First-year students reported use of video games and social media in high school: Should we be concerned?

Presented by:
James Cole, Ph.D.
BCSSE Project Manager
We have all seen the headlines . . .

“Video games and the depressed teenager”
The New York Times

“N.C. dad who shot teen daughter’s laptop over Facebook rant”
New York Daily News

“Violence, video games may be a volatile mix”
The Washington Times

“More U.S. kids and teens are playing video games”
USA Today
Of course not all video games or use of social media is “bad”. However, given the apparent preoccupation by many high school students with video games and social media, one wonders if time spent studying or academic engagement suffers.

This concern is particularly relevant for first-year college students, many of whom suddenly find themselves without the parental supervision for the first time (Anand, 2007).
Should we be concerned?

Is there a problem on your campus with the amount of time students are playing video games or using social media?
Should we be concerned?

- How many hours per week do entering first-year students spend playing video games or use social media websites in high school?
- Is video game or social media use associated with time spent studying and academic engagement?
- Do students expect that their past use of electronic media in high school will persist into their first-year of college?

This session reports on the first-year students’ use of video games and social media during high school and the relationship this use had with their academic engagement.
Data

Data for this presentation are from 2011 administration of the *Beginning College Survey of Student Engagement* (BCSSE).

Additional items to the survey asked students about their video game habits (Xbox, Wii, smarthphone, iPad, tablet, computer, etc), use of social networking sites (e.g., Facebook), and sleep. They were also asked if they expected these habits to change during their first year of college.

These additional items were completed by more than 27,000 first-year students at 63 baccalaureate institutions in the US.
On average, how many hours per week did students play **video games or use social media** in high school?

Male?
On average, how many hours per week did students play video games or use social media in high school?

Male?

14.3
On average, how many hours per week did students play video games or use social media in high school?

Male?

Female?
On average, how many hours per week did students play video games or use social media in high school?

Male?

Female?
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Male?

Female?

**What about hours studying?**
On average, how many hours per week did students play video games or use social media in high school?

Male?

Female?

What about hours studying?
Video Game Users

<table>
<thead>
<tr>
<th>Hours per week</th>
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<tr>
<td>0</td>
<td>8%</td>
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<td>1-5</td>
<td>24%</td>
<td>28%</td>
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<td>6-10</td>
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<td>11-15</td>
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Video Game Users

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Overall, 35% of users spend 26 or more hours per week playing video games.
Social Media Users

Male | Female
---|---
0 | 7% | 4%
1-5 | 50% | 40%
6-10 | 25% | 33%
11-15 | 8% | 12%
16-20 | 5% | 6%
21-26 | 2% | 3%
26 or more | 2% | 3%

Hours per week
Video Games, Social Media, and Studying

- Hrs VG/Week
  - 0 hrs: 30%
  - 1-5 hrs: 38%
  - 6-10 hrs: 27%
  - 11-15 hrs: 28%
  - 16 or more: 33%

- Hrs SM/Week
  - 0 hrs: 26%
  - 1-5 hrs: 35%
  - 6-10 hrs: 33%
  - 11-15 hrs: 27%
Video Games, Social Media, and Studying

**Hrs VG/Week**
- 0 hrs: 30%
- 1-5 hrs: 35%
- 6-10 hrs: 38%
- 11-15 hrs: 38%
- 16 or more: 39%

**Hrs SM/Week**
- 0 hrs: 39%
- 1-5 hrs: 38%
- 6-10 hrs: 33%
- 11-15 hrs: 33%
- 16 or more: 35%
Overall High School Academic Preparation
Overall High School Academic Preparation

SAT/SM

SAT/VG
Overall High School Academic Preparation

SAT/VG
SAT/SM

Overall High School Academic Preparation

1,180
1,160
1,140
1,120
1,100
1,080
1,060
1,040
1,020
1,000

0 hrs
1-5
6-10
11-15
16 or more

1161
1098

SAT/VG
SAT/SM
Overall High School Academic Preparation

High School Grades

- A: 65%
- B: 29%
- C: 49%

AP course completed

- 41%

Hours VG by HS grades

- 0 hrs: 10%
- 1-5 hrs: 20%
- 6-10 hrs: 30%
- 11-15 hrs: 40%
- 16 or more: 50%
Overall High School Academic Preparation

High School Grades

- Hours VG by HS grades:
  - 0 hrs: 65%
  - 1-5 hrs: 29%
  - 6-10 hrs: 49%
  - 11-15 hrs: 41%
  - 16 or more: 0%

AP course completed

- Hours VG by HS grades:
  - 0 hrs: 55%
  - 1-5 hrs: 31%
  - 6-10 hrs: 40%
  - 11-15 hrs: 44%
  - 16 or more: 0%
Video Games, Social Media, and Sleep

How many hours of sleep on typical school night?

- 0 hrs: 29%
- 1-5 hrs: 25%
- 6-10 hrs: 24%
- 11-15 hrs: 24%
- 16 or more: 27%

Hours video games

Hours social media

<7
7-8
>8
Video Games, Social Media, and Sleep

How many hours of sleep on typical school night?

- 0%: 20
- 1-5 hrs: 25%
- 6-10 hrs: 24%
- 11-15 hrs: 24%
- 16 or more: 27%

Hours video games

- <7 hours:
- 7-8 hours:
- >8 hours:

Hours social media
Video Games, Social Media, and Sleep

How many hours of sleep on typical school night?

Hours video games

- 0 hrs: 29%
- 1-5 hrs: 25%
- 6-10 hrs: 24%
- 11-15 hrs: 24%
- 16 or more: 27%

Hours social media

- 0 hrs: 28%
- 1-5 hrs: 24%
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Video Games, Social Media, and Sleep

How many hours of sleep on typical school night?

**Hours video games**

- 0 hrs: 29%
- 1-5 hrs: 25%
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- 16 or more: 27%

**Hours social media**

- 0 hrs: 28%
- 1-5 hrs: 24%
- 6-10 hrs: 25%
- 11-15 hrs: 29%
- 16 or more: 33%
What we know:

- Video game use and social media use is pervasive with incoming first-year students.
- About 1/3 of males and 1/4 of females report playing video games 16 or more hours per week.
- There is a negative association between video game use and academic experiences.
- Video game and social media do not seem to be related to sleep habits.
What we know:

- Video game use and social media use is pervasive with incoming first-year students.
- About 1/3 of males and 1/4 of females report playing video games 16 or more hours per week.
- There is an negative association between video game use and academic experiences.
- Video game and social media does not seem to be related to sleep habits.

Do first-year students expect their use of video games to change as they start their college careers?
Expected Video Game Use in FY

**0 hrs**
- More: 4%
- Same: 96%
- Less: 31%
- No Play: 41%

**1-5 hrs**
- More: 3%
- Same: 25%
- Less: 17%
- No Play: 45%

**6-10 hrs**
- More: 3%
- Same: 45%
- Less: 39%
- No Play: 35%

**11-15 hrs**
- More: 3%
- Same: 44%
- Less: 39%
- No Play: 35%

**16 or more**
- More: 3%
- Same: 43%
- Less: 43%
- No Play: 40%
Expected Hours Studying in FY

Hrs Video Game User per Week

- 0 hrs: 11% (14%) 0-5 hrs, 3% 6-10 hrs
- 1-5 hrs: 14% (14%) 0-5 hrs, 4% 6-10 hrs
- 6-10 hrs: 16% (16%) 0-5 hrs, 4% 6-10 hrs
- 11-15 hrs: 15% (15%) 0-5 hrs, 5% 6-10 hrs
- 16 or more: 14% (14%) 0-5 hrs, 5% 6-10 hrs

11 or more: 86% 6-10 hrs, 83% 0-5 hrs
80% 6-10 hrs, 81% 0-5 hrs
81% 6-10 hrs, 81% 0-5 hrs

0% 11 or more, 10% 6-10 hrs, 20% 0-5 hrs, 30% 6-10 hrs, 40% 0-5 hrs, 50% 6-10 hrs, 60% 0-5 hrs, 70% 6-10 hrs, 80% 0-5 hrs, 90% 6-10 hrs, 100% 0-5 hrs
Expected Grades in FY

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<th>B</th>
<th>C</th>
</tr>
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<tbody>
<tr>
<td>0 hrs</td>
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<td>0%</td>
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Is video game and social media use a problem with your first-year students?

- Yes - What are the problems?
- No – How do you know it is not?

Is this issue discussed at orientation, Welcome week, seminars, etc?

Do you hear others concerned about this issue (e.g., parents, students, faculty, administrators, staff)?
Any discussion, questions, or comments?
BCSSE Updated in 2013!

Share with us your ideas, comments, and questions

Over the next several months, BCSSE will be updated to correspond with the NSSE 2014 administration. Part of this process includes getting feedback. Please help us to make BCSSE an even better survey instrument. Your input is critical so that we make changes that are in the best interest of our participating institutions.

To arrange a meeting please visit the NSSE/BCSSE exhibit or call/text Jim Cole, BCSSE Project Manager, at 812-320-5651

We need to hear from you!

Please contact me with any questions:
Jim Cole (colejs@indiana.edu)
Thank you!

Copy of this and past presentations can be found at: http://bcsse.iub.edu/pubs.cfm

Additional BCSSE information can be found at: http://bcsse.iub.edu/

Feel free to contact me with any questions regarding BCSSE & NSSE.

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