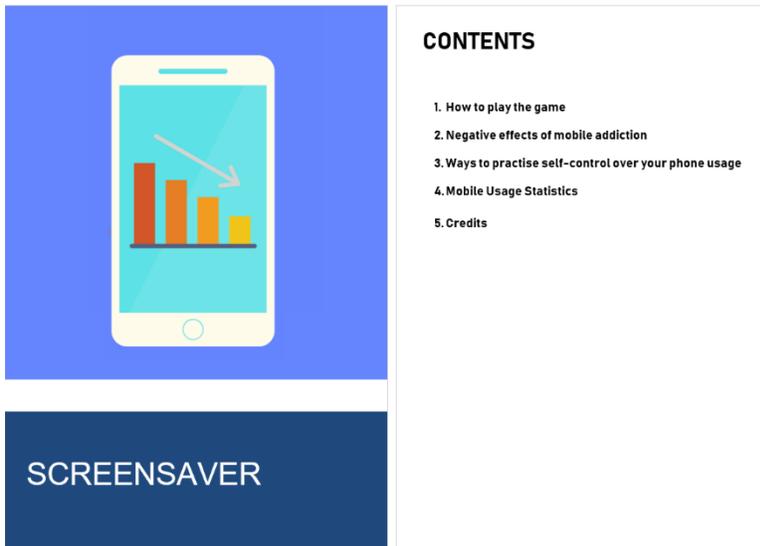
Set of cards

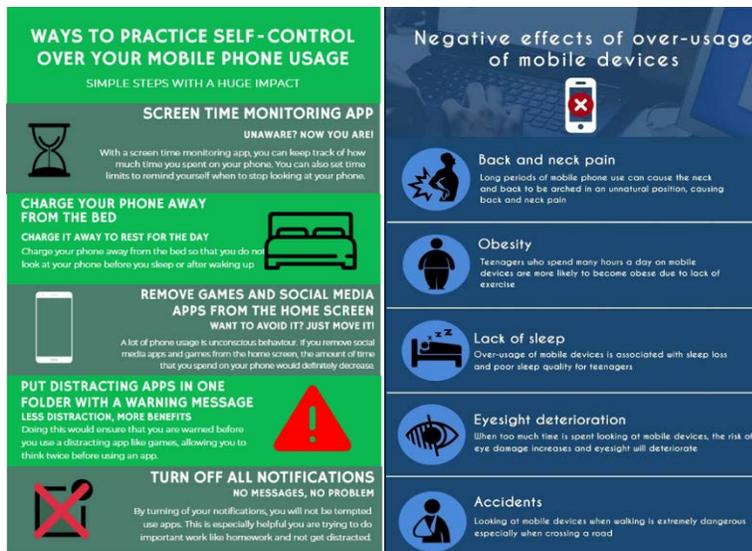


Website



Booklet





2) REVIEW

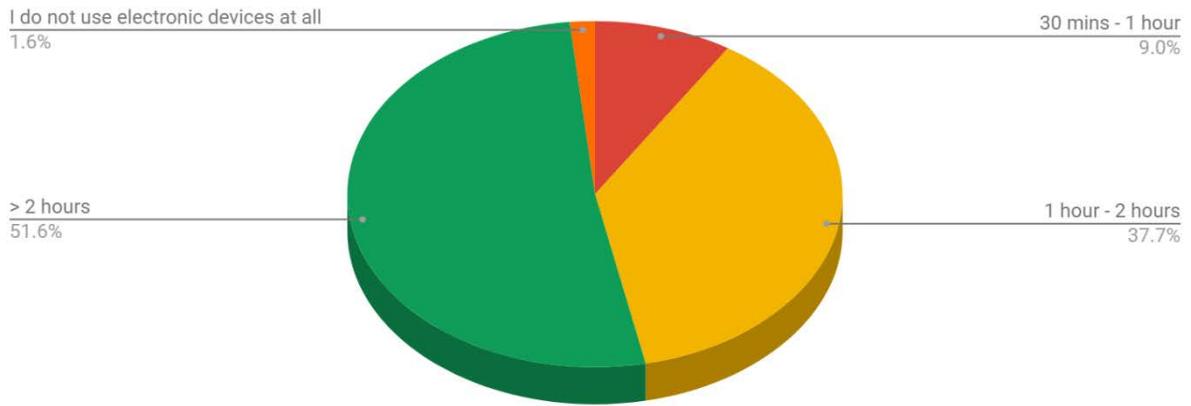
Project Gaming Addiction: This was a project done by Hwa Chong students in the past. There was only a website with limited information on gaming addiction. As the website is wordy and visually unappealing, few people would be attracted to read its content. Unfortunately, due to server errors, we were unable to get pictures of this resource.

3) METHODOLOGY

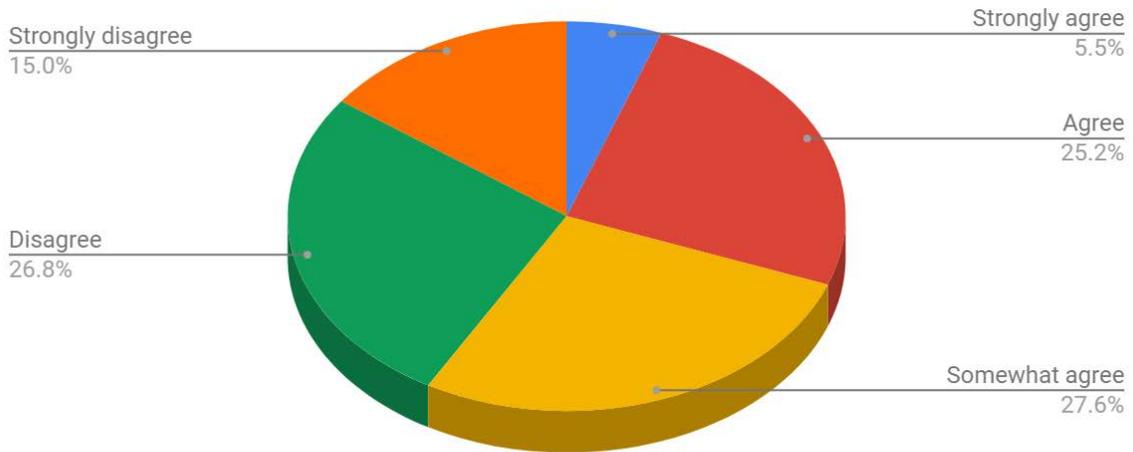
3.1 Needs Analysis

A needs analysis was carried out with our target audience to be certain if our project was needed and relevant. We surveyed 130 students and our results clearly showed that over-usage of mobile devices is a serious problem and that there is a great need for our project. Below are the results of the needs analysis.

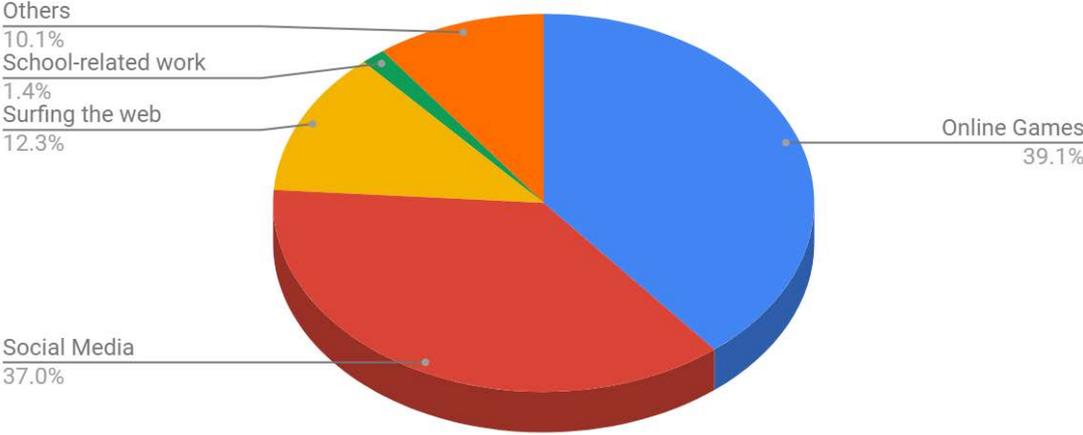
How long do you use electronic devices every day?



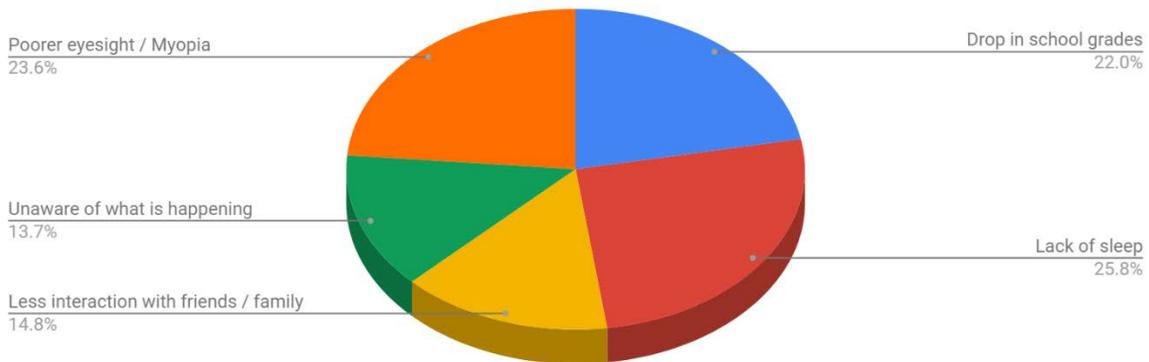
To what extent do you agree with the statement: "I am able to control my usage of electronic devices very well"



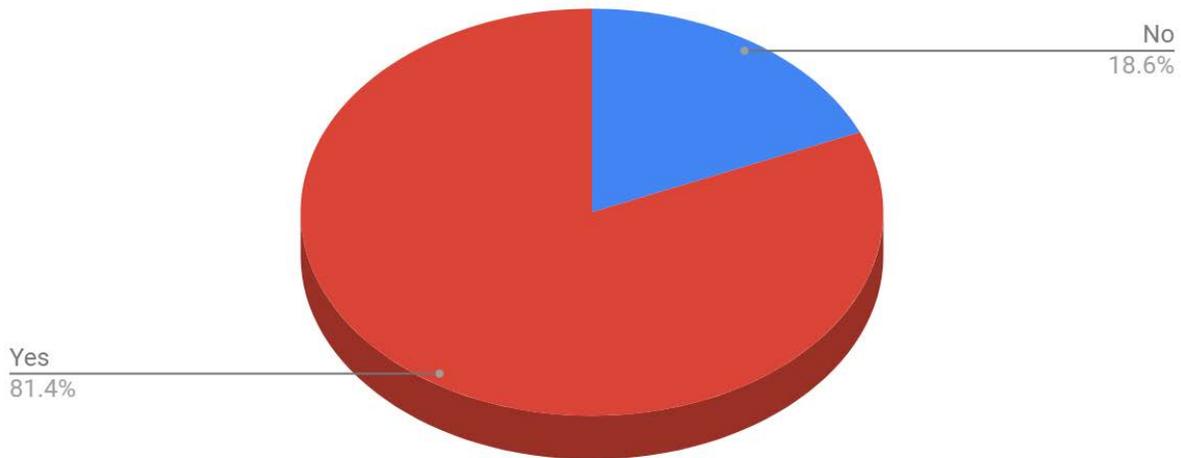
What do you spend most of your time on when using electronic devices?



If you answered "yes" for Question 4, how does it affect you?



Do you think that an interactive website and a fun board game can help educate you to better control your mobile phone usa...



3.2 Development of Resources

For the website, we decided to use Google Sites. First, a review was carried out on the content of the website from other existing websites and researches. Then, the information was paraphrased, shortened and made less wordy and finally, the information was added into the website and images found from Google was added in to make the information

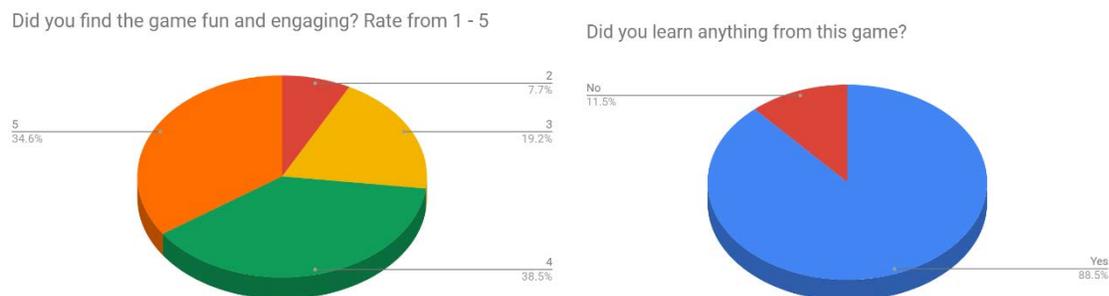
look more aesthetically pleasing. Some information was obtained from an eye specialist working in the National Eye Centre Singapore.

For the card game, we thought of a concept on how the card game would work. We had to constantly carry out test runs to see what elements and improvements we have to add to the game. Slowly, we added more elements to make the game more fun, engaging and educational.

For the booklet, we used some of the content of the website. The content in the booklet was in the form of infographics, making it easier and more attractive for the students to read. The rules and instructions to play the card game could also be found in the booklet.

3.3 Pilot Test (Card Game)

2 rounds of pilot testing were conducted. The first one was on classmates about the helpfulness of the card game. We also wanted to gather feedback so that we can improve the game for the second round of pilot testing.



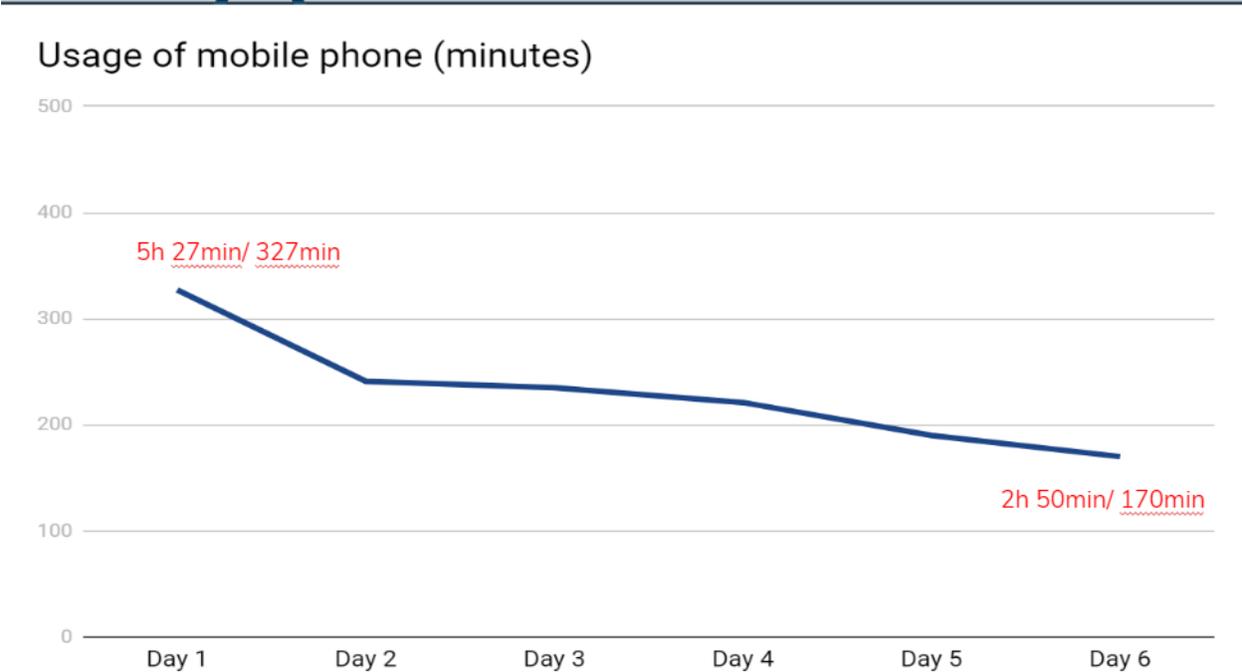
(Most of the students enjoyed the game) (Majority said that they learnt something from it)

For the first round of pilot testing, we received generally good feedback. Some of the comments are:

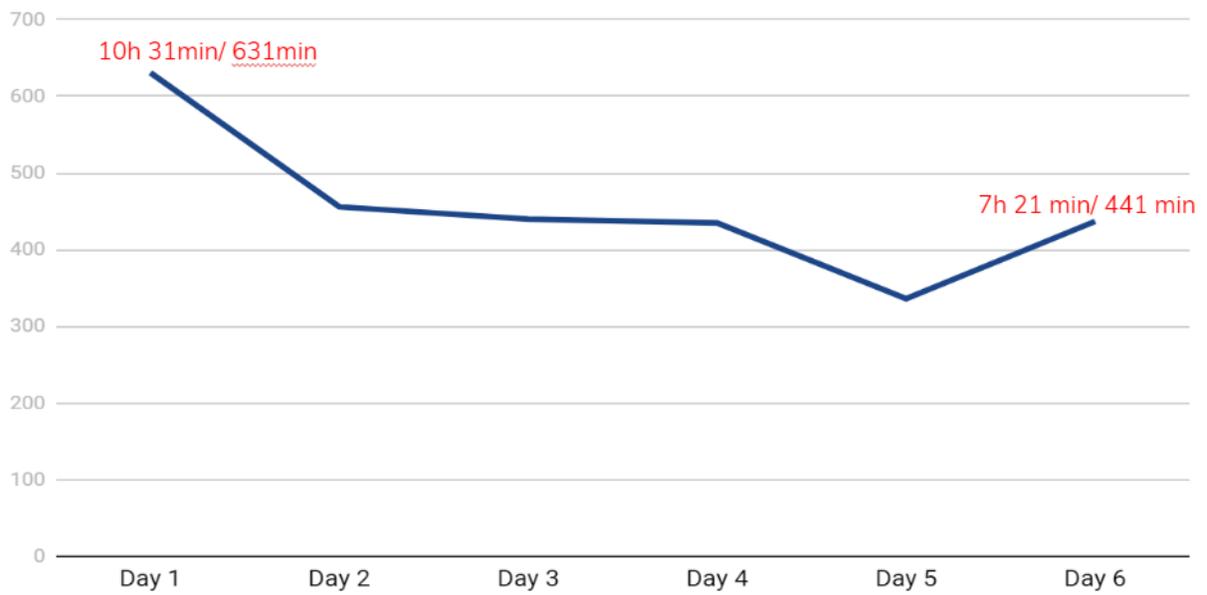
- The game was fun and interesting. I learnt that addiction is bad for my health.
- The game needs more “Collect” Cards, less “Draw 2” Cards and more Resistance Cards.
- The game’s duration was too long.

For the second round of pilot testing, we pilot tested the package on students who are addicted to their mobile phones. This was to ensure that our package is able to achieve its objective, which is to reduce student's screen time.

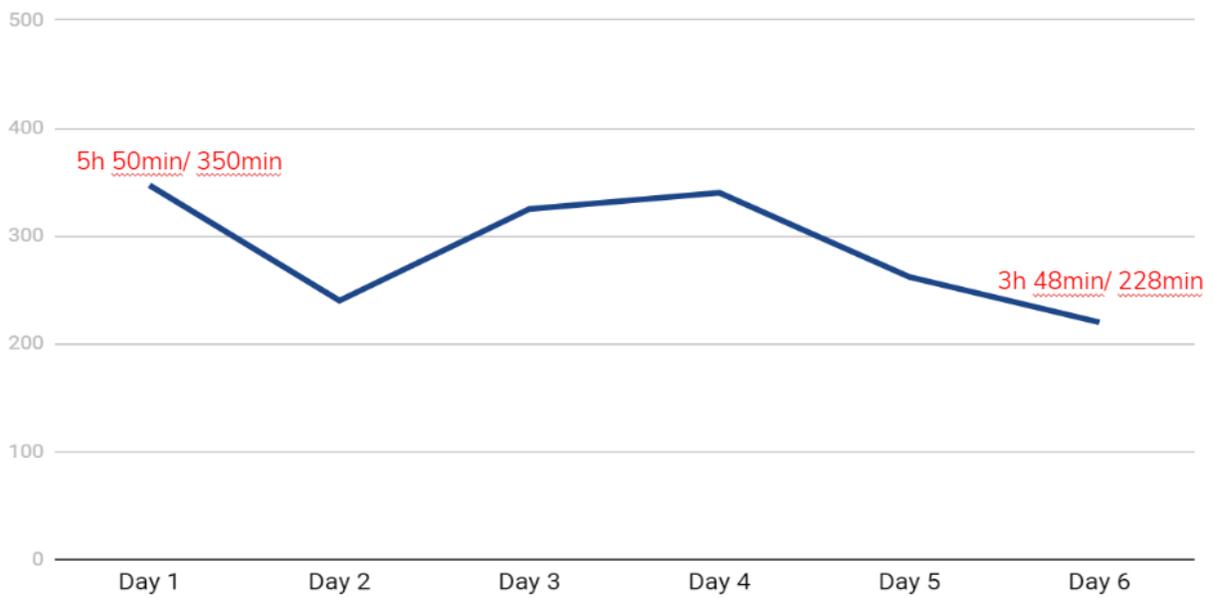
Before using the package, the average amount of time that a student uses his phone is around 5 hours daily. After using the package, the amount of time spent on the mobile phone has decreased by an average of 60 minutes.



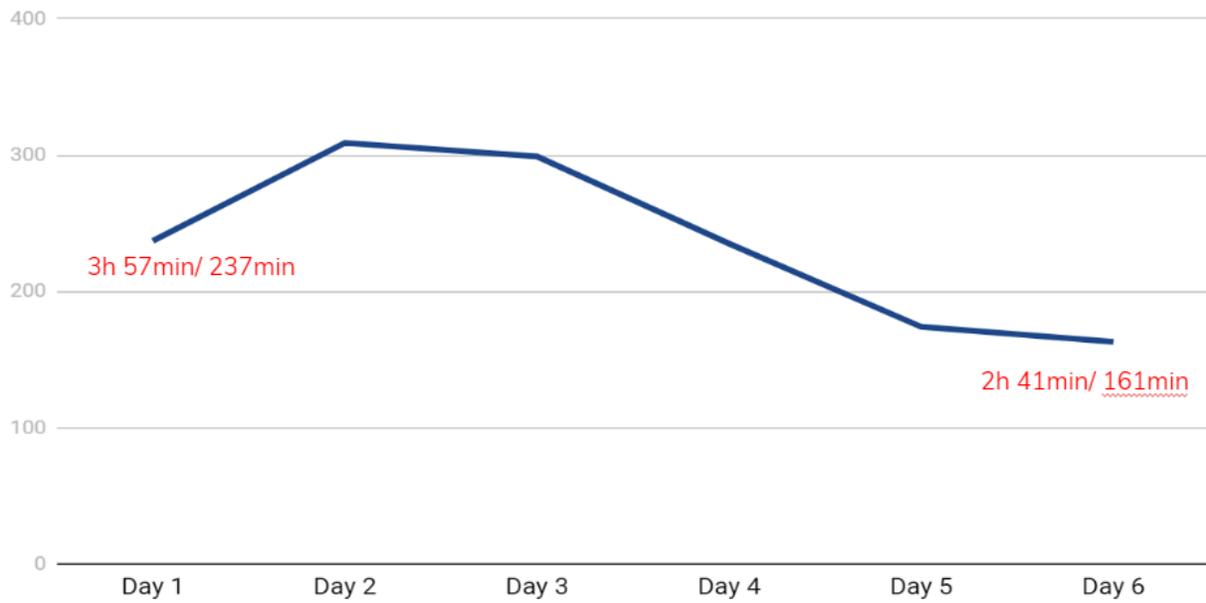
Usage of mobile phone (minutes)



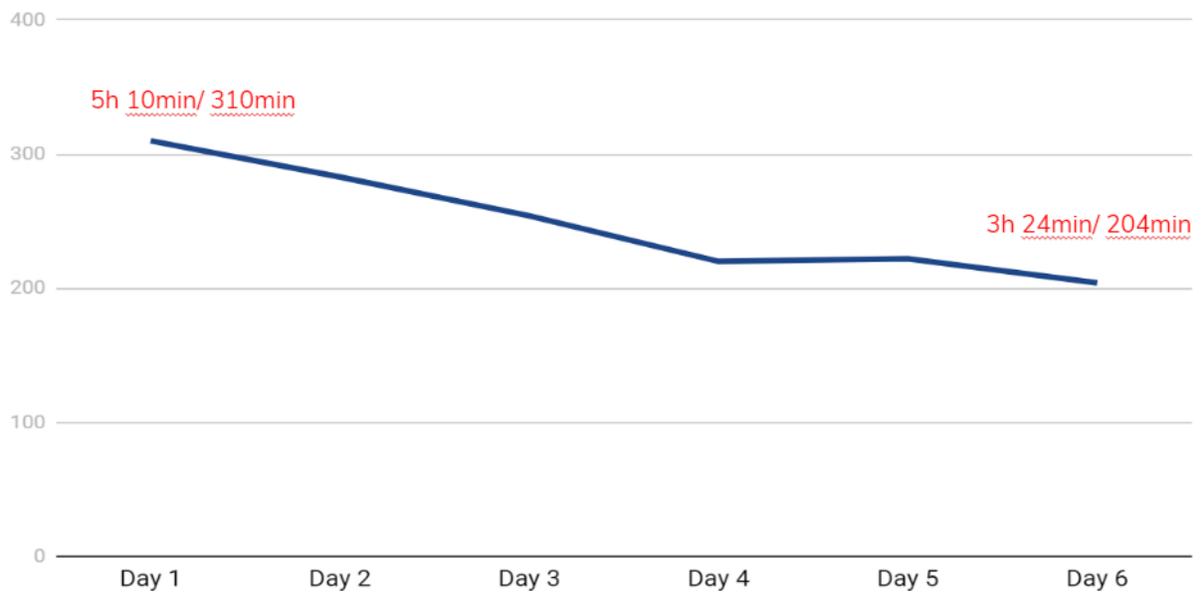
Usage of mobile phone (minutes)



Usage of mobile phone (minutes)



Usage of mobile phone (minutes)

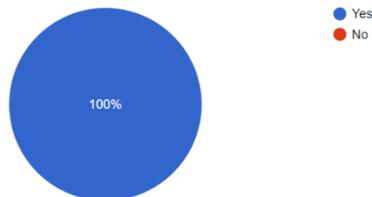


3.4 Pilot Test (Website)

We pilot tested our website on parents. We sent out our website along with a survey form to parents of students from Hwa Chong. We kindly invited parents to visit our website, then give us feedback and suggestions.

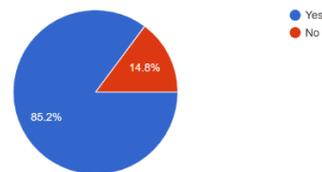
Did you find the website informative?

27 responses



Do you think our website will help you control your children's mobile phone usage?

27 responses



Some suggestions given are:

- Hyperlink the icons of each topic on home page to bring to each sub page
- When listing out the activities that students can do, maybe you can add links to activities organised by Singapore. For example for sports, we can add links to the ActiveSG page for the sports suggested.

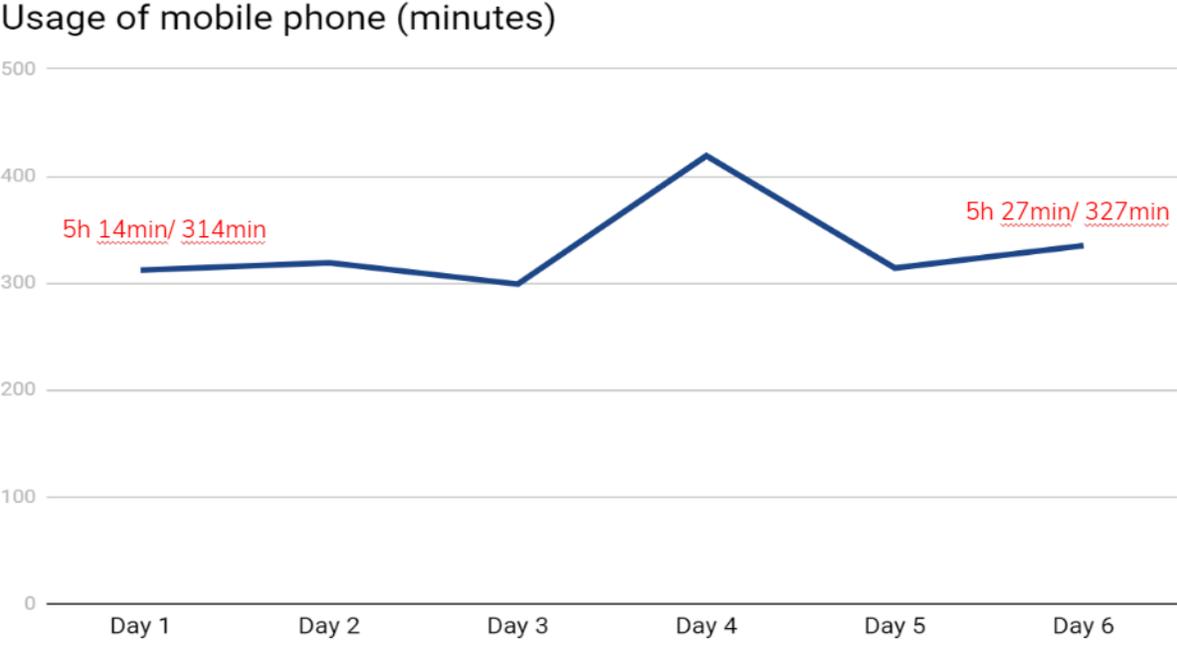
4) OUTCOME AND DISCUSSION

Listening to some of the feedback given from the pilot tests, we changed the quantity of certain cards. Besides that, we used harder paper for the cards to ensure more it more durable and professional. We rearranged the layout of the website to make it more user-friendly. We also hyperlinked the icons of each topic to a sub page and added more information on various activities that we suggested students to do instead of looking at their screens.

4.1 Limitations of the Project

Certain students do not take the card game seriously and do not learn much from it. Besides that, our resource cannot guarantee that the students' screen time will be reduced. Our resource encourages students to practice self-control over their mobile

usage. Even though our website provides ways for parents to monitor their child’s mobile usage, it still boils down to the child’s willingness to make an effort to control the amount of time he spends on his mobile devices. Below is an example of this.



5) CONCLUSION

ScreenSaver was a fun and enjoyable project. At the same time, it was challenging and to say no difficulties were faced would be a lie. Many arduous hours were spent into the creation of our resources. From conducting research to coming up with the concepts and designs for the card game, website and booklet and making them a reality. The journey of this project was tough but it enabled us to develop many skills and learn many valuable lessons. Since the beginning of the project, our creativity was always put to the test. Coming up with the project idea, then thinking of how we were going to execute and design everything, required us to be creative. Active listening was a key element for the success of our project, each member had different, conflicting ideas of which we all thought were great, but that only led to arguments and disagreements. But once we calmed down and listened to each other, we saw the benefits of each other’s ideas and soon, we were able to come to a consensus and think of an idea which incorporated parts of everyone’s suggestions. Finally, with perseverance and teamwork, we were able to

successfully complete this project after many months.

6) REFERENCES

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