

Shaping Habits of Elementary School Kids



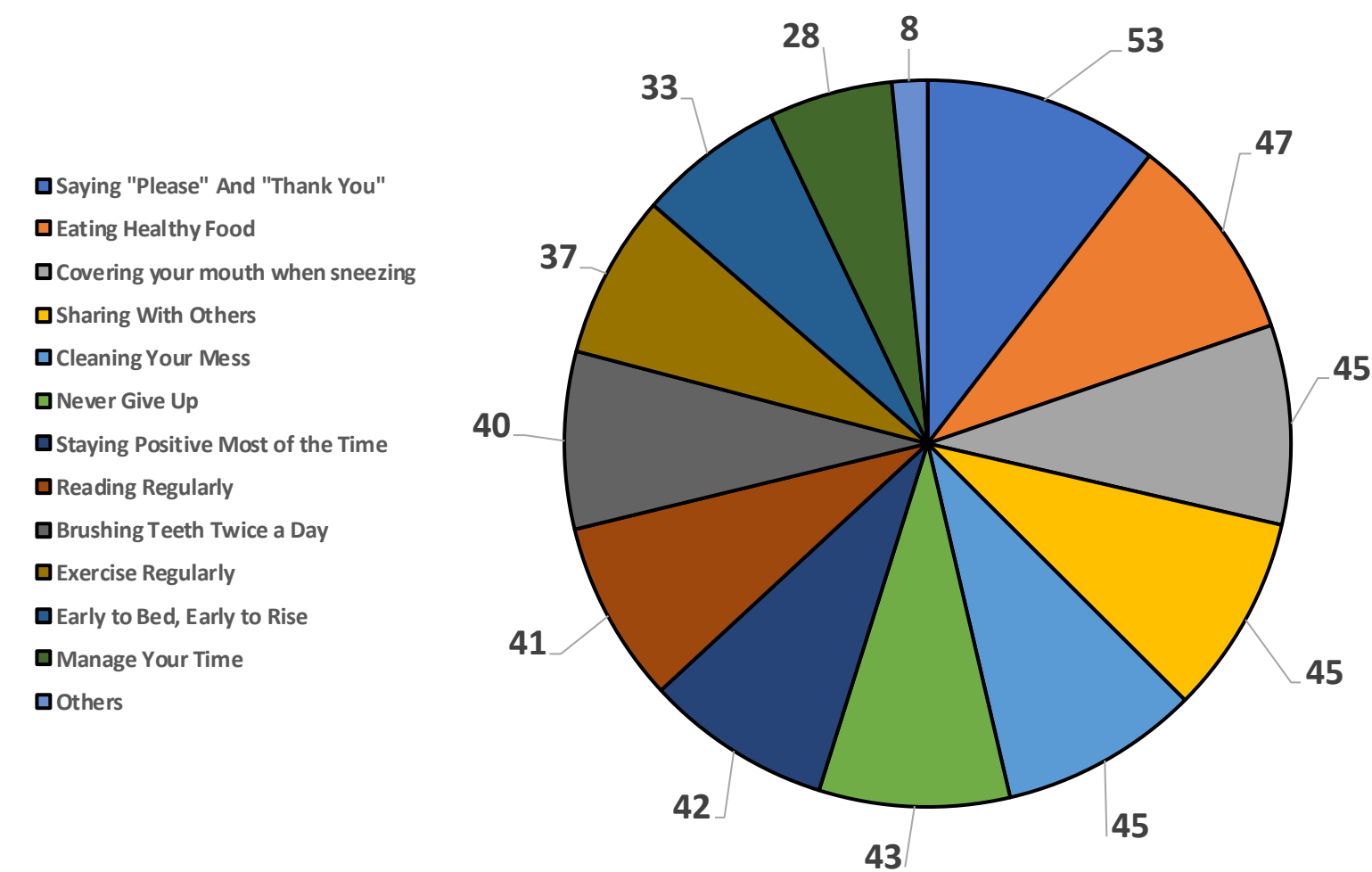
Questions:

- What are common habits (good and bad) in kids?
- How much time is needed to quit bad habits and build good habits?

Method:

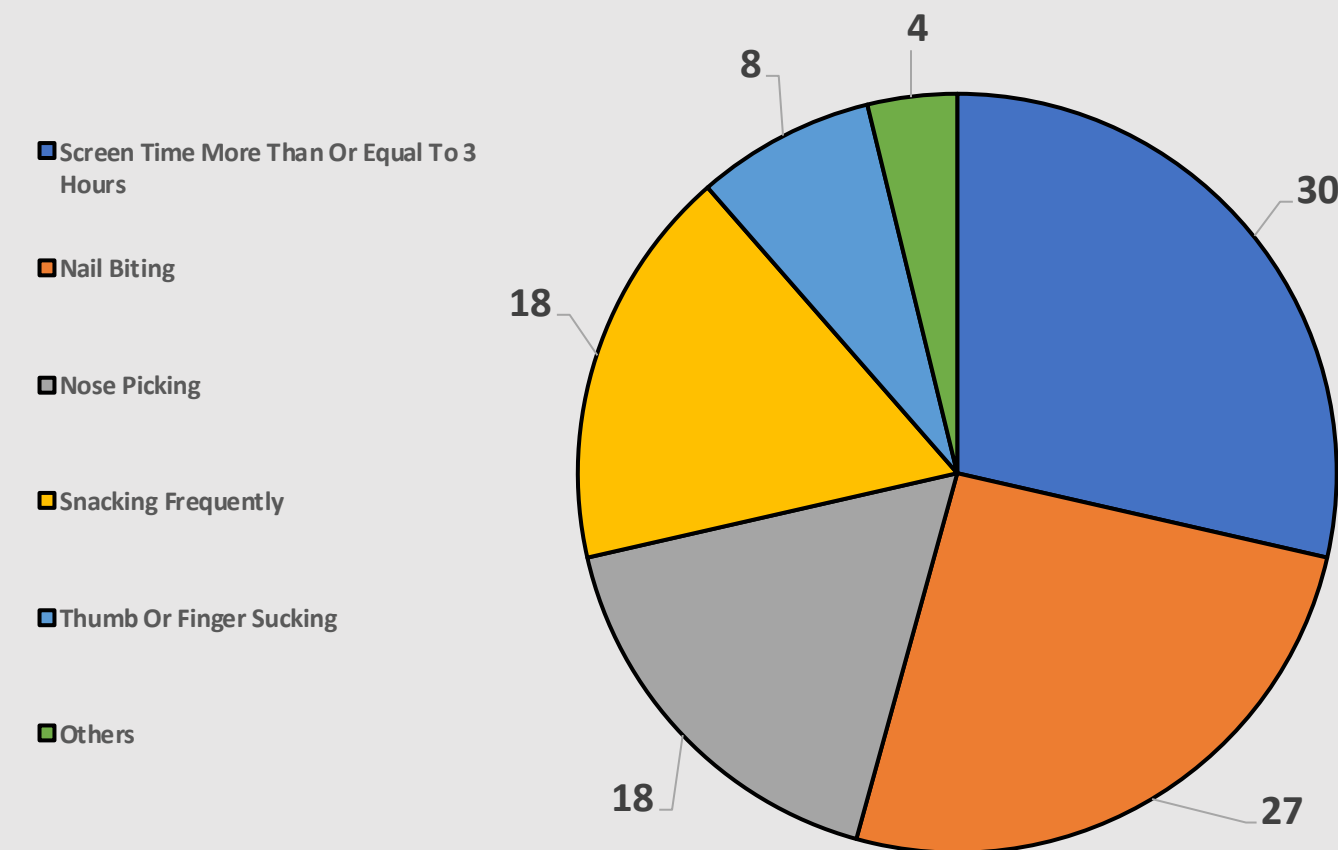
I designed a questionnaire in Google form, this was sent to 3 elementary schools (Grades 1-4). 70 students took the survey. I analyzed the data and made the graphs.

Number of Kids With Good Habits



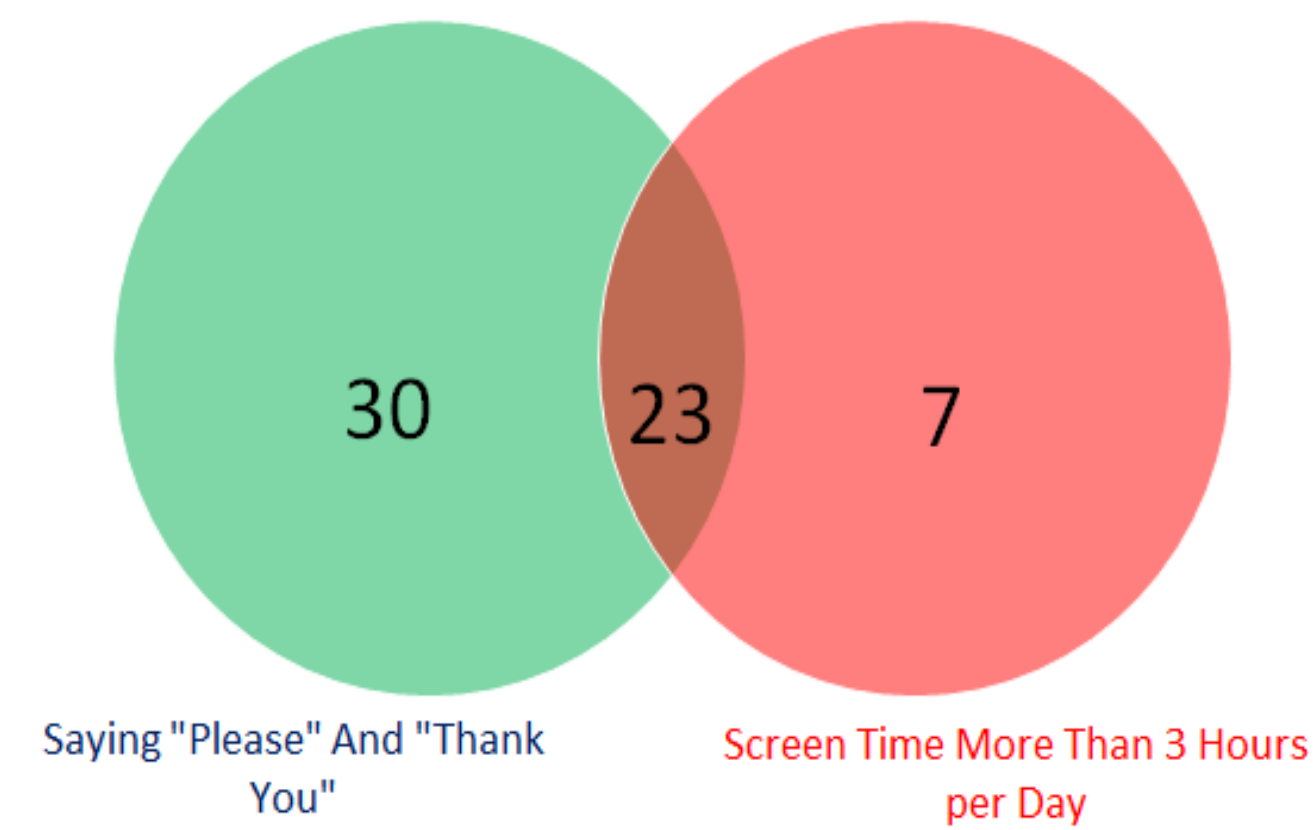
- Saying "please" and "thank you" is the most common (three-quarter) good habit.
- A good number of habits are common among the kids.

Number of Kids With Bad Habits



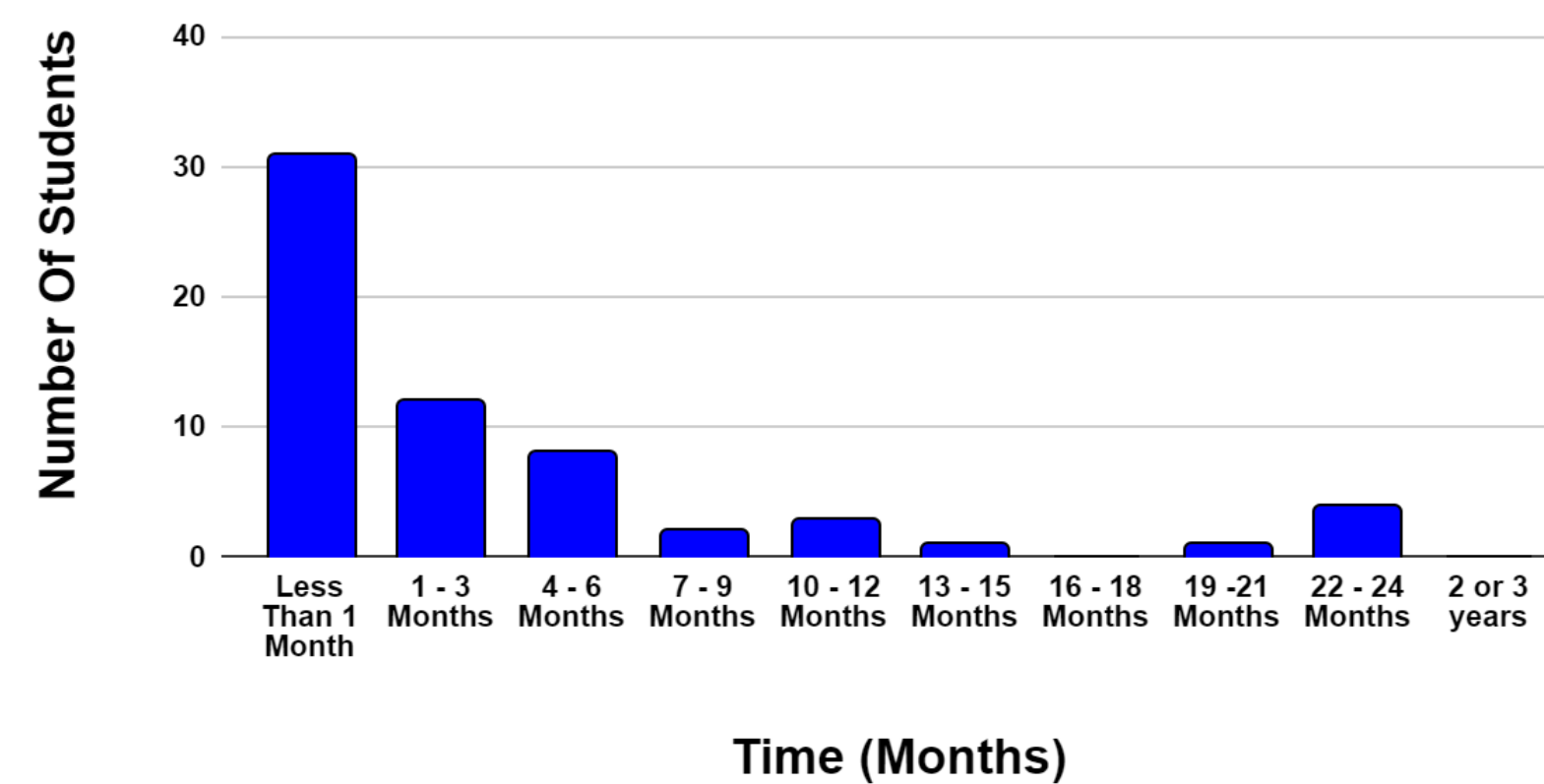
- One-third of the kids have 3 or more hours of screen time per day beyond school hour.
- Nail Biting (one-quarter) is also common.

Proportion of Students with Top Rated Good And Bad Habits



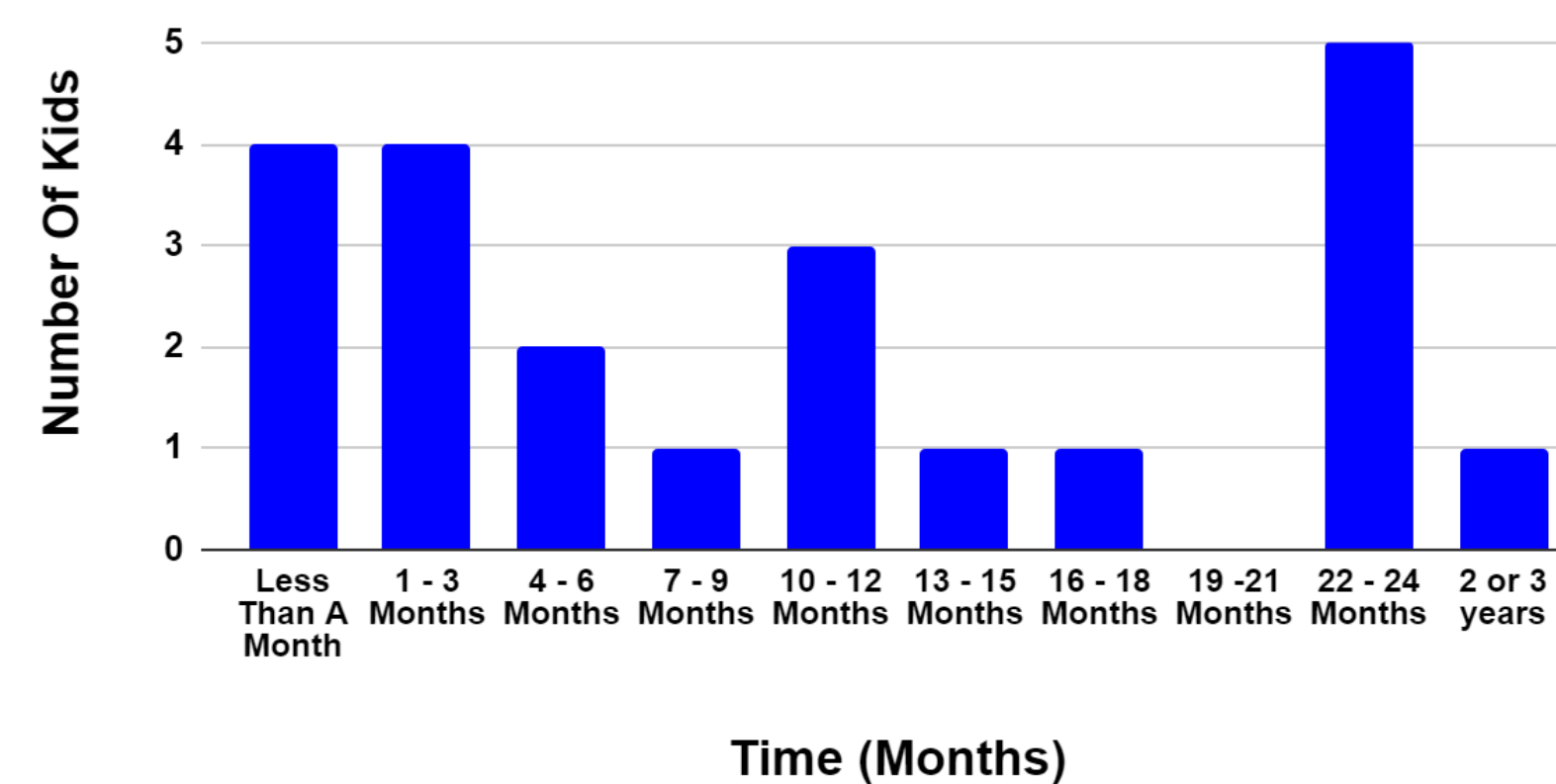
In the Venn diagram, among 60 kids, 30 kids have the good habit only, and 7 have the bad habit only and 23 share both the habits.

Amount of Time Needed to Build The Habit of Covering Mouth When Sneezing



More than two thirds of the kids took less than 1 months to build the habit.

Amount of Time Needed To Reduce Screen Time To Less Than 3 Hours



- One quarter of the kids take less than 3 months to reduce their screen time below 3 hours.
- This habit did persist 2 years for 1/6 of the kids.

Conclusion:

- Saying "Please" and "Thank you" and Screen time more than 3 hours are the most common good and bad habits.
- A good number of good habits are common among the kids.
- Most kids adapted the good habit more quickly (less than 1 month) than they quit the bad habit (up to 2 years).