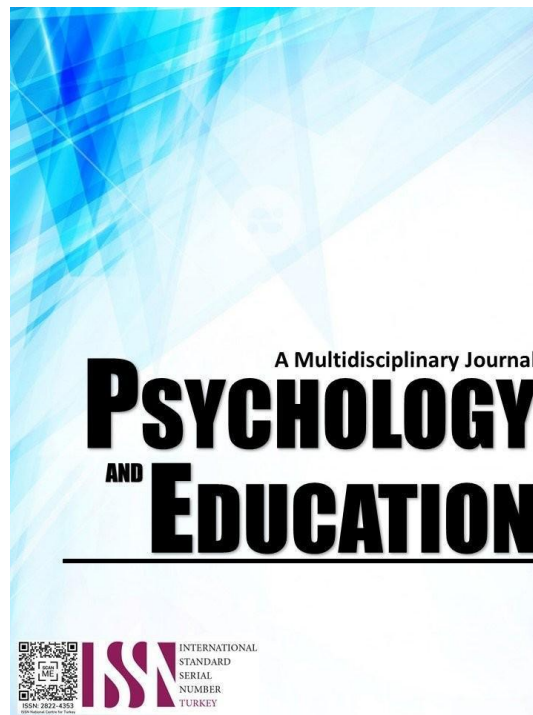


# EXAMINING THE CORRELATION OF SMARTPHONES USAGE AND THE PUNCTUALITY OF THE SENIOR HIGH STUDENTS OF MOUNT CARMEL SCHOOL OF POLLILO



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## Examining the Correlation of Smartphones Usage and the Punctuality of the Senior High Students of Mount Carmel School of Polillo

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### Abstract

The effects of excessive smartphone use could affect their sleep quality, leading to improper sleeping patterns. There is now abundant evidence that the use of smartphone devices at night can adversely impact sleep behavior, resulting in sleep loss, irregular sleep-wake patterns, and poorer sleep quality, particularly in children and adolescents (AlShareef SM et Al 2022). Insufficient sleep not only affects cognitive functions but also influences students' daily routines, including their punctuality and academic performance. This study aims to examine the prevalence of smartphone use at bedtime and its correlation with punctuality among students in Mount Carmel School of Polillo. By examining this relationship, the research seeks to provide valuable insights that may help students, educators, and parents develop strategies to encourage responsible smartphone use while fostering better time management and punctuality among students. The population of this study consists of senior high school students from Mount Carmel School of Polillo. The researcher decided to use simple random sampling to gather the data. Simple random sampling involves selecting a subset of a population randomly. In this sampling method, each member of the population has an exactly equal chance of being selected. This method is the most straightforward of all the probability sampling methods since it only involves a single random selection and requires little advance knowledge about the population. Through a Likert scale-type questionnaire, the researcher gathered the data, which was populated by 46 grade 11 students and 41 grade 12 students, with a total of 87 students who are enrolled in Mount Carmel School of Polillo. The findings reveal that Messaging is one of the most-used functions, and smartphones are an important part of daily life for students. The students strongly agreed with the statement that they use smartphones most of the time, even during school days, which shows that they are highly dependent on mobile devices in their academic places. Smartphone distraction contributes to lateness, although they are not sure if their smartphone habits have an impact on their time management. Students report being generally engaged in class, but are neutral about distractions from smartphones. Thus, the results show Moderately High Correlation and a Highly Significant relationship between Smartphone Addicted Usage and related causes like Lateness, Procrastination, and Sleeping Failure ( $r = 0.74$ ). The lack of sleep caused by late-night social media use has caused students to struggle to get up and arrive at school on time. This research highlights the importance of examining the correlation between smartphone usage and students' punctuality in addressing the effects of irresponsible smartphone usage on students' punctuality. It signifies that this study serves the students by holding them responsible for their school duties, aiming to prevent late attendance, as well as the teachers, who can use this study as a basis to determine the reasons behind students' late arrivals at school. For future researchers, this study will provide incredible information for their research papers to avoid being misled. Lastly, this study could serve as a base material for the parents to help them know why their children wake up late.

**Keywords:** *correlation, examining, punctuality, smartphone, students, usage*

### Introduction

A smartphone is a handheld electronic device that performs many of the functions of a computer, typically having a touchscreen interface and an operating system capable of running downloaded apps. Smartphones are devices that provide access to the internet in any environment. The use of smartphones has been increasing. Although smartphones have made our lives more convenient due to their numerous benefits, such as providing faster and easier communication, being a means for socialization and entertainment, facilitating access to information, and improving time management, excessive use may result in smartphone addiction (Panova & Carbonell et al., 2018).

This study aimed to examine the prevalence of smartphone use at bedtime and its correlation with punctuality among students in Mount Carmel School of Polillo. By examining this relationship, the research sought to provide valuable insights that may help students, educators, and parents develop strategies to encourage responsible smartphone use while fostering better time management and punctuality among students.

Punctuality is a fundamental aspect of student discipline and academic performance. Consistently arriving late to school can hinder students' ability to fully engage in lessons, leading to decreased comprehension, lower academic achievement, and an increased likelihood of behavioral issues. One of the primary factors contributing to chronic tardiness is poor sleep habits, often influenced by excessive nighttime smartphone use. Prolonged exposure to screens before bedtime can disrupt sleep patterns, making it more difficult for students to wake up on time.

The effects of excessive smartphone use can affect their sleep quality, leading to improper sleeping patterns. There is now abundant

evidence that the use of smartphone devices at night can adversely impact sleep behavior, resulting in sleep loss, irregular sleep-wake patterns, and poorer sleep quality, particularly in children and adolescents (AlShareef et al., 2022). Insufficient sleep not only affects cognitive functions but also influences students' daily routines, including their punctuality and academic performance.

### Research Questions

This study sought to identify the significant correlation between smartphone usage and the punctuality of senior high school students at Mount Carmel School of Polillo. Specifically, this study sought answers to the following questions:

1. What was the demographic profile of the respondents in terms of:
  - 1.1. age;
  - 1.2. sex; and
  - 1.3. smartphones activities?
2. What was the level of smartphone usage of the respondents in terms of:
  - 2.1. frequency;
  - 2.2. purpose; and
  - 2.3. satisfaction?
3. What was the level of punctuality of the students:
  - 3.1. punctuality level and
  - 3.2. class engagement?
4. What was the significant relationship between smartphone usage and punctuality of the students:
  - 4.1. over usage?

### Methodology

#### Research Design

This study employed a quantitative research approach, collecting numerical data through statistical methods. A correlational research design is used in this study, where the researcher attempts to examine the relationship between smartphones and the students' punctuality. Correlational research design evaluates the correlation between variables and can be either positive or negative. Correlation is a common and useful statistical concept applied in quantitative research (Mohajan, 2020). Hence, it is suitable for this study because it seeks to establish the relationship between the two variables under investigation.

#### Respondents

The population of this study consisted of senior high school students from Mount Carmel School in Polillo. The researcher decided to use simple random sampling to gather the data.

Simple random sampling involves selecting a subset of a population randomly. In this sampling method, each member of the population has an exactly equal chance of being selected. This method is the most straightforward of all the probability sampling methods since it only involves a single random selection and requires little advance knowledge about the population. Because it employs randomization, any research conducted on this sample should possess high internal and external validity and be at a lower risk of research biases, such as sampling bias and selection bias. According to (Iliyasu et al., 2021), in large part, it can be concluded that the probability sample is the probability that each segment of the population has a probability of being selected that is not null. This sampling method gives the likelihood of our sample being representative of the population. It is mainly used in quantitative research. If you need to generate results that are representative of the entire population, you need to apply a probability sampling procedure. Moreover, the researcher will randomly select the students to gain insights into the correlation between smartphones and the punctuality of the students.

#### Instrument

The researcher applied a questionnaire to gather the data, which was distributed to the senior high school students in Mount Carmel School of Polillo. The questionnaire was constructed with closed-ended questions that aimed to gather data from the students to determine the correlation between smartphones and the punctuality of students at Mount Carmel School, Polillo. The research instrument used in the study to collect data is a Likert scale. It is the most frequently used in investigations of individual difference variables, such as motivation, anxiety, and self-confidence. The researcher will give the same survey forms to be populated by the respondents to collect the primary data.

According to Nemoto et al. (2015) Some advantages of Likert-scale questionnaires are that data can be gathered relatively quickly from large numbers of respondents, they can provide highly reliable person ability estimates, the validity of the interpretations made from the data they provide can be established through a variety of means, and the data they provide can be profitably compared, contrasted, and combined with qualitative data-gathering techniques, such as open-ended questions, participant observation, and interviews. Furthermore, these research instruments will be given to a sample of students to gather their answers regarding the correlation between smartphones and the students' punctuality.

## Procedure

The researcher used a statistical approach for collecting the numerical data of this study. To collect the numerical data, a survey form was distributed to respondents for them to complete and provide the primary data. The respondents' availability was on the date the survey form was distributed. Close-ended questions were used in this study; the responses of the participants from the structured type of interview were collected to cross-validate the surveys from the respondents. The data gathered were organized and tabulated according to the results of the statistical treatment to examine the total quantity of data.

## Results and Discussion

This section presents, analyzes, and interprets the data gathered to examine the correlation between smartphone usage and the punctuality of the students of Mount Carmel School of Pollilo.

### Demographic Profile and Smartphone Usage of Respondents

Table 1. *Demographic profile*

<i>Age</i>	<i>Frequency</i>	<i>Percentage</i>
16 yrs old	39	45
17 yrs old	30	34
18 yrs old	18	21
Total	87	100
Gender		
Male	43	49
Female	44	51
Total	87	100
Usage/Activities		
Online games	68	78
Looking Videos	80	92
Online Learning	30	34
Messaging	87	100
Others	10	11

The results revealed the majority (45%) of the respondents are 16 years old, followed by 17-year-olds (34%), and 18-year-olds constitute the least represented (21%) age group. Such a distribution indicated that this group of students are primarily within the younger range of senior high school students and therefore, expected reading could fall in the appropriate age range of Grade 12 students. The gender split is even, with 49% male and 51% female respondents. With an almost equal number of women (44) and men (43), the data collected assures an equitable representation of both perspectives in order to provide an understanding of how the students perceive and use their smartphones.

Messaging (100%): All respondents stated that they communicate through their smartphones, clearly demonstrating the importance of digital messaging platforms in their overall lives. 92% –Watching Videos The vast majority of students engage with video content, whether it is YouTube, TikTok, Netflix, etc., which is hardly surprising for a primary source of entertainment and information. Online Gaming (78%): Many students play online games, which shows that gaming has become one of the most favorite pastimes for students. Online Learning (34%): A little over a third are using their smartphones for educational purposes, a secondary use case for their devices. Other Activities (11%): Some students keep themselves busy with smartphones to do other unproductive things, such as browsing through social media or websites for font creation or utility applications.

### The purpose of using a smartphone (Entertainment & Academic use)

Table 2. Purpose of using a smartphone (Entertainment & Academic use)

<i>A. Amount of Smartphone Use</i>	<i>Weighted Mean</i>	<i>SD</i>	<i>Interpretation</i>
1. School days: You use your smartphone.	4.24	17.40	Strongly agree
2. It was an ordinary day in my life.	3.16	22.56	Neutral
3. I spend two minutes on my smartphone late at night, disrupting my sleep schedule.	3.16	2.61	Neutral
4. I can't spend more than 3 hours a day on my phone.	2.48	7.77	Disagree
General Weighted Mean	3.26		Neutral
<i>B. The purpose of using a smartphone (Entertainment &amp; Academic use)</i>			
1. And I have, do, and will continue to use my smartphone for entertainment (such as social media and games and videos).	4.31	18.70	Strongly agree
2. My smartphone is used in academic platforms (i.e., research and reading materials).	3.90	16.29	Agree
3. I am busy using my smartphone in class.	2.87	14.47	Neutral
4. Smartphone activities distract me from my schoolwork.	3.48	13.52	Agree
General Weighted Mean	3.64		Agree
<i>C. Satisfied with Smartphone Use</i>			
1. If it was not based on any reality, for some strange reason.	3.29	18.56	Neutral

2. I think my smartphone usage isn't detrimental to my day-to-day life.	3.49	12.28	Neutral
3. I believe I have a handle on my smartphone use.	3.37	13.39	Agree
4. I get stressed or anxious if I am not using my smartphone.	3.34	7.09	Neutral
<b>General Weighted Mean</b>	<b>3.20</b>		<b>Neutral</b>

Weighted mean Scale: 1-1.80 Strongly disagree, 1.81-2.60 Disagree, 2.61-3.40-Neutral, 3.41-4.20 Agree, 4.21-5.00 Strongly Agree

Table 2 shows that students strongly agreed with the statement that they use smartphones most of the time, even during school days (WM = 4.24), which shows that they are highly dependent on mobile devices at their academic places. Respondents exhibit neutral perception on smartphone use on an ordinary day (WM = 3.16) and in the late-night timeframe, thus suggesting that some come out with disrupted sleep, while others do not. It implies that students indeed use their smartphones more than the recommended 3 hours a day, as they disagreed (WM = 2.48) that they spend less than 3 hours a day on their smartphones. That is, the usage in smartphones for entertainment is the most significant (WM = 4.31), which indicates that students predominantly use social media, gaming, and videos on smartphones. Entertainment, compared to academic use, which comes with WM = 3.90 and is still high since 2010 for others. Students are neutral about whether they are getting distracted using smartphones in class (WM = 2.87) and whether it hurts their schoolwork (WM = 3.48).

However, the more neutral response suggests that distraction is an issue for some students. The responses reflect a variety of opinions on smartphone dependency, given that all the responses fall within the neutral range. Students also feel slight stress or anxiety without their phones (WM = 3.37).

Contrary to previous findings, they seem aware of symptoms of compulsive behavior, but judging by the item "Using smartphone use is not harmful" (WM = 3.29), some students do believe that excessive use is not necessarily detrimental. According to Rai et al. (2016), People, especially students, therefore are easily overusing smartphones. Smartphones are also linked to many sleep problems. If you take your phone to bed instead of relaxing your brain, you are feeding it with more thoughts. It is hard to fall asleep when your brain is buzzing with new information. It explains that one of the major distractions of the students is smartphones because of their features that we can use them for gaming and entertainment. The distractions lower students' productivity and take up their time. It also lowers the quality of the work done.

### Punctuality Level of Students

Table 3. Punctuality Level of Students

<i>A. Punctuality Level of Students</i>	<i>Weighted Mean</i>	<i>SD</i>	<i>Interpretation</i>
1. I get to school every day on time.	3.77	15.85	Agree
2. I arrive at the same class before the bell rang.	3.74	16.96	Agree
3. I almost never get to school late, because I stay on top of my time.	3.21	13.41	Neutral
4. I can't spend more than 3 hours a day on my phone.	3.11	13.67	Neutral
6. I don't get distracted (e.g., using my smartphone) and end up late.	3.38	13.22	Neutral
7. My habits concerning my smartphone don't impact another successful behavioral strategy waking up early.	3.26	8.91	Neutral
8. One of my bad habits is to wake up quite late because I usually spend too much time on my smartphone at night.	3.42	15.85	Agree
<b>General Weighted Mean</b>	<b>3.21</b>		<b>Neutral</b>
<i>B. Punctuality in Class Participation</i>			
1. I am present in class and prepared to participate.	3.80	12.88	Agree
2. During discussions, I listen without distractions.	3.45	13.72	Agree
3. Hence, I turn in and submit my assignments on time.	3.39	11.33	Neutral
4. I am involved in the class committees and group work.	3.57	13.37	Agree
5. I don't check my phone so I stay focused in class.	3.13	13.94	Neutral
6. I hardly ever skip classes because I oversleep or get lost in my smartphone.	3.07	10.50	Neutral
7. My sincerity in arriving on time helps me perform well in my academic and mix up in groups.	3.28	13.92	Neutral
<b>General Weighted Mean</b>	<b>3.38</b>		<b>Neutral</b>

Weighted mean Scale: 1-1.80 Strongly disagree, 1.81-2.60 Disagree, 2.61-3.40 Neutral, 3.41-4.20 Agree, 4.21-5.00 Strongly Agree

Table 3 indicated that most students agreed that they are on time to school and to class, but their time management habits were Neutral, which implied they do not always arrive on time. Smartphone distraction contributes to lateness, although they are not sure if their smartphone habits have an impact on their time management. Students report being generally engaged in class, but are neutral about distractions from smartphones. Students struggle to submit assignments and stay focused in class, or avoid using smartphones in a way that hinders their academic responsibilities.

Students' punctuality is also a crucial component of their success, as they can arrive at school and accomplish their tasks in class on time, which is vital for their performance. Class schedule, on the other hand, refers to the organized arrangement of classes that outlines the time and duration that students are required to attend. Students may tend to focus and be punctual at school better when it starts at a time that optimizes sleep and preparation needed by students for classes (Tabien et al., 2023).

## The significant relationship between smartphone usage and punctuality of the students:

### Over usage

Table 4. Significant relationship between smartphone usage and punctuality of the students

A. Overuse of Smartphones	B. Punctuality of Students	Correlation $r=0.749693577$ P-value= $0.019995$ Or $0.02$	Moderately High Correlation Highly Significant
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*P-value scale: 0.001-0.03-Highly Significant, 0.04-0.0.49-Significant, 0.50-OH crap the edge of significant, 0.051-0.6-On the edge of significant, 0.07-0.099-Highly suggestive significant at the  $p < 0.10$  LEVEL,  $\geq 0.1$ -This, look at this interesting subgroup analysis*

Table 4 shows a Moderately High Correlation and a Highly Significant relationship between Smartphone Addiction Usage and related causes, such as lateness, procrastination, and Sleep Failure ( $r = 0.74$ ). The lack of sleep caused by late-night social media use has caused students to struggle to get up and arrive at school on time. Despite encouraging them to set priorities to limit smartphone use in the mornings, students reported rushing out the door each morning and arriving late for classes. Too much smartphone use is correlated with procrastinating and getting distracted, which impacts scores and punctuality at school. Smartphone addiction has been founded upon the description of Internet addiction; smartphone addiction has been described as the excessive use of smartphones to such a degree/level, that it interrupts the routine life of a user. It may result in behavioral issues, affect or delay school or routine work performance, lessen or diminish real-life social communication, negligence in personal life, mental preoccupation, mood adapting experiences, and cause relationship disorders as well (Manzoor et al., 2020).

### Conclusions

Most of the respondents were 16 years old, showing that they were the younger senior high school students. Female respondents comprised the majority of the gender distribution; however, the difference in gender identities was not substantial. Messaging remains one of the most frequently used functions on smartphones, which have become an integral part of students' daily lives. However, the predominance of leisure activities over academic usage suggests that smartphones are underutilized as tools for learning. Students acknowledge their reliance on smartphones but maintain a neutral stance regarding their impact on their academic performance. Nevertheless, excessive smartphone use contributes to sleep deprivation, poor time management, and diminished concentration during classes. It is widely acknowledged that excessive smartphone use hurts punctuality and productivity. Using devices late at night is associated with various distractions, including procrastination, oversleeping, arriving late to school, feeling rushed in the morning, and attending classes with limited focus and engagement. Digital dependency has become a growing concern among the public. Although only one-third of students strongly agree that smartphone use is harmful (Weighted Mean = 3.29), observable symptoms such as mild stress and anxiety in the absence of their devices suggest a notable reliance on technology.

Based on the summary and conclusion, the following recommendations are proposed.

For Students: Set Screen Time Limits – Manage excessive screen time by limiting access to social media, gaming, and video streaming through your smartphone's built-in settings or third-party applications. Stricter limits are especially recommended on school days. Support Educational Use – Students are encouraged to utilize study-related applications and e-books to maximize the academic benefits of their mobile devices. Implement a Digital Detox Routine – Establish a no-phone policy before bedtime to improve sleep quality and reduce morning distractions. For Schools and Educators: Develop Smartphone Guidelines – Schools should implement structured policies regarding smartphone use during class hours to minimize distractions and promote a focused learning environment. Integrate Mobile Phones in Academia – Educators should emphasize digital literacy by incorporating interactive learning platforms, research tools, and educational videos into their teaching practices. Promote Awareness of Digital Well-being – Schools are encouraged to organize seminars and workshops focused on responsible smartphone usage, effective time management, and sleep hygiene, helping students maintain a healthy balance between screen time and academic responsibilities. For Parents: Monitor Smartphone Usage – To encourage healthy digital habits, parents should establish and follow usage schedules with their children. Encourage Balanced Activities – Parents should motivate their children to participate in non-digital pursuits such as sports, reading, or hobbies, to prevent overreliance on smartphones.

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