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A survey report on pattern of data using screen time

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Abstract

In today's technology era when the accessibility to internet or smart phone is very easy and economical, the addiction for this new trend is widely spreading. Individuals get engaged with their screen more than anything. This screen addiction is becoming the new challenge for the world to overcome with. Different age groups have different pattern of usage with screen. Taking in account the various psychological problems, emotional disturbance, low academic performance, relationship problems and other behavioural problems, these are some of the common issues associated to the screen addiction.

Keywords: screen time, internet, smart phone, screen addiction

Introduction

In this technological world where machine was made to help humans but now seen as that smart machine bound the humans and restrict them to involve with each other. Now seeing the trend with this smart phone addiction, humans become the slave to that smart machine. It took the place of human relations and outdoors. The virtual is becoming the new trend in today's smart machine world. One spent more time to their screen leaving them to be more lonely, depressed and stressful. The addiction for this new trend is widely spreading among all age groups. Individuals get engaged with their screen more than anything. This screen addiction is becoming the new challenge for the world to overcome with. Different age groups have different pattern of usage with screen.

Research suggests that adolescents having more screen time are associated with less cognitive connectedness, low reaction time, improper motor coordinate, low academic performance, poor relationship and emotional disturbance etc.

Screen time is used for the activities done (time spent) on phone/ mobile or internet or video gaming or laptop/computer in any way/ aspect. Most American children spend all types of screen time can total 5 to 7 hours a day, making it hard for child to sleep at night. The excessive screen time is associated with risk for attention problems, anxiety, and depression in child. Children with spending more time on screen are more likely to be obese (medical encyclopedia). "The National Kaiser Family Foundation (US) survey (2010) found that children aged 8 to 18 years had an average screen time of 7.5 hours/day. This has glaringly exceeded the American Academy of Pediatrics (AAP) recommendation of 2 hours or less".

Another study revealed that negative effects on aggression, sexual behaviour, eating disorders, substance use, and academic difficulties are related to excessive screen time in youth (Strasburger, et al., 2010) [3], also adhering poor sleep quality and problem behaviours (Parent, et al., 2016) [10]. A study reported that average screen time of 2 hours per day among early and mid adolescents associated with different health problems (Ilamparithi, P. & Selvakumar, P., 2017) [2]. One more research reported that in their study about 68% of adolescents reported having screen time more than the recommended (>2 h) (Dubey, et al., 2018) [1].

Another, study revealed the significance positive association between obesity and high proportion of screen time indicating a high consumption of unhealthy dietary pattern among adolescents (Pinho, et al., 2017) [9].

"Excessive exposure to screens especially at adolescence has been associated with lower academic performance, increased sleep problems, obesity, behavioural problems, increased aggression, lower self-esteem and depression. This study was conducted to estimate the

screen time in Indian adolescents and find out the association between the screen time and behavioural health problems.”

Objective

The aim of the survey is to explore the pattern of data using the screen time in participants.

Participants

The present survey comprises of 579 participants from different regions from age range of 12 years and above. This was a online Google form self reported survey on different variables.

Measurement tool

The data was collected using a survey of self reported measure. The survey items were constructed to measure the different demographical variables and time spent on screen/internet/mobile. The survey items measure the pattern of screen time in participants.

Procedure

The present study is a survey report that revealed the pattern of screen time the participants spent. The survey was carried out online. After the data was collected the quantitative analysis was carried out to meet the objective of the study.

Statistical Analysis

To understand the nature of the data descriptive analysis was done. After that, this descriptive analysis was used to understand the pattern of screen time data.

Results and Discussion

The present survey report identified the pattern of participants/data engagement using screen time. The survey reported that 73.1% of the respondents are adults of age range from 19-35 years, 14.3% are adolescents of age 12-18 years and 12.3% are middle aged from 36-55 years. It was reported that 65.6% were female and 34.5% were males. 32.8% of the respondents were graduates and 44% are upto 12th. The data reported that 80.3% of the respondents marital status as unmarried, leaving a remark that the urge for social connectedness is seen more in unmarried as reported in data. The 77.7% of respondents were students by profession.

Among them 85% of the participants have their own smart phone or device, that is the evidence to easy accessibility to mobile phones are widely growing. It's high time to deal efficient with this reported pattern of using screen time that about 21.4% of the participants engaged with their devices 5-6 hours a day and about 7.1% of the participants are indulging with their screen 7-8 hours a day. Moreover, the survey reported 3.6% of respondents showed their indulgence in screen more than 8 hours a day. This situation is alarming to report and will rapidly make a change with the mental health of the individuals involved in the activity. Research suggested that excessive use of screen is positively associated with the cognitive distortions, academic failure, emotional disturbance, poor relationship, various health related issues and behavioural problems in an individual.

The survey revealed that entertainment and social media is the most used sites among all age groups. Among them 41.3% of the participants reported to engaged with youtube and 22.8% with whatsapp. At this point, survey reported that man is getting away from the reality of life and trying to

find social connectedness in virtual world at the cost of real close relations. This gives momentary pleasure but led to stress, anxiety and loneliness in long term.

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