

Effect of fidget toy on listening attention in adolescent

Abstract

Fidget cube is a new fidgeting gadget that people can hold it in hands and keep pressing the buttons with the fingers. Some people claimed that this gadget is able to help people ease their tensed emotion and enhance performing task. However, stack holders in education field considered such fidgeting behavior is certainly a distractor to any academic learning task. This research tried to elucidate the effect of fidgeting on a listening task. Participants were divided into fidgeting group and control group randomly. Both groups of participants were subjected to a listening task consist of a recording of a story; and a set of multiple-choice questions regarding the content of the story was used to assess their listening performances. The multiple-choice questions were divided into three categories, they were simple deduction, facts recalling and story understanding. Besides, four motivation orientations of the participants were also assessed, they were internal goal orientation, self-efficacy, control belief and test anxiety. The result of the test has shown that fidgeting has significant negative effect on facts recalling. And fidgeting can eliminate the significant correlation between test anxiety and simple deduction.