

TABLES AND FIGURES

Table 1. Study Instrument

Question	Response Options
1. What is your age?	18–21 22 and Above
2. What is your gender identity?	Male Female Non-binary/Third gender
3. What is your year in school?	Undergraduate Graduate
4. What is your current employment status?	Employed (Full-time or Part-time) Unemployed
5. Do you currently own and use a wearable technology device (e.g., smartwatch, fitness tracker)?	Yes No
6. If you answered "No" above, why do you not use a wearable technology device? (Select all that apply)	I am not interested I cannot afford it It's not useful I have one but don't use it I always forget to use it No reason Other (please specify): _____
7. How long have you been using your device(s)?	Less than 3 months 3–6 months 6 months – 1 year More than 1 year
8. How often do you use your wearable technology device(s)?	Rarely Several days a week Daily
9. What do you primarily use your wearable technology for? (Select all that apply)	Exercise and workout tracking Step counting Heart rate monitoring Calories tracking Sleep tracking Stress monitoring Time tracking Notification tracking Task reminders Other (please specify): _____

Table 2. Participants Demographics

Demographic Variable	Category	Number of Students	Rate
Gender Identity	Female	59	78.7%
	Male	15	20.0%
	Non-binary	1	1.3%
Age Group	18–21	22	29.3%
	22 and Above	53	70.7%
Education Status	Undergraduate	30	40.0%
	Graduate	45	60.0%
Employment Status	Employed Full-Time	11	14.7%
	Employed Part-Time	22	29.3%
	Unemployed	42	56.0%
Receiving Financial Aid	Yes	41	54.7%
	No	34	45.3%

Table 3. WT Adoption by Demographic Subgroup

Variable	Group	Adopters	Non-Adopters	Total	Rate
Age Group	18–21	13	9	22	59.1%
	22 and Above	36	17	53	67.9%
Gender Identity	Female	41	18	59	69.5%
	Male	8	7	15	53.3%
Student Status	Undergraduate	18	12	30	60.0%
	Graduate	31	14	45	68.9%
Employment Status	Employed	27	15	42	64.3%
	Unemployed	22	11	33	66.7%

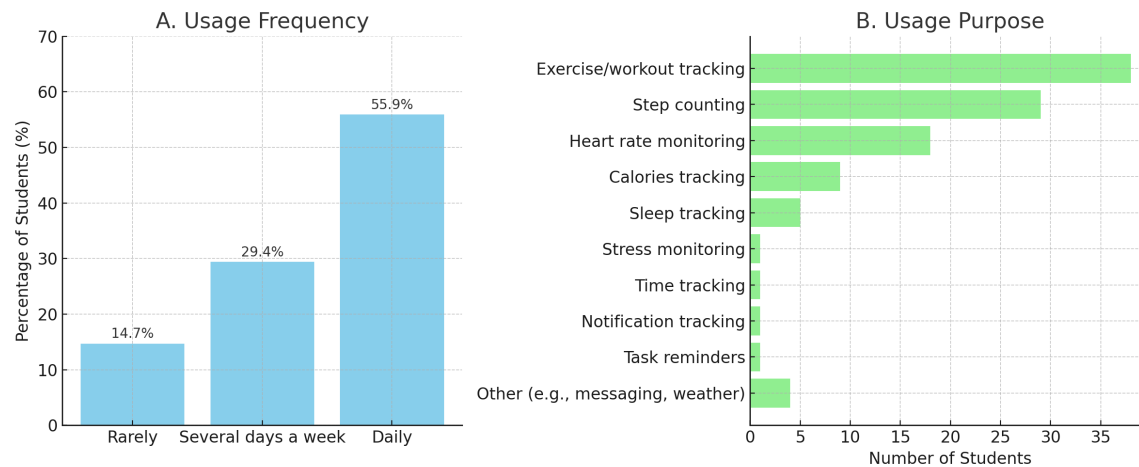


Figure 1. WT Usage Frequency (A) and WT Usage Purpose (B)

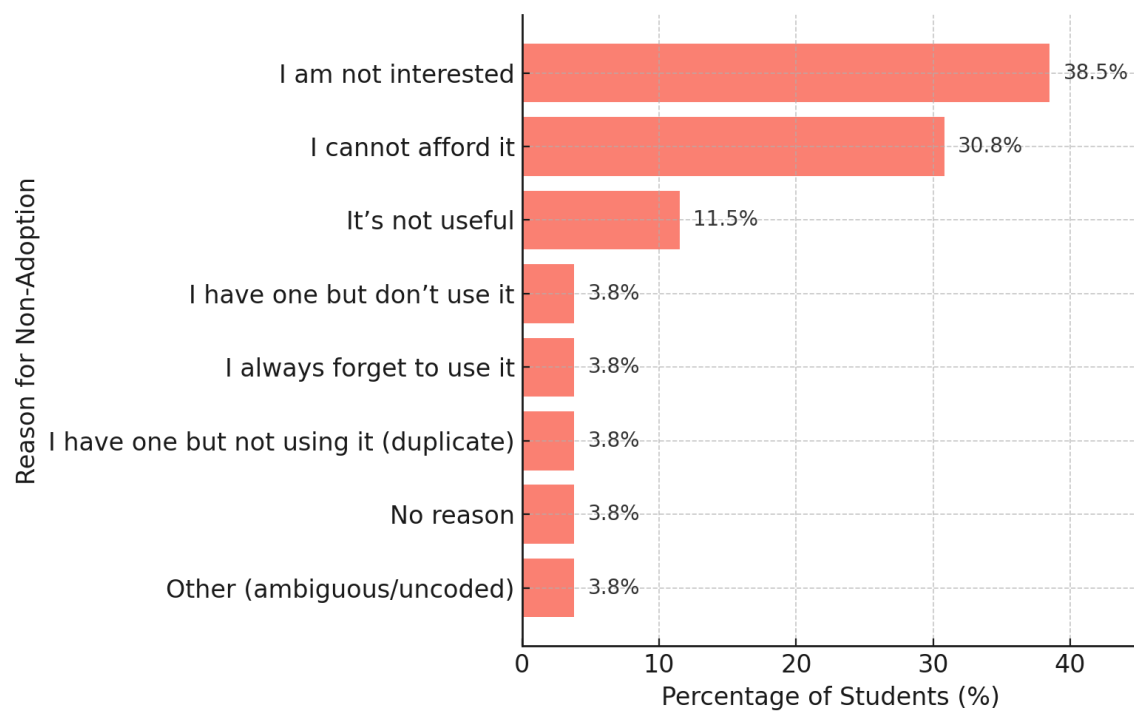


Figure 2. Reasons for Non-Adoption of WT