**Health at Hand: Young Adult Users' Perspective on Health Monitoring Watches**

Kristine C. Acosta (kristine.acosta@lorma.edu)

Carlos Angelo M. Aurellano (carlosangelo.aurellano@lorma.edu)

Ever May S. Lang-ay (evermay.lang-ay@lorma.edu)

Jonabelle F. Pajimola (jonabelle.pajimola@lorma.edu)

Ethan Pierre R. Patao (ethanpierre.patao@lorma.edu)

Kylee D. Tarubal (kylee.tarubal@lorma.edu)

LORMA Colleges Basic Education Schools

Urbiztondo, San Juan, La Union

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**Abstract**

Young adults were struggling with physical inactivity and were also the top users of health monitoring watches. Thus, the researchers aimed to delve deeper into the world of health monitoring watches, examining both their advantages and disadvantages, as well as the factors that drive young adults to use them. To gather data, semi-structured interviews were conducted with ten young adult users of health monitoring watches who resided in San Fernando and San Juan, La Union. Through the process of thematization, the findings revealed that health monitoring watches are predominantly utilized for monitoring vital signs, tracking physical activity, and offering convenience and accessibility. Experiences reported by the participants included the ability to monitor vital signs, estimate calorie burn and track distance walked. Notably, the absence of challenges in using these watches suggests that they seamlessly integrate into daily routines. However, concerns about battery life emerged as an area that requires improvement. Overall, health monitoring watches are highly valued by young adults for their versatility, convenience, and positive impact on overall well-being. Nonetheless, enhancing battery life remains a crucial aspect to be addressed in their development.

**Keywords:** *health monitoring watches, young adults, vital signs, physical activity, experience*