

DEPENDENCY ON CELL PHONE (INTERNET) AND ITS IMPACT TO THE LEARNING PROCESS AND TO THE PHYSICAL ACTIVITY AMONG SPORTS STUDENTS IN AAB COLLEGE

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Abstract: The purpose of this study with questionnaires was to ascertain how dependent are students, namely students of Physical Education and Sports, on cell phone and internet, what is the negative effect of the excessive use of the cell phone in their learning process and how much do they practice sports out of the curriculum programme in the current context of an educational institution.

Methods: The study involved 100 students of the Physical Education and Sports branch in AAB College, male and female, with different ages. Spending too much time with electronic devices, for over 4 hours or more, is an indicator that students are heavily dependent on cell phone and internet, and hence they pay little or no importance to learning. 21% of them say, I do not feel like learning as soon as I get connected to phone over internet. And how much students are committed to sports - is shown by the results that students are very committed to sports even out of the curriculum programme with 35.39% of responses

Keywords: Cell phone, Internet, Sports

INTRODUCTION

Advancements in the technology of communication have increased consequences in the social life, cultural, economic and political one, defining thus the ways in which information is refined, transferred and expressed creativity. Even though technology has had transformative impact at the opening of society, today's interests in information technology, its creation and its advancement, in its development and theory, they seem as unimagined interests before (Barr, 2000:21)

The use of technology has become a global necessity due to its contributions towards human existence and has expanded socio-economic relations at a global level. Wireless communication has appeared as one of the quickest media of expansion in planet, thus stirring a "youth culture" (Castells, Fernandez-Ardevol, Qiu and Sey, 2007)

METHODOLOGY

Kampioni and data source

In this research one hundred students are included at the Faculty of Physical Culture, the chosen sample was of the moment at the private AAB College. The methodology used in this research will be at function of realisation of this aim. Primary research will cover the analysis of collected data through questionnaires given to students of new generation at AAB College. The work has its aim to test connections between variables of conceptual

Study tools

One of the strategies of the research for realizing of studies is that was supported by observation with questionnaires which is one of the techniques of collecting data. The use of the observation strategy enables collection and qualitative analysis of the data while using descriptive statistics and that analytical one. Also the collected data through this

Thus, the growth of the cell popularity and smart telephones lately has also attracted researchers attention. Cell telephones are seen as good connection. Teens say that telephones make their lives more secure and more practical. Even though they also cite new tensions linked to the use of cell phones (Pew Research Centre, 2010).

The main aim of this paper work is to verify, how much are dependant students towards telephone and internet and how much has its negative impact when using too much the telephone in their learning process and sport performance of the students, namely the students of Physical Culture and Sports, in actual context of an education institution, where the possibilities of the use of telephone and access to internet, are quite advanced, as at home, Universities, malls, entertainment centres".

Model taken in a study and to give answers to the research questions below:

- How much are interdependent students towards telephone and internet ?
- Does it have a negative impact the overuse of telephone in their education process?
- How much does the overuse of telephone have a negative impact in passivity at sports out of education programme?

strategy could be used to suggest possible reasoning for specific connections between variables and to create models of these connections.

Questionnaire has three parts. The first part, contains information about their connection to internet, for the time that students spent in telephone and internet. The second part, gives information for

negative impact that has the overuse of telephone in their learning processmësimorë , and the thirdpart informs us about the engagemnet of students in physical activities out of learning programme. (Albano Zhapaj) 2014

Methods statistics

The processing and the analysis of the collected data are realized through computer programmes of SPSS 22.0 .

Knowing that each of the questions presents a variable that can get an answer, it is thought that with closed questions having alternatives of more real answers in order to get the needed information.

The analysis of data is done through descriptive analysis, percentages for each variable. The only statistical summary for these kinds of data are frequences and percentages.

DATA ANALYSIS

The analysis of the observation findings

The first part of the group questions:

Table.1 Dependency from the telephone and its connecction with internet with the Sports students in AAB College

Variables	Nr. Of respondents 100%				
	Very rarely	Rare-ly	Often	Very often	Always
How much do use the telephone and internet?	3.45%	10.34%	54.02%	32.18%	0
Did you try to limit your time in internet?	15.91%	30.68%	34.09%	9.09%	10.23%
Do the others complain, that you spend to much time on telephone and internet?	20.45%	17.05%	30.68%	15.91%	15.91%
Does it happen that beacsue of telephone you go late to bed?	10.23%	29.55%	23.86%	19.32%	17.05%
How much time do you usualy spent on the phone during a day?	Less than 30 min	1 hour	2 hours	More than 4 hours	
	0.00%	13.64%	34.09%	45.45%	
What do you do in general when you enter the telephone and internet?	Electron-ic post	Chat	Facebook	Studies	Free navigati-ons
	4.55%	38.64%	35.55%	9.09	11.36%

The second part of the group questions:

Negative impact of the telephone use in learning process

Diagram 1.

That day that I use less the telephone and internet

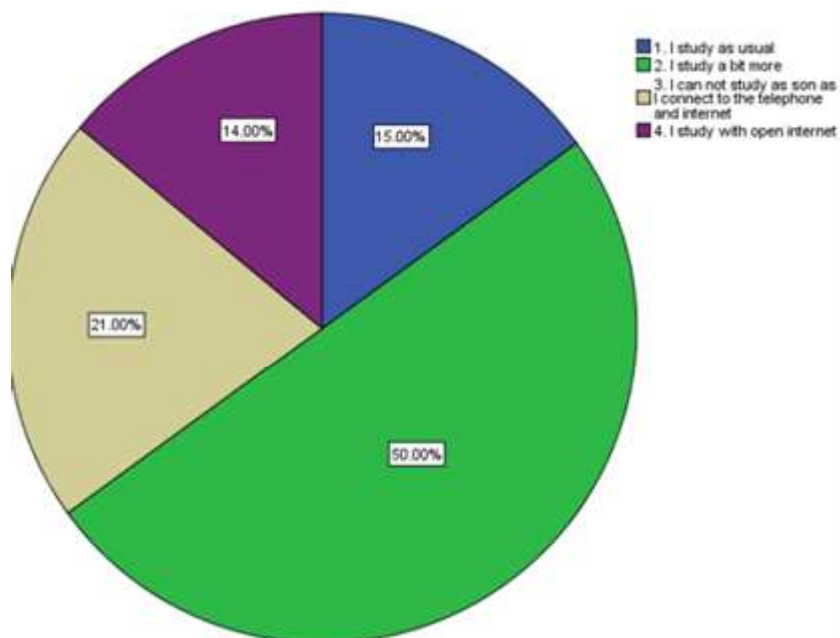


Table. 2 . Negative impact of the telephone use in learning process

Variables	Nr. Of respondents : 100%			
	They fall a lot	They fall a little bit	Do not fall	improved
The moment that you use the telephone and internet, the results in learning process	34.00%	32.00%	20.00%	15.00%
According to your opinion, if you were less on the telephone and internet, your results in learning process	Will increase	Will decrease	Will not change	Do not know
	72.00%	1.00%	15.00%	12.00%
How many hours per day do you learn-read	Less than 30 min	One hour	2 hours	Over 4 hours
	39.00%	33.00%	21.00%	7.00%

The third part of the question grup

Table. 3. The impact of the use of telephone-internet in physical activity our of learning process

Nr. Of respondents : 100					
Variables	%				
	How much do you do sports out of learning process	Very rarely	Rarely	Often	Very often
	3.41%	14.77%	35.23%	46.59%	
How many time per week do you do sports out of learning process	1-2 days		3 -4 days	5 days	
	28.41%		44.32%	27.27%	
How many hours per day do you do sports outside of the learning process	1 hour	2-3 hours	3 hours and more	I traing without plan	
	37.50%	38.64%	5.68	18.18%	
Where do you do sports	Nature			Indoors	
	42.05%			57.95%	
Which sports activity do you do more	Football	Volleyball	Basketball	Athletics	Fitness
	25%	0	16.67%	8.33%	50%

DATA DISCUSSION

Besides the purpose of the research and research questions we have presented the results of the data and we have given answers to this research. Data results we have presented in three groups:

First group : Students dependency towards the phone and internet. In table number 1 are presented results, in which it is verified how much are students dependened on the telephone. The data have confirmed that students are very much dependent on the phone and internet, (54%) from which they use the telephone very often and (45.45%) use telephone over 4 hours and more, mainly for Chat communication and Facebook.

This shows that the use of internet by the students is now at high levels. Such similar results have given also scholars such as: Trudy L. Hanson , Kristina Drumheller , Jessica Mallard , Connie McKee & Paula Schlegel. The study was about the use of time and entertainment choices of the College students, they used a three corner appraoch to find out how do college students use and manage their time. From the data that were collected through time diaries, students showed that the largest sum of personal time was Similar studies have given also scholars as Jeffrey H. Kuznekoff and Scott Titsworth, who in their studies have reviewed the impact of the use of the cell phone, during lectures in the class, and in learning by students. Participants were in three different groups of studies (control, low level and high level) beside a video lecture, they took notes in that lecture and took two learning evaluations after

spent in a form of communication (talking in front of each other, while reading, while talking on the phone and while using pages of social network.), students reported that they spent 14.35 hours for every week in reading and 6.49 hours speaking on the phone.

While results of data for the second group of the variables verify that: The impact of telephone in their learning process? According to presented results it is confirmed that telephone and internet have negative impact in their passivity of the students learning process. Students have used internet (over 4 hours and more) were passive in learning process, which means they have learned less than 30 minutes.

According to diagram nr.1 the question: How many hours do students study ? Results show that students are less devoted to studies, since the highest percentage belongs to those who learns less than an hour with (40.91%), while 30.68%, (2 hours). While the time when students do not use telephone, they use it more to study. (Tab.2.) This is being shown by the percentage of answers with 50% (take advantage of the opportunity to learn more) , 21 % (can not learns as soon as sthey are connected to internet on the telephone).

the saw the lecture. The students who didn't use their cell phone wrote 62% more information in their notes, took more detailed notes they were capable to remember detailed information from the lecture, they had a half mark higher in a test with many solutions than the students who were active in using their telephones.

The third group of variables linked to the research question :How much does negative impact have in the overuse of telephone in sports passivity out of learning process?

Data from tab.2 show that the students are very much active in sports also out of their learning process with 46.59%. Very often students apply it 35.23%, while a small part use it rarely and very rarely. While students who showed great interest to exercise also outside of the learning process (3-4 days in a week) they achieve the highest percentage with 44.32% , while (5 days in a week) 27.27% .

This shows us that students of Physical Education apart from learning process are active also out of their learning process in different sports.

CONCLUSION

We have come to these main conclusions after the main findings done by this study while observing:

- Telephone and internet today are a necessity tool for all, as well as for students, but as much as it has a positive stance, its overuse has its negative sides too, if students used internet more for studies and less for other social networks, then telephone and internet would have served positively, but grounded on the analysis of data, students with a very small percentage with only 9.09 % , use internet for studies, and they use it more for social networks: FaceBook, Chat ect.
- Spending too much time in using it, over four hours and more, shows that students are dependent from telephone and internet and a little time or not at all they dedicate to learning.

When students do not use telephone and internet, they use their time to learn more. This is shown by the percentage of answers with 50% (benefit to learn more) , 21 % do not learn as soon as they are on their phones.

- While the question if there is a negative impact the telephone in sports passivity out of learning process ? Data tells us that students of Physical Education are very much active also out of the learning process, relying on given data in tab.3, students show great interest to exercise also out of their learning process. Three-four days achieve the highest percentage with 44.32%, that means: the over use of

the telephone doesn't play role in sports passivity out of learning process.

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