

IB DP Psychology
Higher level
Paper 3 – resource booklet

The sources in this examination have been collated to assess the claim that technology plays a role in health problems.

Source 2

A study was conducted to investigate the effect of prolonged technology use during school hours on physical health indicators in students aged 14–18 years. A sample of 60 students was divided into two groups. One group was required to complete schoolwork using digital devices for up to six hours per day, while the other group completed the same tasks using non-digital materials. There were 30 students in each group.

At the end of the school day, all students completed a physical health checklist measuring eye strain, headaches, musculoskeletal discomfort, and fatigue. Higher scores indicate poorer physical health.

Table 1: Mean physical health scores by technology use condition

Physical health measure	High technology use	Low technology use
Eye strain	7.8	4.2
Headaches	6.9	3.8
Musculoskeletal discomfort	8.1	4.6
Fatigue	7.5	4.1

Source 3

A researcher analysed reflective digital diaries written by students from five secondary schools to explore their experiences of technology use and physical health. Over a two-week period, students recorded daily reflections on their screen use during and after school, including any physical effects they experienced.

The researcher conducted a thematic analysis of the diary entries and identified the following themes:

- Extended screen use was linked to eye strain, headaches, and difficulty sleeping
- Students reported poor posture when using laptops or smartphones for long periods
- Some students described feeling physically tired or inactive during days with heavy technology use
- Several students reported that school expectations made it difficult to take regular breaks from screens

Source 4

A correlational study examined the relationship between hours spent using digital devices for school-related activities and physical health complaints among secondary school students aged 14–18 years. Students completed questionnaires measuring daily screen time for homework and reported levels of eye strain, musculoskeletal discomfort, headaches, and fatigue.

The results are shown in **Table 2**.

Table 2: Correlation coefficients between hours of technology use for schoolwork and physical health complaints

Physical health complaint	Correlation coefficient
Eye strain	0.72
Musculoskeletal discomfort	0.68
Headaches	0.54
Fatigue	0.76

Source 5

Figure 2 shows physical health scores in relation to hours of continuous screen use in three contexts: schoolwork, gaming, and streaming. Higher scores indicate poorer physical health

