Students Time Use Research (STUR) project

Lei Luo, Fernex Alain, Masson Julien, Mustapha Rachdi, Etienne Langevin

▶ To cite this version:

Lei Luo, Fernex Alain, Masson Julien, Mustapha Rachdi, Etienne Langevin. Students Time Use Research (STUR) project. 46th International Time Use Research Conference, Oct 2024, Corfu Greece, Greece. hal-04812492

Students Time Use Research (STUR) project

Julien Masson, Alain Fernex*, Mustapha Rachdi, Etienne Langevin, Lei Luo

julien.masson@univ-lyon2. (corresponding author)

1. Introduction

The STUR project focuses on **the temporal organization of students**. Firstly, by examining the connections, this organization, based on the time allocated to various activities, has with learning, academic achievement, health, and quality of life. Secondly, it also aims to study this temporal organization in different work settings (in-person, remote, hybrid) among students. STUR is thus an **exploratory and experimental projec**t, comprising three complementary components:

1. **Methodological Innovations ： Electronic Activity Journals.** Implementation of electronic activity journals for students in France to foster methodological triangulation, offering a deeper understanding of the temporal organization of student activities.

2. **Multidisciplinary Collaboration.** The project involves experts from multiple disciplines, each contributing unique insights to analyze original data. Key research areas include **learning strategies, time budgeting, efficacy perceptions, motivations, dietary behaviors, sports practices, and sleep**. To generate new knowledge on these interrelated factors and their effects on **academic performance, quality of life, well-being, and health.**

3. **Policy and Practice Impact.** Results will be shared with stakeholders in higher education (Universities, CROUS, university health services, Mutuals, etc.). The findings aim to **inform educational policies**, **support the hybridization of education**, and **assist in organizing students' academic work.**

2. Project Overview (24 months)

Key Tasks:
- Consortium Facilitation and Coordination (24 months)
- Mobile Application Development and Testing (9 months)
- Questionnaire Design and Development (9 months)
- Temporal Data Collection (6 months)
- Analysis of Training Systems and Students' Digital Engagement (9 months)
- Production of a Summary Report

3. Methodology

The purpose of this communication is to present the methodology and more specifically the development of the digital tool that will allow us to collect data on students' temporal organization of life. To do this, we tend to develop **a digital activity diary**. This tool is an application in which a student can gradually enter all the activities punctuating their day (eating, sleeping, studying, leisure activities, etc.), for a defined duration. These data can then be analyzed by researchers to study the temporal organization of all students using the application.

3.1. Sequence Diagram
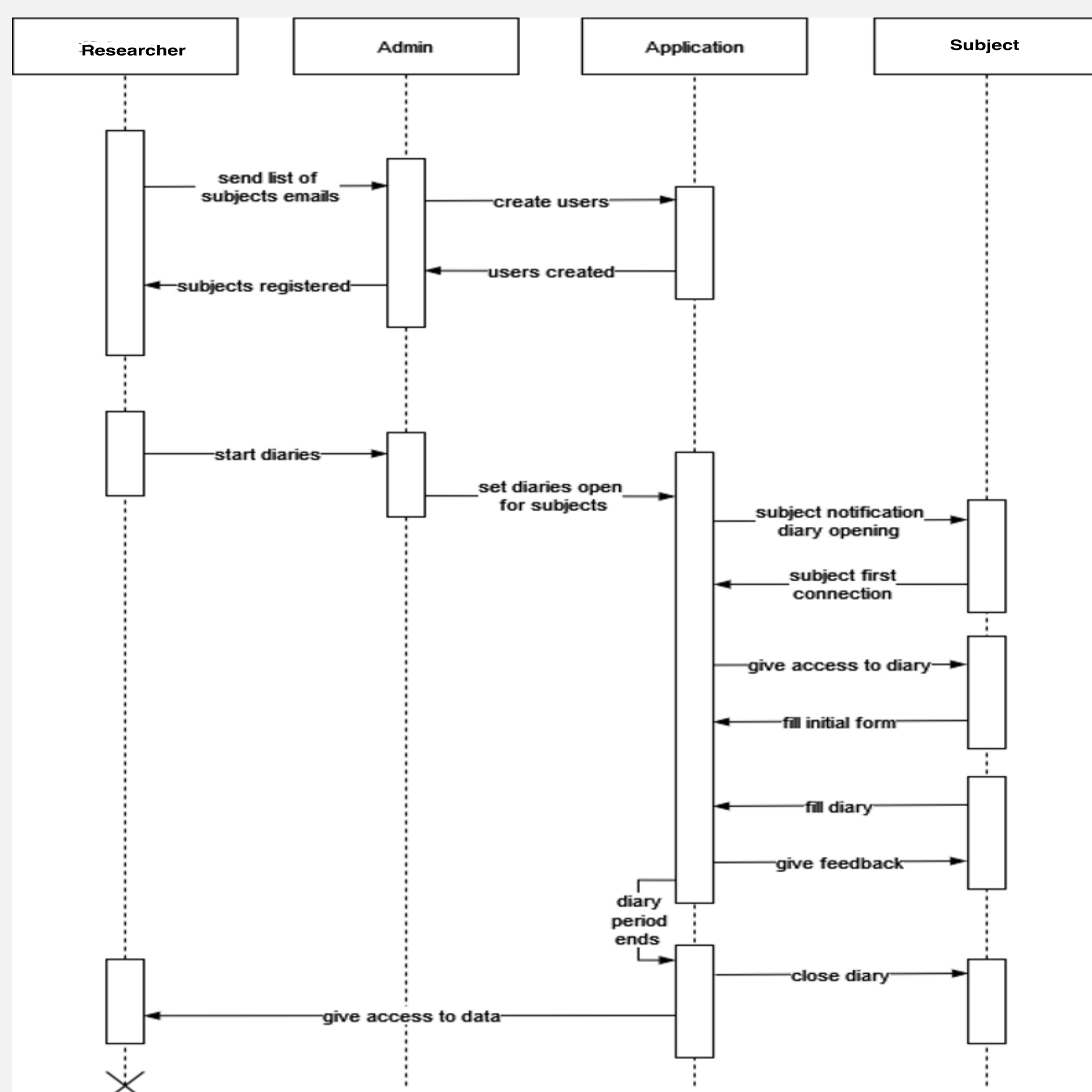
1. Researchers provide the administrator with a list of participants and their emails to control app access.

2. The administrator creates participant profiles in the app.

3. The app notifies the administrator of the participant creation.

4. The administrator informs the researchers.

5. Researchers request the start of activity logs.

6. The administrator activates the activity logs for period t.

7. Participants are notified.

8. Participants log in using their emails.

9. The app verifies emails and grants access.

10. Participants complete an initial form to provide supplementary data.

11. Participants log their activities during period t.

12. The app provides regular feedback to engage participants, such as score, completion rate, personalized feedback, etc.

13. After period t, the logs close automatically.

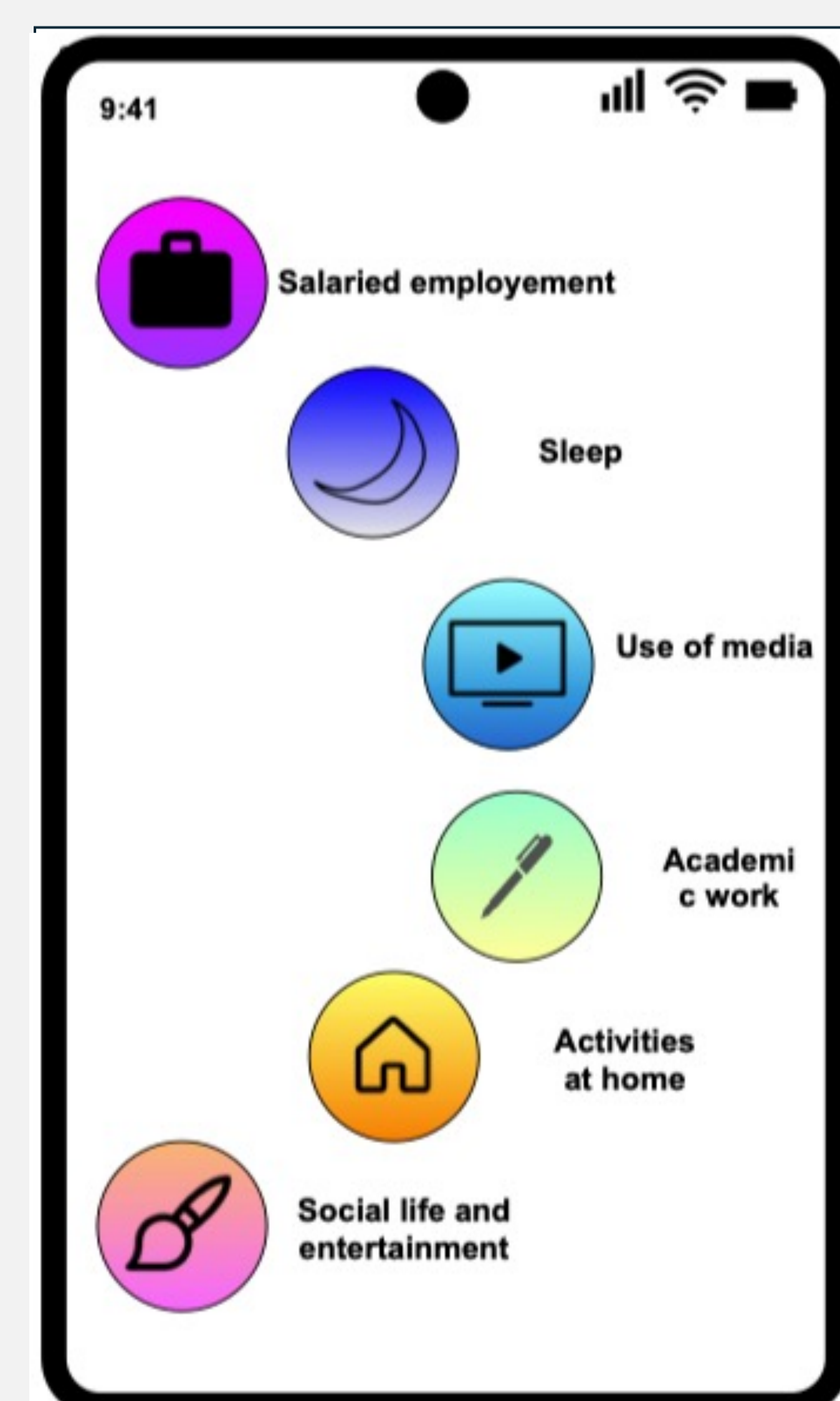14. Researchers access the collected activity and form data.

3.2. Data Security and Protection

This application strictly complies with **GDPR** (General Data Protection Regulation), RSSI (Responsible Sécurité des Systèmes d'information), the French "Informatique et Libertés" law, etc. Two **Data Protection Officers (DPOs)** from Université Lumière Lyon 2 and Université Grenoble Alpes oversee compliance, advising on data protection obligations and ensuring adherence to regulations. The DPOs cooperate with supervisory authorities, safeguard individuals' rights, and maintain the register of processing activities for their institutions.

3.3. Application and Experiments

The selected sections are as follows: **Sleep, Personal Care, Personal Time, Employment, Academic Work, Home Activities, Family Activities, Associative Political and Volunteer Activities, Social Life and Entertainment, Sports Activities, Hobbies, Media Usage, Travel.** Each of these sections is composed of sub-sections.

In a first phase, we will experiment with this tool for **48-hour periods with voluntary students**. Using this application installed on their mobile phone, they will select what they are doing at every moment of their day. The data thus collected will provide us with the most comprehensive data on students' temporal organization.

Swipe it!

4. Acknowledgement