

Students Perceptions of Non-work or School Related Screen Time

Nursing Excellence: Connect, Collaborate, Catalyze

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The Problem

- ▶ Students' attention is being divided among numerous activities and focusing on academics can be a challenge.



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Self Care

- ▶ “Self-care is imperative to personal health, sustenance to continue to care for others, and professional growth” (Blum, 2014)
- ▶ “Prioritizing close relationship such as those with family, ensuring adequate sleep, regular exercise, time for vacations, fostering recreational activities and hobbies, practicing mindfulness and meditation, and pursuing spiritual development” (Crowe, 2015)
- ▶ Some caregivers care for others to the point that they set aside their needs in order to meet the needs others as well (Halm, 2017)
- ▶ Poor self-care and awareness is linked with a decrease in the quality of care that is provided to patients (Sanchez-Reilly et al., 2014)
- ▶ It is important to establish and maintain good self-care habits (Richards, 2013)



Screen Time

- ▶ Social media can consume vast amounts of time (Duke et al., 2017) in just the blink of an eye.
- ▶ Therefore, it is postulated that nursing students need to learn self-control for time management.
- ▶ They found a significant positive correlation between high levels of stress and internet addiction (Al-Gamal, Alzayyat, & Ahmad, 2016)
- ▶ When students learn good study habits and social media time management skills in nursing school it is posited that once they transition to the professional nursing role, they will continue to use those skills throughout their life.



SDA Framework for Nursing Education



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Purpose of the Study

- ▶ Students' perceptions of their time spent on:
 - ▶ Self care
 - ▶ Studying
 - ▶ Social media / screen time
 - ▶ Personal daily devotions



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Methods

Research Design

- ▶ Mixed methods research design
 - ▶ Likert questions
 - ▶ Open-ended survey questions



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**Sample
N = 209**



Procedure

- ▶ IRB approval obtained from SAU, SWAU, and U of A
- ▶ Survey created in Google Forms
- ▶ Survey emailed/eClass to participants
- ▶ Informed consents given with a click
- ▶ Surveys completed anonymously



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Google

Google

Drive

Drive

My Drive

CREATE



My Drive

Shared with Me

Starred

Recent

Trash

More



Install Drive for your computer

CREATE



Folder



Document



Presentation



Spreadsheet

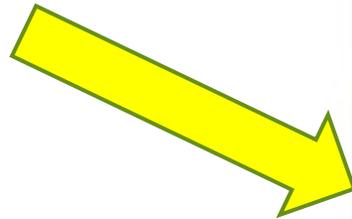


Form



Drawing

Connect more apps



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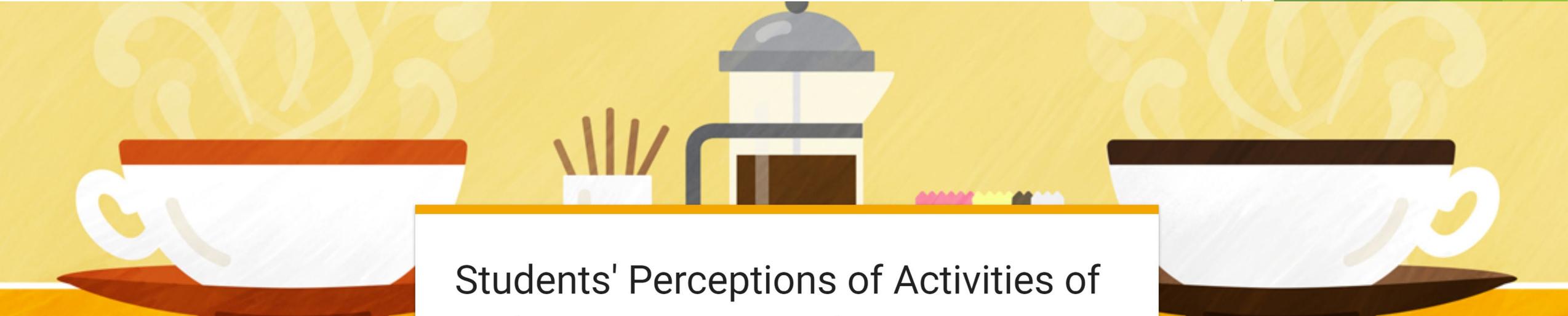
for Mind & Soul

Google Forms Survey - Quantitative

Students' Perceptions of Activities of Daily Living & Spirituality - SPADLS - Quantitative 17/18

INFORMED CONSENT FORM. You are being asked to participate in a study investigating perceptions of student's activities of daily living, and spirituality. The investigators are interested in exploring nursing students' perceptions of the many activities that students participate in during the average day. If you agree to participate, you can take a computerized questionnaire. You

Google Forms Survey - Qualitative



Students' Perceptions of Activities of Daily Living & Spirituality - SPADLS - Qualitative - 17-18

INFORMED CONSENT FORM. You are being asked to participate in a study investigating perceptions of student's activities of daily living, and spirituality. The investigators are interested in exploring nursing students' perceptions of the many activities that students participate in during the average day. If you agree to participate, you can take a computerized questionnaire. You will not be putting your name on anything. The information is

Data Analysis



▶ Experiential Learning by students

- ▶ During the Quantitative week – selected data was used to run Descriptive stats on quantitative data
- ▶ During the Qualitative week – selected data was used to do Qualitative data analyses with constant comparison
 - ▶ Data was coded
 - ▶ Emerging themes were identified



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Ethical Considerations

- ▶ University IRB approval was obtained
- ▶ Informed consent was given with a click in question # 1
- ▶ All data is anonymous
- ▶ Data stored in password-protected encrypted investigators' database



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Demographics

Gender

- **Males 17% (n = 35)**
- **Females 82% (n= 171)**
- **Prefer not to say 1% (n = 2)**

N = 209



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Demographics

Age Range

- 18 - 20 5% (n = 12)
- 21 - 30 73% (n = 178)
- 31 - 40 10% (n= 24)
- 40- 89 12% (n = 29)

N = 209

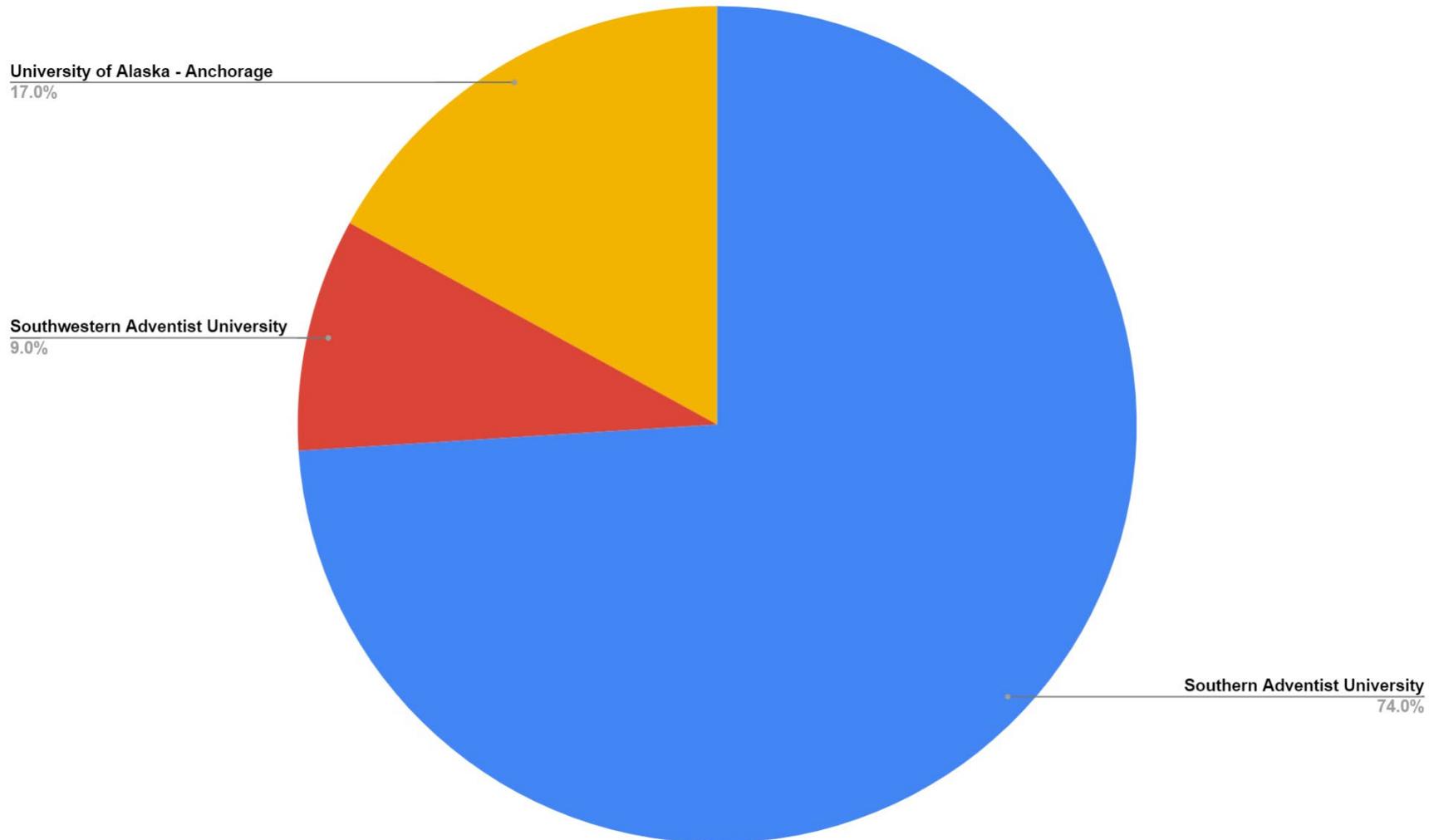


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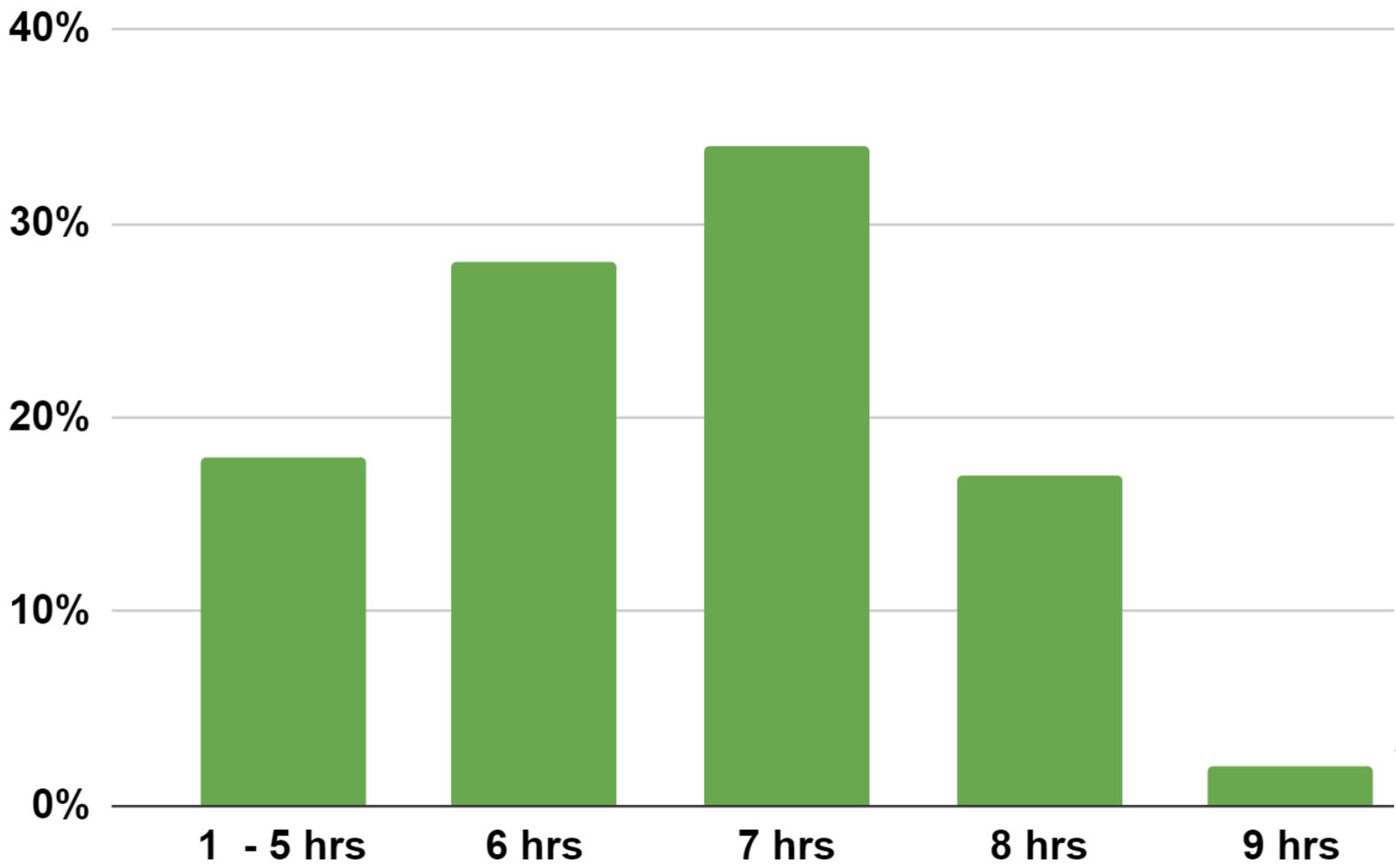
Demographics

University Participants

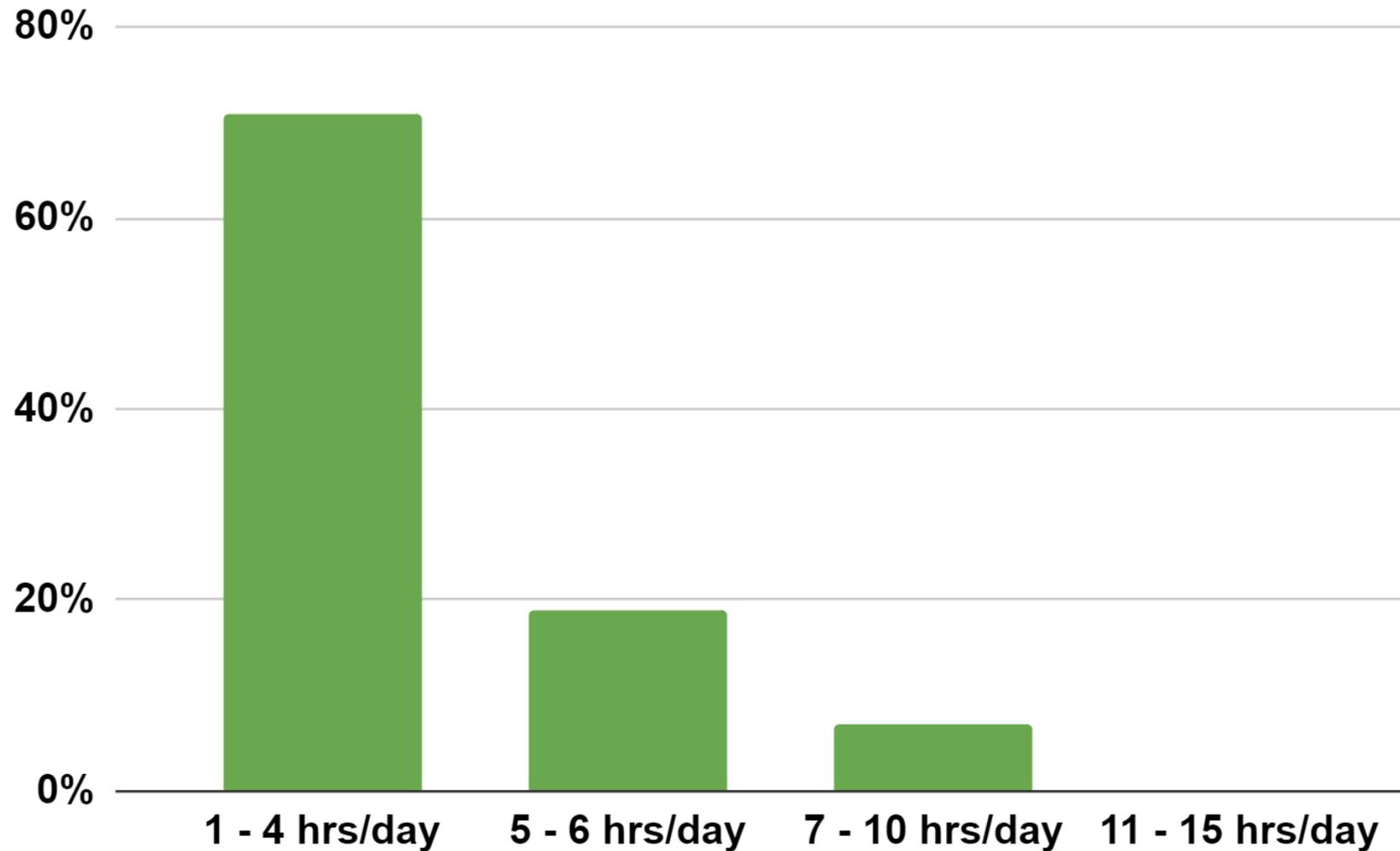


Findings

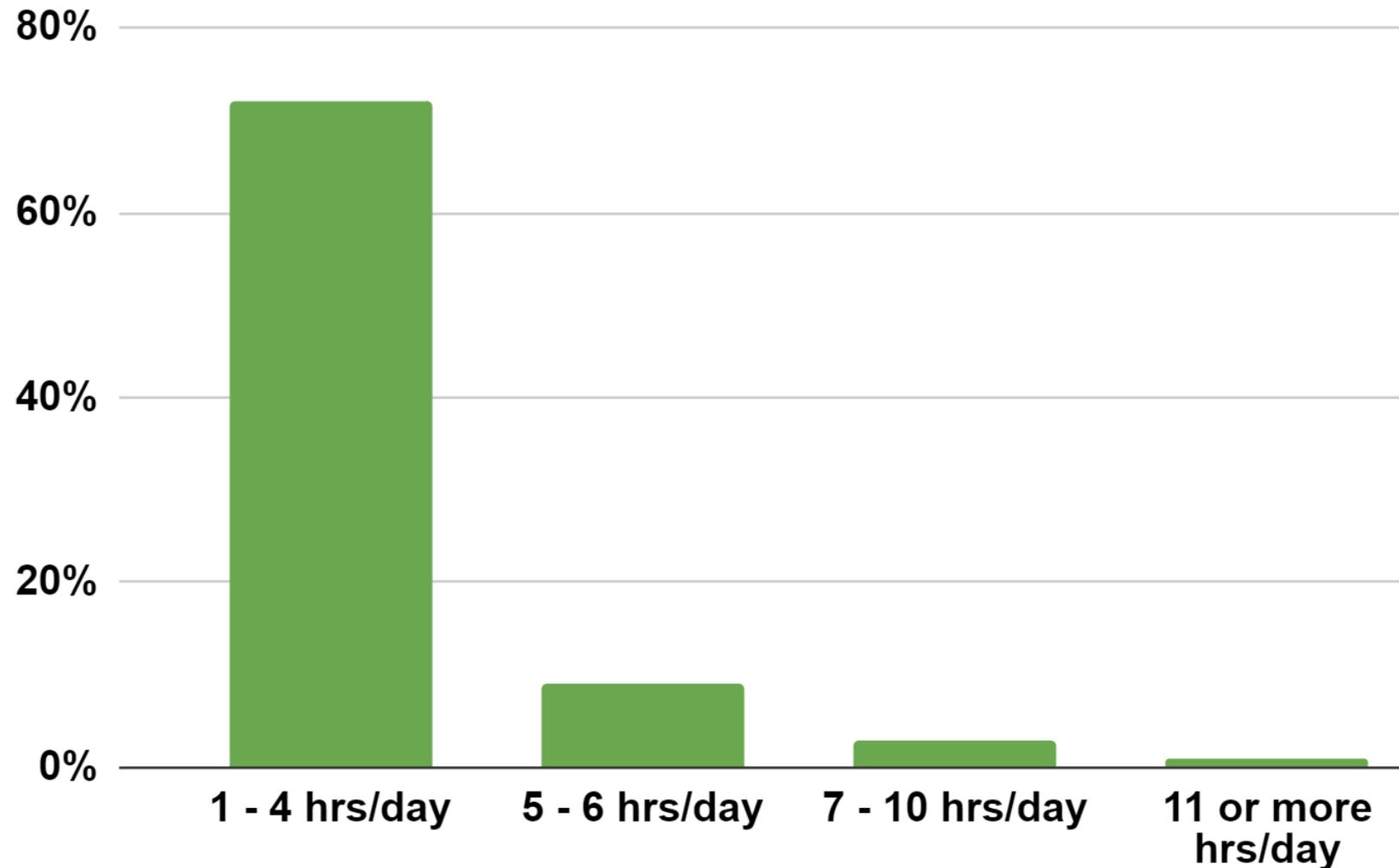
How many hours do you sleep a night?



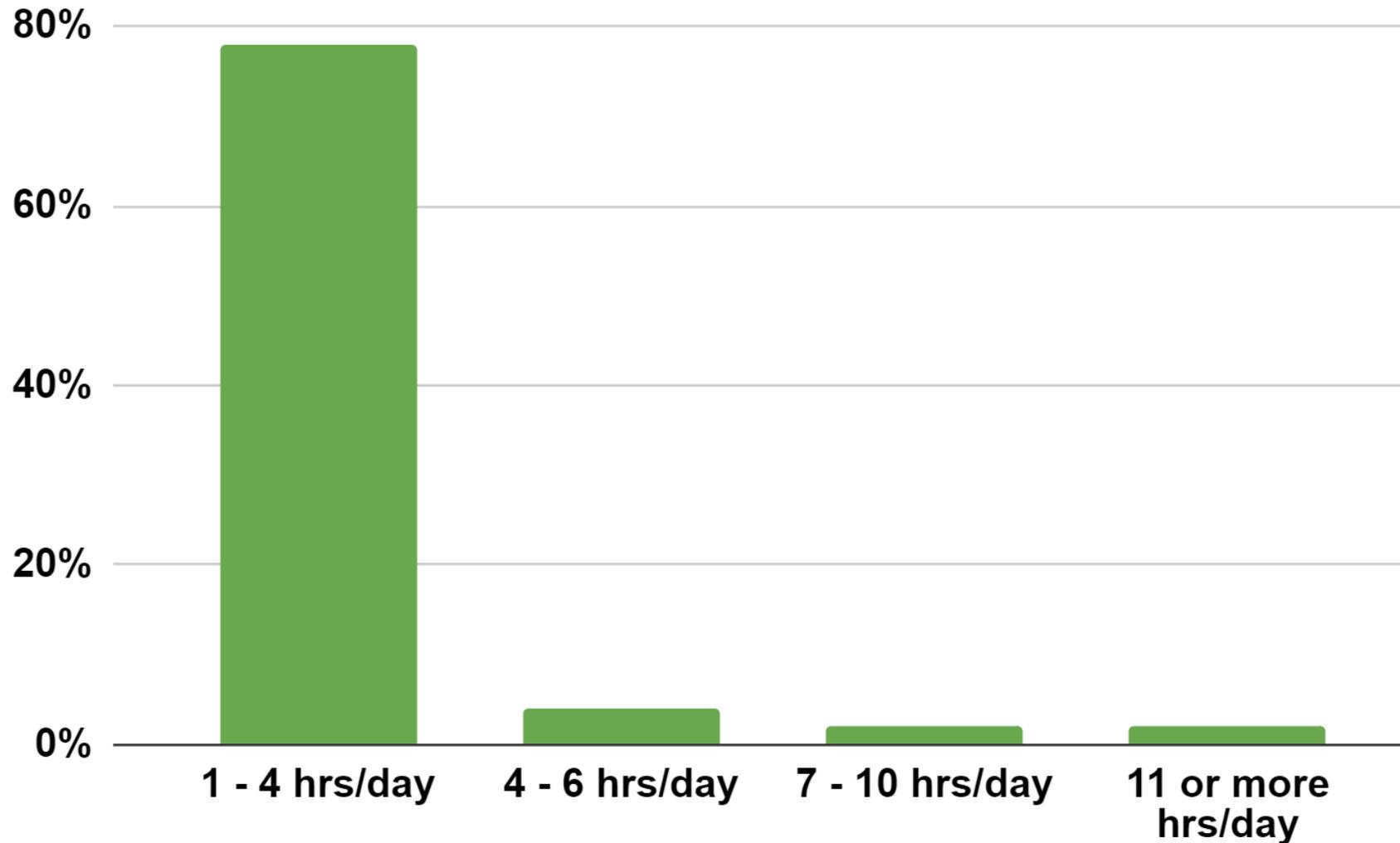
How many hours a day do you study?



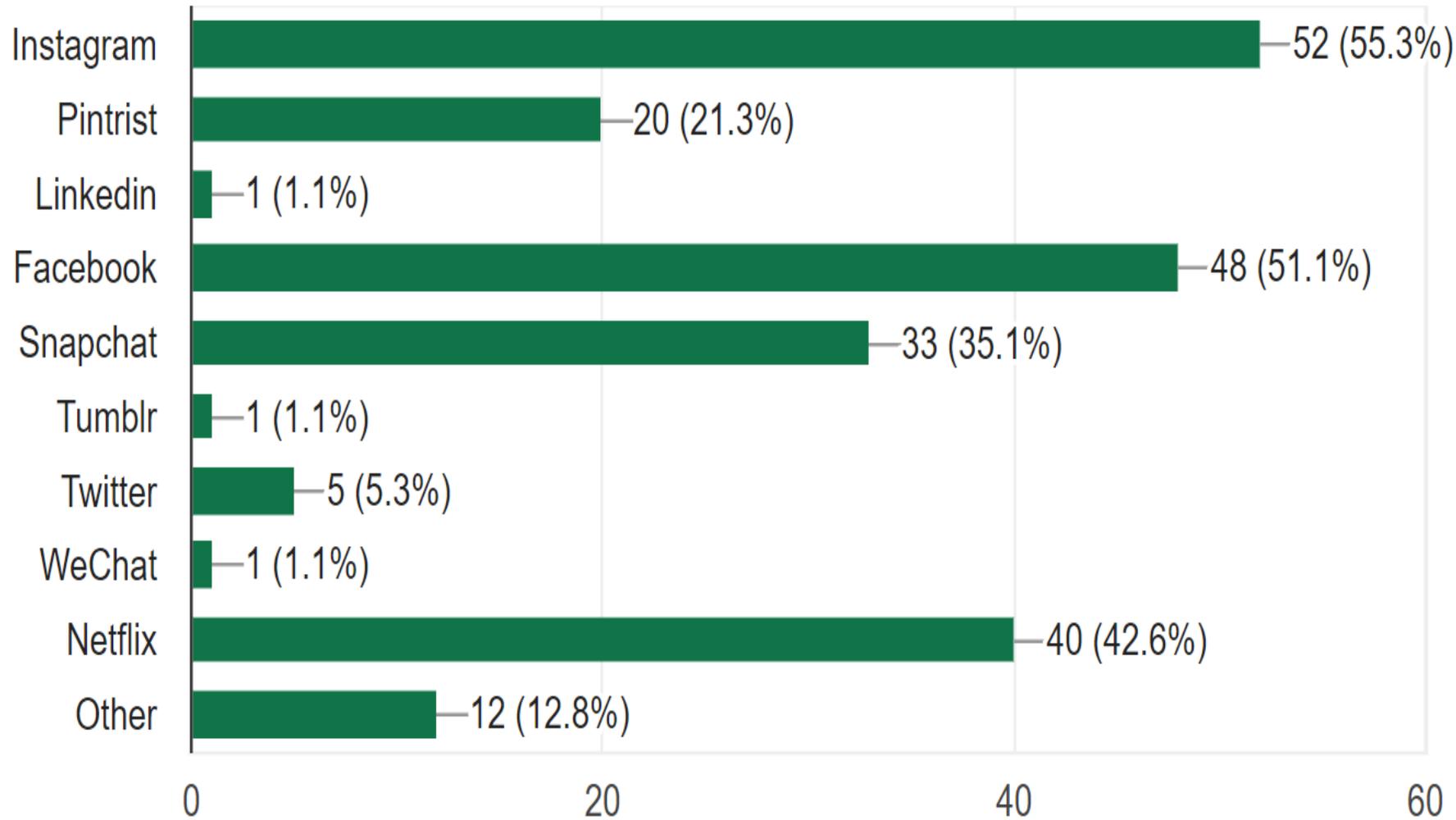
How many hours a day do you spend on an electronic device that is not work or school related?



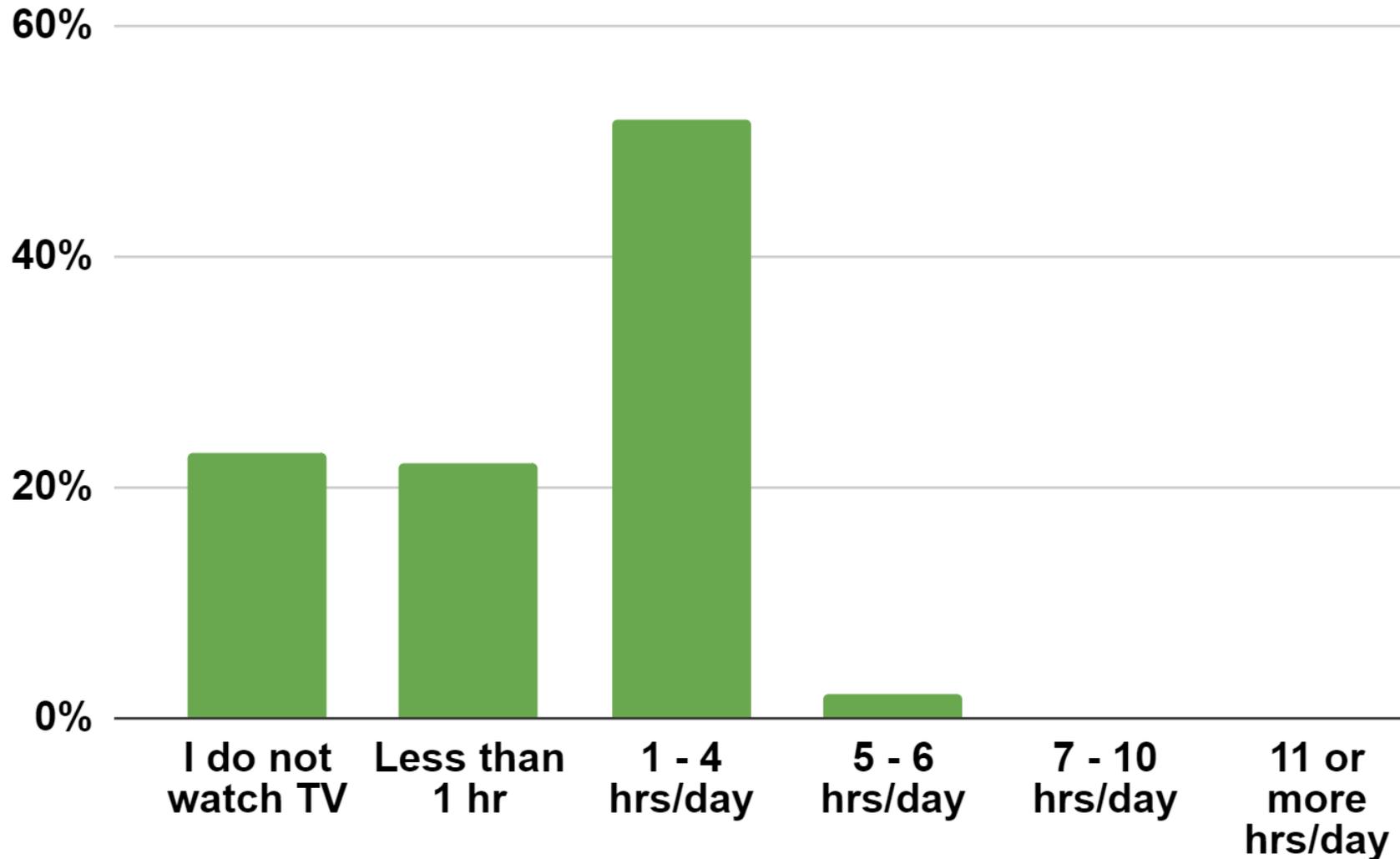
How many hours a day do you spend on social media?



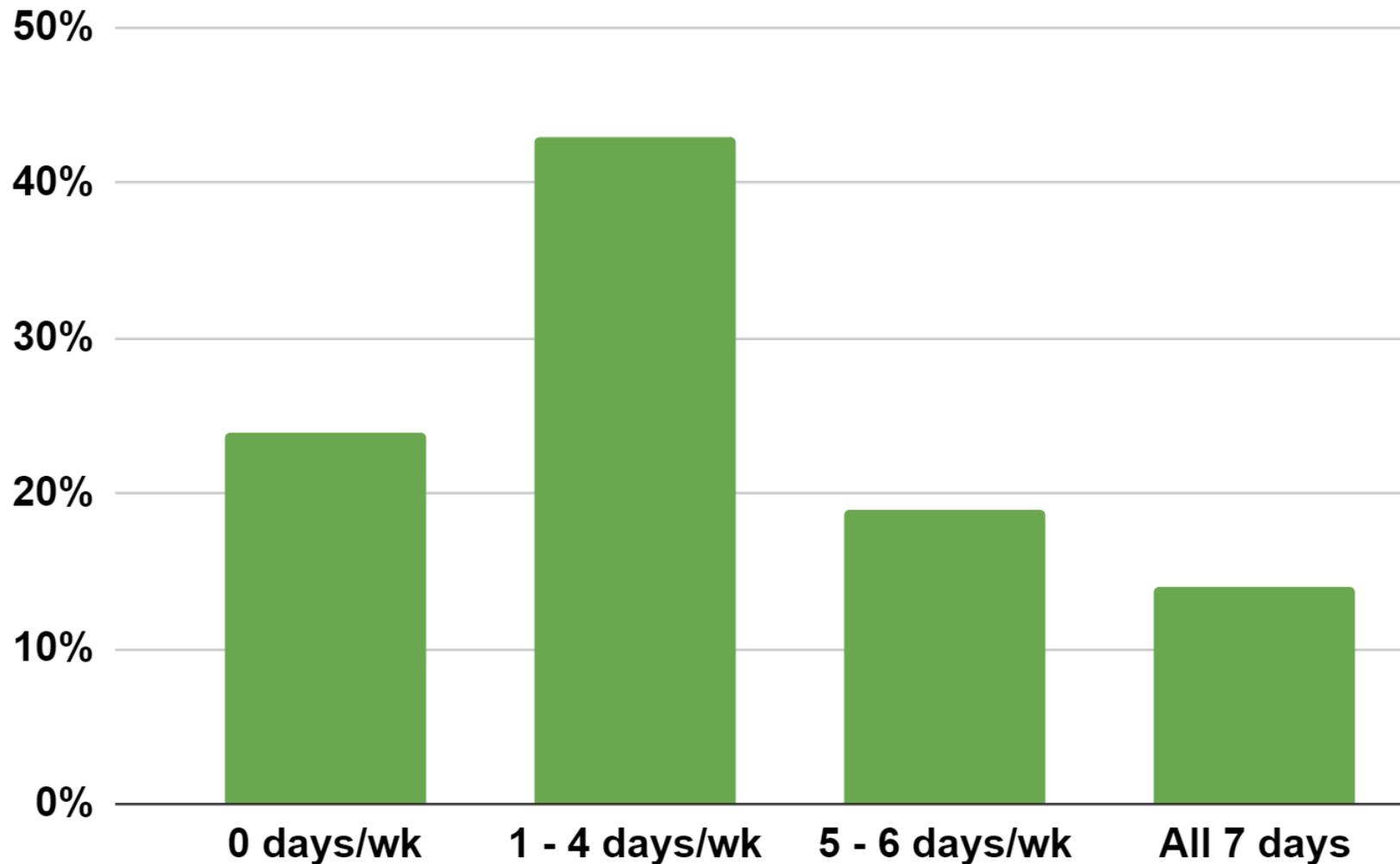
Which SM site/app do you spend your time?



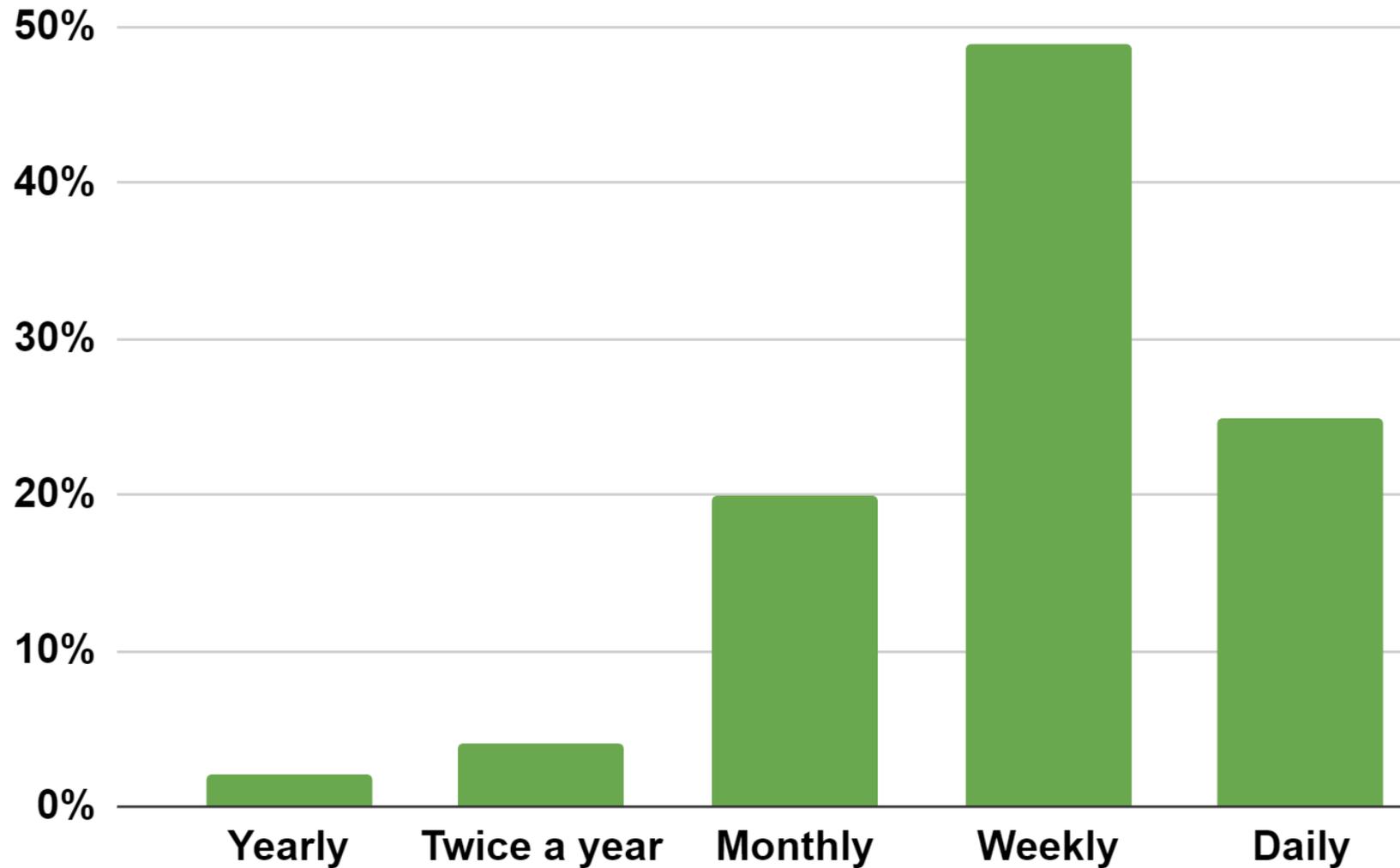
How many hours a day do you watch TV/movies?



How many hours a days/week do you have a personal devotional?



How often do you participate in self-care activities?



What self-care activities do you participate in?

Themes

Exercise/walk/run/ sports	74%	(n = 65)
Rest/sleep	40%	(n = 35)
Watch TV/Netflix & Eat	20%	(n = 18)
Listen to music	17%	(n = 15)
Retail therapy / shop	11%	(n = 10)
Misc (massage, manicure) (read bible, alone time, ADLs)	<5%	



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What does your personal devotional time look like?

Themes

Read/listen to the bible/pray	23%	(n = 20)
Not at this time	17%	(n = 15)
Daily	11%	(n = 10)
Pray	7%	(n = 6)
Read a devotional book/ reflect	5%	(n = 4)



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Implications

- ▶ Nurse educators not only train the nursing student in the art and science of nursing, but also play a role in developing and supporting the mind, body and soul of the student through cultivating future personal and professional practices
- ▶ This can be accomplished by utilizing the caring, connecting and empowering model
- ▶ As nurse educators, it is our opportunity and responsibility to equip our students with good study skills and time management skills.



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Implications

- ▶ These students are the future health care providers and it is our responsibility to equip them with necessary tools to be effective nurses.
- ▶ Encourage our students to live a life of balance – academics, work, social media, screen time, and relationships.
- ▶ Students' need to be inspired to spend quality time in developing a God-centered relationship through daily personal devotions, as well as devoting ample time to academic studies, and significantly less time on social media.
- ▶ Encourage students to take time to participate in self care activities.
- ▶ More research needs to be done on students and time management including social media usage time.



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References

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Questions??

Thank you!



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