

**THE INFLUENCE OF SOCIAL MEDIA AND MEDIA TECHNOLOGY USAGE
ON STUDY HABITS OF STUDENTS**

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**An Undergraduate Thesis submitted to the Department of Psychology
College of Arts and Sciences Central Luzon State University
In the partial Fulfillment of the requirements
Leading for the degree**


BACHELOR OF ARTS IN PSYCHOLOGY

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This undergraduate thesis entitled "THE INFLUENCE OF SOCIAL MEDIA AND MEDIA TECHNOLOGY USAGE AMONG UNDERGRADUATE STUDENTS OF CLSU" prepared and submitted by SUNESIS P. BANLAGA in partial fulfillment of the requirements for the degree BACHELOR OF ARTS IN PSYCHOLOGY in hereby approved and accepted

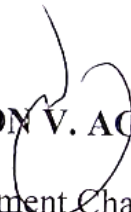

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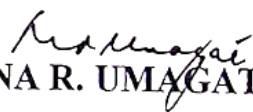
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Abstract

BANIAGA, SUNESIS P., Bachelor of Arts in Psychology, Department of Psychology, College of Arts and Science, Central Luzon State University, Science City of Munoz, Philippines, June 2016, **THE INFLUENCE OF SOCIAL MEDIA AND MEDIA TECHNOLOGY USAGE ON STUDY HABITS AMONG CLSU STUDENTS**

Thesis adviser: Nixon V. Agaser

The purpose of this study is to determine if the social media and media technology usage of students affects or influences their study habits. Three hundred students participated in this study in which, through descriptive statistics their mean age was 18.99. The instrument use to measure the social media and media technology usage was the media Technology Usage Scale by Dr. Larry Rosen (2013) and Virginia Gordon University Survey: A Guidebook and Readings for New Students was used to determine the study habits of the students. Pearson r correlation was used to determine the relationship between social media and media technology subscale.

This study shows that students are not distracted by various social media and media technology devices and applications. They need to improve their study habit like learning to manage time, learn to cope with their study environment, learn to take down notes during lectures and learn to use abbreviations when taking down notes to write quickly. Students are poor at reading skills and math skills in which they need to seek help to improve it. Students prefer to use social media and other media technology application and devices several times a day, once a day and several times a week depending on their intention and interest. Study show significance between variables on study habits and between variables on social media and media technology usage.

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