

### Abstract

Multitasking is a constant requirement in our daily life. While many researches focus on what occur in the multitasking process that impact multitasking performance significantly, The role and the impact of locomotion, as a construct that involves in different levels in the multitasking process, are not fully explored in the recent researches. The purpose of the current research was to explore the role of locomotion both theoretically and practically. Apart from theoretically discussing the role of locomotion in the multitasking process, on the practical side, a study involving a self-report of multitasking habits, a locomotion proclivity and three multitasking paradigms were administered to test the impact of locomotion on multitasking performance. The results showed that no correlation was found between locomotion and multitasking performance in all the paradigms, and there was only a mild positive correlation found between locomotion and concurrent multitasking behavior in the use of the media which are contradicted to the research prediction. Based on the results and a reflection made on the methodology, a future direction of locomotion study is suggested to 1) examine if speed as a focal concern of locomotors has a balancing out effect on the multitasking performance; 2) examine the assessment unit of performance in action and time, instead of points, in order to identify the strengths of locomotion that may match with the relevant task requirements.

*Keywords:* locomotion, multitasking performance, multitasking process