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The Impact of Streaming Media on UC Davis Students' Study Habits

ABSTRACT

This research essay explores the impact of streaming media on the study habits of students at UC Davis. With the rise of streaming media, students now have access to a range of entertainment options, which has transformed not only their leisure activities but also the way they complete their academic tasks. This essay discusses the challenges students face in managing their time effectively, highlighting how entertainment can easily distract them from their academic responsibilities. However, it also acknowledges the positive aspects of streaming, such as the availability of content and its potential to provide spiritual breakthroughs through casual viewing. Additionally, it examines how streaming can aid learning by providing educational material. The findings indicate that the impact on study habits varies based on discipline and time management skills. The article concludes with suggestions on how students can strike a balance between indulging in entertainment streaming and maintaining focus on academics.

INTRODUCTION

With an enormous selection of films, television series, and videos at our fingertips,

streaming has completely changed the way we consume entertainment in recent years. Along with altering recreational activities, the wave of digitization has also had a big impact on college students' study habits. The ease of streaming services has presented new difficulties for students in striking a balance between their academic obligations and leisure activities. Procrastination and distraction from homework and revision can result from the temptation to binge-watch shows or browse YouTube. But not all streaming content is distracting. For some people, it can also be a study aid because it offers educational materials and a method to unwind while studying. Some students have found that having a bit of background noise from streaming can actually help them study better. This study intends to shed light on how streaming influences the academic environment at UC Davis by examining its varied effects and offering insights into the relationship between contemporary technology and student productivity.

BACKGROUND/LITERATURE REVIEW

The Risks of Streaming Media on Academic Success

Much existing scholarship emphasizes the deleterious effects of streaming media on academic success. A pivotal study by Obaidullah and Rahman examines the impact of the internet and social media on traditional academic activities, such as book reading. Their findings in the southern region of Bangladesh reveal a noticeable shift in reading habits due to digital media consumption (Obaidullah and Rahman 13). This shift offers insight into how streaming media might similarly influence students' study habits. Further exploring this theme, Turel and Dokumaci's research in "Use of Media and

Technology, Academic Procrastination, and Academic Achievement in Adolescence" investigates the relationship between digital media use and academic procrastination. They find a correlation between increased media consumption and a tendency towards procrastination, adversely affecting academic achievement (Turel and Dokumaci 10). This research underscores the direct effects of streaming media on students' academic performance, presenting a clear risk to their success.

The Educational Benefits of Streaming Media

Contrasting with these negative impacts, streaming media also holds potential educational benefits. Michelich argues that certain forms of streaming content can aid in learning and teaching processes, offering a different perspective on the role of streaming media in education. Supporting this view, Khan, Kend, and Robertson's study on the use of social media by university accounting students shows positive learning outcomes associated with media consumption, demonstrating how judicious use of streaming media can enhance learning experiences (Khan et al.). Furthermore, Safar and Alkhezzi's research at the College of Education at Kuwait University provides a nuanced understanding of the potential positive impacts of streaming media in education. According to their findings, streaming media, when used strategically, can significantly enhance the learning experience. They argue that streaming media offers diverse and engaging content that can complement traditional teaching methods, making learning more interactive and accessible. They advocate for a balanced approach where students utilize streaming media to access educational resources, participate in online discussions, and engage with multimedia content that reinforces

their learning (Safar and Alkhezzi 13). In addition to the active educational benefits of streaming media, emerging research suggests that the passive use of background noise and music can also positively impact academic performance. Studies indicate that listening to background music while studying can enhance focus, enjoyment, and information retention, leading to higher GPAs (Orr).

METHODOLOGY

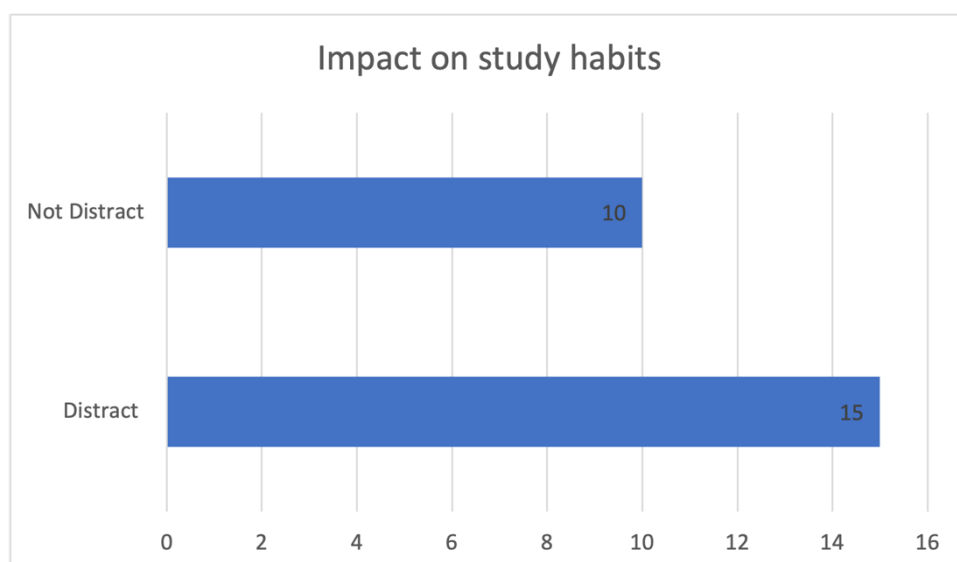
This study utilized a questionnaire to understand the impact of streaming media on the study habits of students at the University of California, Davis. The primary data collection method involved distributing a structured questionnaire to a target sample size of 25 students. The questionnaire, carefully designed to elicit quantitative and qualitative responses, included questions about students' video viewing habits, studying routines, and academic performance. The questionnaire was disseminated physically in two key locations between November 12: the University's Memorial Union and within the classes I attend. This approach aimed to capture a diverse range of student perspectives, encompassing various disciplines and academic years. The convenience of these locations was chosen to facilitate a higher response rate, ensuring a robust sample for analysis. Upon collection, the data from the questionnaires was analyzed quantitatively to identify patterns and correlations between streaming behaviors and indicators of academic performance. This analysis will focus on uncovering trends and relationships that might exist between the amount and nature of streaming media consumption and its impacts on study habits and academic outcomes.

RESULTS

The questionnaire distributed among 25 UC Davis students revealed insightful data regarding the impact of streaming media on their study habits. The key findings include: **Streaming Frequency:** 80% of the participants revealed that they stream media content on a daily basis with a considerable portion (45%) spending more than two hours per day.

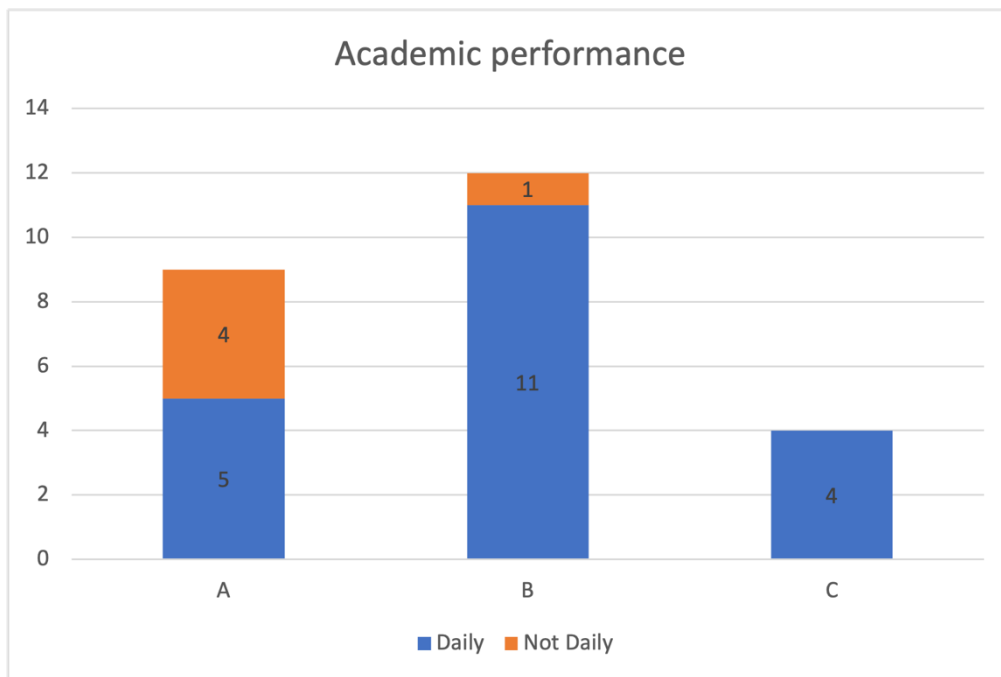
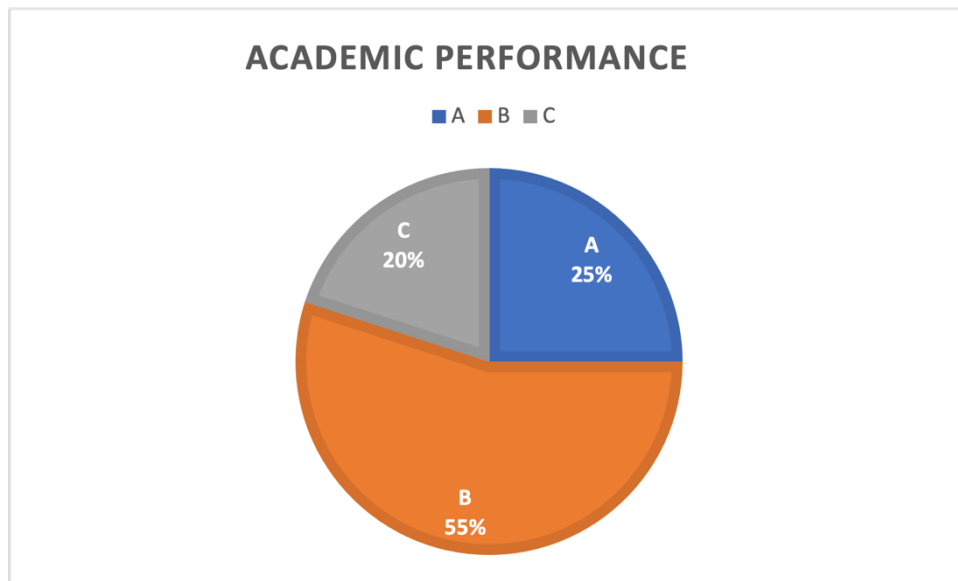
Types of Content: The majority of students (70%) primarily stream entertainment content like movies and TV shows while 30% reported frequently watching educational or instructional videos.

Impact on Study Habits: Approximately 60% of the respondents admitted that streaming media sometimes distracts them from their studies. However, 40% felt that it did not have an impact on their academic performance.



Academic Performance: Students who reported streaming durations (more than two hours per day) demonstrated a tendency towards lower academic performance as

indicated by their self-reported grades.



Time Management: A notable 55% of the participants acknowledged facing challenges in managing their time at least partially due to streaming media.

DISCUSSION

The study discovered that a notable number of students get distracted by streaming media, which aligns with existing concerns in literature about technology distractions

affecting academic focus (Obaidullah and Rahman 13). This was especially evident among students who spend periods using streaming media suggesting that excessive consumption may impact academic performance negatively. On the other hand, it's worth noting that 40% of students do not believe streaming media has a detrimental effect on their academic performance. This implies that the influence of streaming media is not universally negative and may depend on factors like time management skills and the type of content consumed. As previous studies have emphasized educational benefits from streaming might be more pronounced for students who actively engage with educational content (Safar and Alkhezzi 13). Nevertheless, more than half of the participants highlighted time management challenges as an aspect requiring attention. Consequently, implementing interventions focused on developing effective time management strategies could prove beneficial, for students struggling to balance their responsibilities with media consumption.

CONCLUSION

This research on the impact of streaming media on UC Davis students' study habits reveals a complex interplay between digital media consumption and academic performance. While a large percentage of students report that streaming media occasionally distracts them from their studies, there is also evidence that its impact is not always negative, at least according to self-reported student perception. In responding to this situation, it is critical that students adopt strategies that balance academic responsibilities with streaming media enjoyment.

The key to achieving this balance is to implement structured viewing habits. Students are encouraged to set specific times for live streaming, preferably after completing academic tasks, to ensure that entertainment does not interfere with academics. Additionally, incorporating educational content into the streaming schedule can enhance learning and make the activity both productive and enjoyable. In this context, time management becomes a key skill. Students should be aware of the length of live streams and consciously limit their time to ensure that they do not take away from essential study time. In addition, adopting a well-rounded lifestyle that includes academic pursuits, physical activity, and socialization can prevent over-reliance on streaming media for relaxation and stress relief.

While streaming media is an integral part of student life, its effective management is key to ensuring that it becomes a valuable tool for relaxation and education rather than a distraction from academic goals. By employing these strategies, UC Davis students can take advantage of streaming media while maintaining a high level of focus on their academic pursuits.

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APPENDIX A

University of California, Davis Impact of Streaming Media on Student Study Habits Survey

Introduction:

This survey is conducted to understand how streaming media affects the study habits of students at UC Davis. Your participation will provide valuable insights into this subject. All responses are anonymous.

Frequency of Streaming:

How often do you stream media content?

Daily

Not Daily

Duration of Streaming (Answer if you stream daily):

On days you stream, how long do you typically spend streaming?

More than 2 hours

2 hours or less

Type of Content:

What type of content do you primarily stream?

Entertainment (movies, TV shows, etc.)

Educational/Instructional videos

Impact on Study Habits:

Do you feel that streaming media distracts you from your studies?

Yes, it distracts me

No, it does not distract me

Academic Performance:

What is your general academic performance? (Choose the grade you most often receive)

A

B

C

D

F

Time Management:

Do you face challenges in managing your time effectively due to streaming media?

Yes, I face challenges

No, I do not face challenges