

UNIVERSITI TEKNOLOGI MARA

**EFFECT OF TEXT MESSAGING ON
MEMORY RECALL AMONG UNIVERSITY
STUDENTS**

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requirements for the degree of Bachelor of Sports Science
(Hons)

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AUTHOR'S DECLARATION

I declare that the work in this research was carried out in accordance with the regulation of Universiti Teknologi MARA. It is original and is the result of my own work, unless otherwise indicates or acknowledge as reference work. This research project has not been submitted to any other academic institution or non-academic institution for any degree of qualification.

I, hereby, acknowledge that have been applied with Academic Rules and Regulation for Under Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

In this modern era, technology has become an absolute dependable medium, and it has enabled communication to be accessible everywhere, to everyone, without excluding students. Most of the devices are portable and capable of anything including texting. Many researchers have questioned the influence of this technology on people and the students, thus making it a great thing to be discovered. Text messaging has been a popular form of communication among university students. The purpose of this study is to examine the various conditions of text messaging and determine which condition is the most distracting for university students. Participants were randomly assigned to the control group, the receiving group, or the reply group. The result revealed that participants who were engaged in text messaging demonstrated significantly poorer performance on a test conducted compared with the group that did not reply or received text messages. This is because texting brought a classroom lecture with rivalry for the same cognitive source, therefore blocked the fundamental intellectual compositions. From this point of view, there will be a transitory decrement in execution while the university students are changing from the lecture to mobile contents and the other way around.

Keywords: mobile phone; text messaging; memory recall; university student

TABLE OF CONTENTS

Title	Page
AUTHOR'S DECLARATION	ii
LETTER OF TRANSMITTAL	iii
ABSTRACT	iv
ACKNOWLEDGEMENT	v
TABLE OF CONTENTS	vi
LIST OF TABLES	viii
LIST OF APPENDICES	ix
CHAPTER 1: INTRODUCTION	1
1.1 Background of the study	1
1.2 Statement of the Problem	2
1.3 Objectives of the Study	3
1.4 Hypothesis of the Study	3
1.5 Significance of the Study	3
1.6 Delimitation of the Study	4
1.7 Limitation of the Study	4
1.8 Operational Terms	5
CHAPTER 2: LITERATURE REVIEW	6
2.1 Advancement of Educational Technology	6
2.2 Mobile During Learning	7
2.3 Text Messaging as Distraction	10
2.4 Memory Recall on Learning Material	11
CHAPTER 3: METHODOLOGY	
3.1 Research Design	13
3.2 Description of Sample	13
3.3 Outcome Measure	13
3.4 Data Collection Procedure	15
3.5 Data Analysis	16

CHAPTER 4: ANALYSIS AND DATA INTERPRETATION	
4.1 Data Normality	17
4.2 Demographic Data	18
4.3 Comparison between Various conditions of Text Messaging on Memory Recall	18
4.4 Bonferroni on Comparison between Various Conditions of Text Messaging on Memory Recall	19
CHAPTER 5: DISCUSSION, RECOMMENDATION, CONCLUSION	
5.1 Discussion	21
5.2 Conclusion	25
5.3 Recommendation	25
REFERENCES	27
APPENDICES	30