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The background of the entire page is a light gray circuit board pattern with various nodes and connecting lines. At the bottom of the page, there is a more detailed and colorful circuit diagram featuring purple, orange, and red components.

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## THE USE OF STUDY APPS IN IMPROVING STUDY HABITS AMONG UNDERGRADUATE STUDENTS

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**Highlights:** This study investigates and analyses the use of 50 students who use the applications using a questionnaire survey and quantitative statistics. The research discovered that various study applications had varying degrees of beneficial effect on the development, perseverance, and advancement of study habits.

**Key words:** *study applications, study habits, study motivation, studying practices*

### Introduction

Attitudes regarding the usage of mobile applications may be heavily influenced by emotions such as mood and ethical concerns, as well as frequency of use, familiarity and addictions, cost, and the actual physical characteristics of the medium. In terms of mood, Yang (2013) discovered that young American customers (i.e. students) saw mobile applications as an excellent source of entertainment and enjoyment. On the ethical front, Phau et al. (2014) discovered that individual attitudes about digital piracy of movies were influenced by individual emotions toward digital piracy, and that moral judgement and social habits had both a detrimental and positive impact on digital piracy. Wei and Lu (2014) discovered that individual satisfaction played the most significant part in why individuals joined mobile social games in a research on why people play mobile social games, while Qiaolei (2014) discovered that men tended to be more prone to internet addiction than females. The author also discovered that online gaming has a significant impact on internet dependency. In terms of cost, Bhave et al. (2013) discovered in their research that Generation Y was unwilling to pay for applications; in fact, if one app charged for utility, there were others that provided the same for free.

As regards the physical characteristics of applications, Wong (2012) highlighted device commonality and interconnection as concerns, as well as the device's "educational friendliness," i.e. tablets are more user friendly than phones owing to their larger screen size. Many studies have been conducted on the "usability" of mobile applications. Harrison et al. conducted one such thorough research (2013). They discovered that the increased utility of mobile devices often comes at the cost of their usability in certain situations. The authors went on to say that technology developers frequently forget that users want to use their devices on the go, so issues like small screen sizes, limited connectivity, high-power consumption rates, and limited input modalities are critical, as is an often-overlooked factor called cognitive overload. These results supported previous research, such as that of Zhang and Adipat (2005), who highlighted a variety of problems, such as "mobile context" (i.e. users are not bound to a particular place) and may have their attention diverted by engaging with others or the surroundings; and "connectivity" (i.e. slowness and unreliability). This may limit app performance; "small screen size" (which improves portability but limits information content); "different display resolution" (which affects image quality); "limited processing capability and power" (which improves portability but limits certain app usage); and finally "data entry methods" (i.e. less capability than desk or laptops so increases the likelihood of erroneous input and decreases the rate of data entry).

This study investigates and analyses the use of 50 students who use the applications using a questionnaire survey and quantitative statistics. The research discovered that various study applications had varying degrees of beneficial effect on the development, perseverance, and advancement of study habits. They enrich people's use of time by making it more engaging and meaningful. More than half of those polled think that the usage of apps may successfully alleviate the stress of daily living. Many study app features significantly extend people's activity and communication area. They promote the habit of studying and enhance the study structure. In summary, study applications have a beneficial effect on students' lives. There is no question that study apps have a large commercial potential, but they need also be improved in terms of professional and customised services.

### Content

The use of a study application helps students to improve their concentration and manage their study habits in a better way. Students are often distracted by the various information that is presented to them and require a platform to manage the abundance of information besides managing their study routines. Since many educational institutions focus on exam-oriented testing, students' ability to manage their time and resources wisely will help them in their studies in terms of forging good study habits. Students have better control of their time and resources to manage their studies in a better way. Possibility to include the study app as a tool to help students manage their time on e-learning platforms.

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