Impact of Intermittent Stretching Exercise Animation on Prolonged-Sitting Computer Users’ Attention and Work Performance

Sy-Chyi Wang, Jin-Yuan Chern

Abstract

The prevailing use of computers and the Internet has contributed to popular symptoms of visual impairment, musculoskeletal injuries, and even emotional disorders nowadays. While certain ergonomics software packages have thus been designed to avoid or relieve the symptoms, some studies raised concern about possible decline in attention and work performance. This study aimed to explore the effects of the computer stretch/massage software on extended computer users’ attention and work performance. The Neuroscience brainwave monitor was used to evaluate the participants’ attention. Thirty college students who work more than 4 h a day in front of computer were recruited and evenly distributed to two groups. The participants in the experimental group were asked to perform the task on computer for 30 min with a stretch program on, which was set to pop-up every 10 min for about 30 s each. The control group took no breaks or interventions. The results show that the computer break software did not decrease the participants’ attention scores. Meanwhile the experimental group demonstrated higher work performance scores. It is suggested that during prolonged sitting computer work, breaks and body movements are necessary for better attention and work performance.

Keywords

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References


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2. Department of E-Learning Design and Management, National Chiayi University, Chiayi, Taiwan
3. Department of Health Care Administration, Chang Jung Christian University, Tainan, Taiwan