

# Preference of Final year Physical Therapy students between Printed and Digital textbooks.

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**Abstract :** Books increase the knowledge of students and improve their intellect. In today's era technology has become an indispensable phenomenon which has its impact in every walk of life and education is not an exception to this. The tech-savvy students of today have easily adopted the digital textbooks as a replacement of printed textbooks owing to its ease of use, cost effectiveness and accessibility. Thus, the primary purpose of this research topic is to find the preference of students between printed and digital textbooks and the factors for choosing the specific type of textbooks along with the reasons for the same. Method – Descriptive study in which 106 final year physiotherapy students participated. A self-administered questionnaire was made and validated and sent via online platforms. The collected data were analysed. Result- 85.8% Final year Physical Therapy students preferred Printed textbooks over Digital textbooks (14.2%). Conclusion –Final year Physical Therapy students preferred Printed textbooks over Digital textbooks.

**Keywords –** Digital textbook, Printed textbook, Physiotherapy students.

## INTRODUCTION:

Books play a significant role in the life of a human being by laying down the foundation of learning at a young age. A textbook is a book used as a standard work for formal study of a specific subject. By collecting huge amounts of facts from a wide spectrum of sources, textbooks are the standard platform of knowledge for students.[1]. students generally view textbooks as an important element of their courses and associate helpful textbooks with helpful classes.[2]. They are also integral learning tools that help in explaining various concepts and terms. In fact, textbooks can be used to guide students when analysing and solving problems in different areas of study. And by aiding teaching and learning. Therefore, textbooks largely affect what is taught and what students learn. In the last few decades, not just the appearance of books have been changed, but the mode of reading books has also taken a turn, which is mainly due to the digitalization process.[1,3]

Digital technology has become an integral part of our society. The dramatic advancement in technology has undeniably brought innovations that can play a significant role in reshaping teaching and learning practices. These innovations have provided students access to much more information than has been previously available. With the growth in popularity of tablet computers and more advanced mobile devices, publishers are increasingly making digital versions of books that have traditionally been available in paper format.[4]

Printed textbooks are more traditional form of reading. The printed textbook has been the only resource to get information in educational institutions since childhood, no wonder the whole generation of the early 20th century derived pleasure out of treasuring the textbooks, sharing the textbooks with others, highlighting, note-taking and scribbling on the textbooks when bored in classes.[5] Digital textbook also known as e-book is defined as a book published in a digital format, transferable via the Internet, and can be accessed and read on a portable device, such as a laptop, a smartphone, an eBook reader, a tablet or on a desktop computer. This digital format initially started as PDF files or a set of HyperText Markup Language (HTML) pages. New features, such as built-in dictionaries and pronunciations guides, audio, video, animations, interactive simulations, and live experiments were then added to facilitate the content understanding of e-book.[6]

It is the assumption that mostly printed books are preferred more by older generation and digital books are preferred by newer generation. The people who are most likely to use digital textbooks are primarily current students. Even though current students are comfortable with the use of technology, in fact they are very well known for their technological savviness. Based upon current student's professed familiarity with technology, one may assume that this generation would embrace digital textbook technology but previous research has shown this not to be true[7]. Digital textbooks are relatively new, yet some people like the benefits of a digital format and already prefer this medium to printed textbooks. It is hard to say whether this trend will continue in the future.

Technology has become an indispensable phenomenon in the contemporary era which has its impact in every walk of life and education is not an exception to this. The tech-savvy students of today have easily adopted the digital textbooks as a replacement of printed textbooks owing to its ease of use, cost effectiveness and accessibility. Many colleges have started using digital textbooks and E-library.

Varied views on the students' preference of the specified format of textbooks have laid the platform for more formal and focused research pursuits these days globally. Final year Physical Therapy course consists of 4 main subjects. The students require many textbooks for studying purpose. Hence, it is necessary to find the preference of textbooks in Physical Therapy students. From an educator's perspective, understanding student's preference of printed and digital books is important because educators are constantly challenged to provide innovative, fun, and interactive experiences for varying types of students. Digital textbooks may be a tool with which educators can engage students on multiple levels. The primary purpose of this research topic is to find the preference of students between printed and digital textbooks and the factors for choosing the specific type of textbooks along with the reasons for the same.

**METHODOLOGY:**

This is a Descriptive Study Design for which 106 final year Physical Therapy students had participated. Inclusion criteria were final year undergraduate students of physiotherapy colleges of Mumbai who have used digital textbooks before.

**PROCEDURE:**

A self-made questionnaire was made based on the Preference of Final year Physical Therapy students for Printed and Digital textbooks. Institutional ethical committee's approval was taken and questionnaire was validated. Questionnaire was sent to students via google forms through social media and responses were collected. The questionnaire contains demographic data of the sampling population and questions related to preference regarding printed and digital textbook. After data collection, statistical analysis was done.

**RESULT & STATISTICAL ANALYSIS:**

Descriptive analysis was done to find out the preference of Final year Physical Therapy students between Printed and Digital Textbooks. Mean age of the participants is 22 years. 92 participants were female and 14 male.

➤ **PREFERENCE BETWEEN PRINTED AND DIGITAL TEXTBOOKS-**

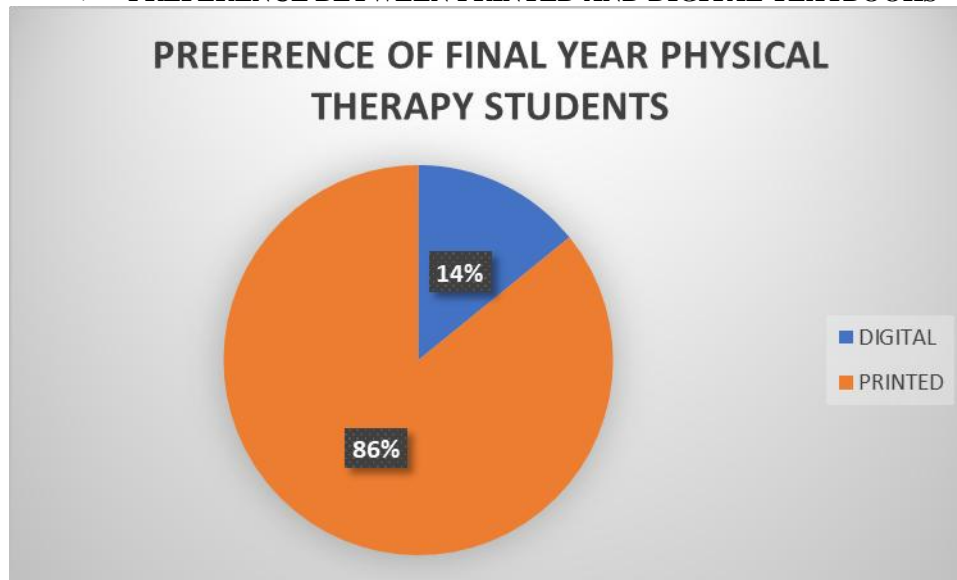


Figure 1 showed 91 students (86%) of the population chose Printed textbooks and 15 students (14%) chose Digital textbooks.

➤ **ADVANTAGES OF PRINTED TEXTBOOKS-**

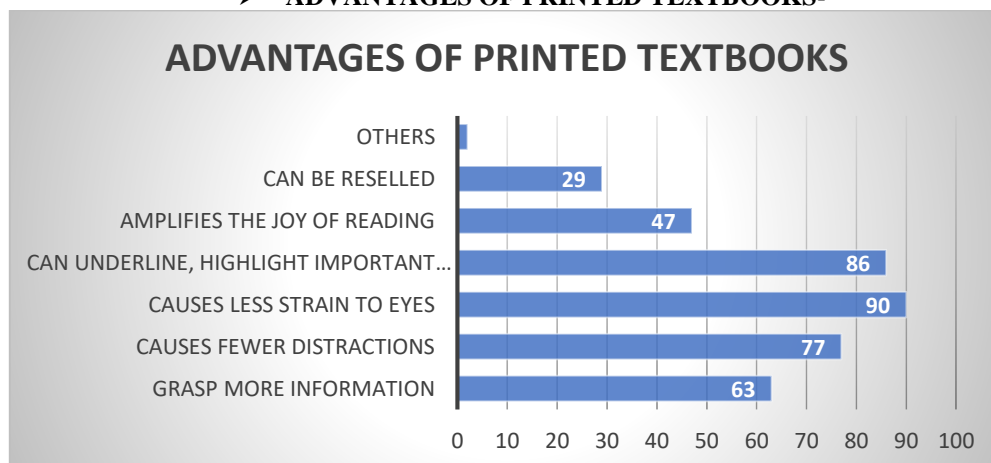


Figure 2 showed that majority of the population considers the option 'causes less strain to the eyes' as the most significant advantage of printed textbooks followed by the options 'can underline, highlight important points and make notes' and 'causes fewer distractions' and grasps more information than digital textbook.

➤ **DISADVANTAGES OF PRINTED TEXTBOOKS-**

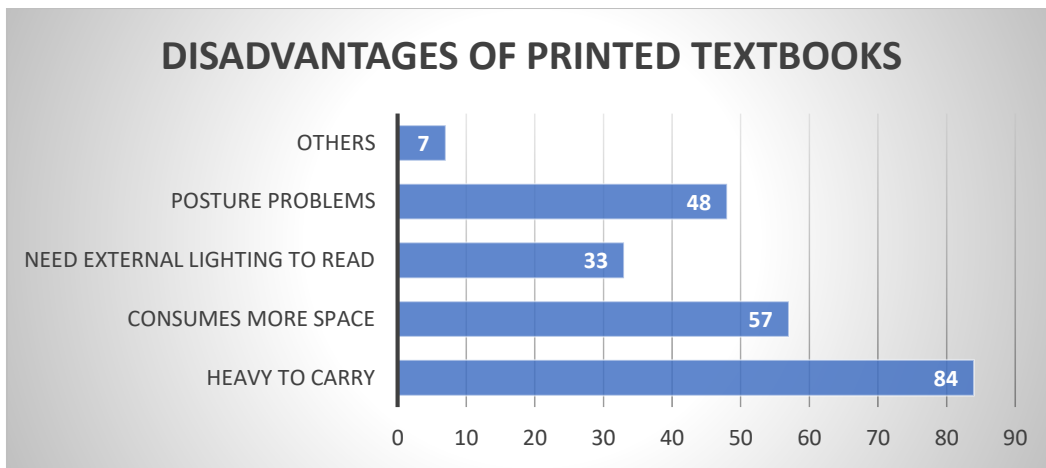


Figure 3 showed that majority of the population considers the option 'heavy to carry' as the most significant disadvantage of printed textbooks followed by the options 'consumes more space' and 'posture problems'.

➤ **ADVANTAGES OF DIGITAL TEXTBOOKS-**

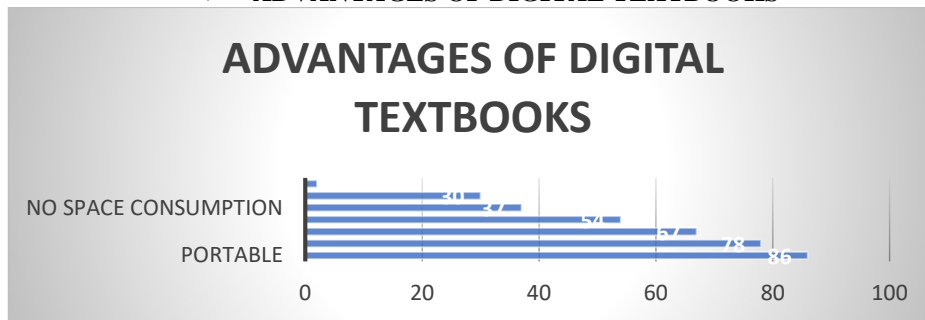


Figure 4 showed that majority of the population considers the option portable as the most significant advantage of digital textbooks followed by the options speedy and easy access and easier to find content.

➤ **DISADVANTAGES OF DIGITAL TEXTBOOKS-**

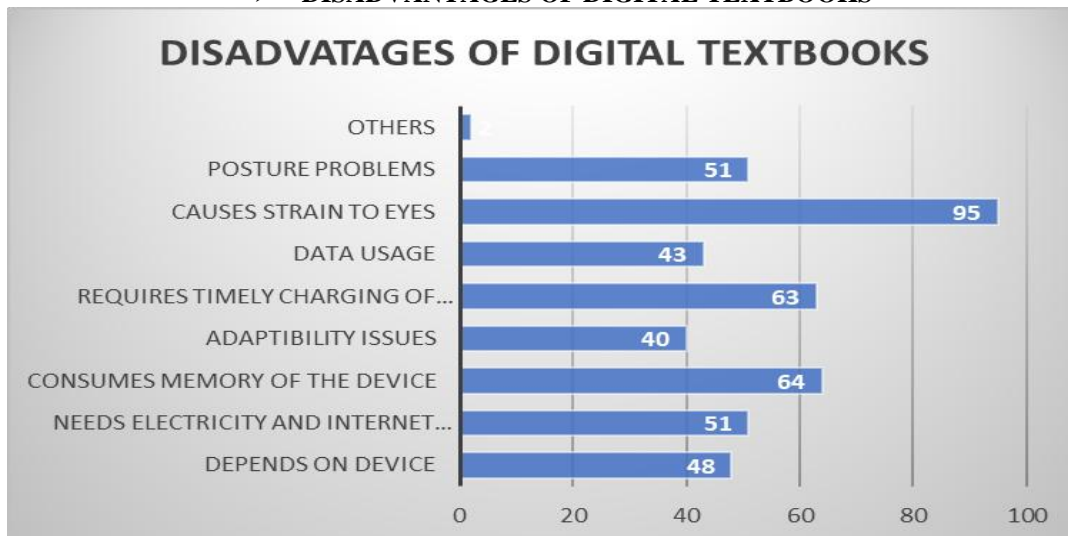


Figure 5 showed that majority of the population considers the option 'causes strain to eyes' as the most significant disadvantage of digital textbooks followed by the options 'consumes memory of the device' and 'requires timely charging of electronic device.'

**DISCUSSION:**

In this descriptive study, It is found that Final year Physical Therapy students preferred Printed textbooks over Digital textbooks. The possible reasons for the same are advantages of Printed textbooks such as causes less strain to the eyes; can underline, highlight important points and make notes; causes fewer distractions, can be loaned or borrowed. The other advantages of Printed textbooks are its cost effective, useful for long term reference, better retention of information, important points are not missed out.

The disadvantages of Digital textbooks can also lead to students preferring Printed textbooks such as causes strain to the eyes, consumes memory of the device, requires timely charging of the device, not good for prolonged reading, can lead to posture problems. The other disadvantages of Digital textbooks are it causes headache, if the source of the digital textbook is lost or damaged then accessibility becomes difficult.

A similar study shows that more students had purchased or leased printed textbooks than digital textbooks. Students preferred digital textbooks for portability, cost, and search ability. Students preferred printed textbooks for studying and preparing for examinations.

Printed textbooks were preferred for readability, comprehension, retention, and studying and were less tiring on the eyes. The result of that study was students preferred digital textbooks for convenience factors and printed textbooks for learning.[8]

Other study by Feldstein, A. also shows that student preferred open textbook are associated with higher grades in their academic performance. The National Association of College Stores (NACS) (2010, 2011) has determined in recent years that students have had a preference toward using printed textbooks as opposed to electronic textbooks for classes.

#### **CONCLUSION:**

In this study it is found that Final year Physical Therapy students preferred Printed textbooks (85.8%) over Digital textbooks (14.2%). The advantages of Printed textbooks as Causes less strain to eyes, causes fewer distractions, grasps more information, can highlight and underline important points, can lead or borrow books, etc. The disadvantages of Printed textbooks as heavy to carry, consumes lot of space, need external lighting to read, posture problems, etc. The advantages of Digital textbooks as portable, consumes less space, ease of archiving, easier to find content, speedy and easy access, etc. The disadvantages of Digital textbooks as causes strain to the eyes, requires timely charging of the electronic device, data usage, consumes memory of the device, need electricity and internet connection, adaptability issues, etc.

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