Time-scheduled delivery of computer health animations: “Installing” healthy habits of computer use

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Abstract
The development of modern technology brings convenience to our lives but removes physical activity from our daily routines, thereby putting our lives at risk. Extended computer use may contribute to symptoms such as visual impairment and musculoskeletal disorders. To help reduce the risk of physical inactivity and promote healthier computer use, this study developed a time-scheduled delivery of health-related animations for users sitting in front of computers for prolonged periods. In addition, we examined the effects that the program had on the computer-related health behavior intentions and actions of participants. Two waves of questionnaires were implemented for data collection before and after intervention. The results showed that the animation program indeed had a positive effect on participants’ healthy computer use actions in terms of breathtaking, body massages, and body stretches. It also helped to bridge the intention–action gap of the health behaviors. The development and evaluation were documented, and users’ experiences/suggestions were discussed at the end.

Keywords
Animation, ergonomics, health promotion, healthy computer use, physical activity

Introduction
Computer and Internet use is becoming increasingly commonplace at home, in school, and at work nowadays. According to the European Working Conditions Observatory (EWCO), 53 percent of the active population in the EU15 used a computer for professional purposes. The Eurostat also

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