

UNIVERSITI TEKNOLOGI MARA

**Impact Of Digital Detox On Individual Performance
Of The Adolescent and Student**

ELNA AFRINA BINTI MOHD SUTHIKMAN

Thesis submitted in fulfillment of the requirements for

Bachelor Degree (Hons) in Graphic Design

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CONFIRMATION BY EXAMINER

I certify that an examiner has met on 6th February 2022 to conduct the final examination of Elna Afrina Binti Mohd Suthikman on his Bachelor Degree (Hons) in Graphic Design thesis entitled Impact Of Digital Detox On Individual Performance Of The Adolescent and Student in accordance with Universiti Teknologi MARA Act 1976 (Akta 173). The examiner undersigned recommends that the student be awarded the relevant degree.



Nurhikma Binti Mat Yusof
Senior Lecturer
Faculty of Art & Design
Universiti Teknologi MARA
Cawangan Melaka
(Internal Examiner)
Date: 6 February 2022

Assoc. Prof. Dr.



Azahar Harun, PhD

Academic Writing Coordinator
Faculty of Art & Design
Universiti Teknologi MARA
Cawangan Melaka
Date: 6 February 2022

AUTHOR'S DECLARATION

I declare that the work in this thesis was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Undergraduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

Name of Student : Elna Afrina Binti Mohd Suthikman
Student I.D. No. : 2020374283
Programme : Bachelor Degree (Hons) in Graphic Design- AD241
Faculty : Art & Design
Thesis Title : Impact Of Digital Detox On Individual Performance Of The
Adolescent and Student

Signature of Student : ... *Elnafrina*

Date : February 2022

ABSTRACT

The purpose of this study was to determine the effect of digital detox on individual performance of employees, students and adolescents working in diverse firms. High scores on both measures indicate a high degree of achievement and a significant benefit from the detox. For this inquiry, just one hypothesis was developed. To determine the impact, the product moment correlation was performed. According to the statistical study, there is a substantial relationship between the variables, and they are both favourably connected to each other. Nevertheless, in this age of digitization, detoxification is an equally important phenomena, as evidenced by this study. The goal of this study is to raise public awareness about the detrimental effects of social media on our mental health and to inspire individuals to build healthier connections with their gadgets. Furthermore, we want to improve our understanding of the reasons, consequences, and responses to increased digital media participation, as well as theorise reactions to such involvement. It focuses on Kuala Lumpur as the single example of a city area. This research is based on data from a questionnaire survey that canvassed general opinion about the Impact Of Digital Detox On Individual Performance Of Adolescents And Students. The data was evaluated in order to detect and monitor public awareness of Digital Detox among adolescent and student populations. According to the study, reducing premature death from noncommunicable illnesses by one-third via prevention and treatment, as well as promoting mental health and well-being, might cut premature mortality by one-third. Aside from that, improve the treatment and prevention of substance mental wellbeing issues such as stress, anxiety, depression, and problematic social media usage. Reduce the global prevalence of mental illness by half and enhance people's quality of life. Furthermore, guarantee universal access to reproductive health-care services, including family planning, education and awareness, and reproductive health integration.

Keywords : Mobile, disconnect, micro break, timeout, abstinence, unplug Paper type : Research Paper

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