

Excessive Screen Time and Effects on Human Health & Development

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Abstract:

The new millennial population is exposed to excessive screen time. It excessive screen time is either on account of work or entertainment. Most of the work is on computers and laptops also the generation is more inclined towards the over the top (OTT) media service platform like Netflix, Amazon Prime or online games for entertainment which has lead to increased screen time causing them health hazards. This Research aims to examine the effect of the excessive screen time on the human health and development. The primary data was collected for purpose of study via questionnaire to investigate the impact of the excessive screen time on the human health and development. The conclusions were provided after analyzing the collected data using statistical tools and techniques.

Key Words: Millennial, Screen Time, OTT, Health Hazards

Introduction:

The millennials have excessive screen time affecting their health and development adversely. The increased screen time is due to the continuous work on laptops and computers.⁽¹⁾⁽²⁾ Apart from the work the screen time is elaborated sue to their choice of entertainment.⁽³⁾ They are inclined towards the online games, YouTube, Social Media platforms like Facebook, Instagram, Twitter, etc and over the top (OTT) media service platform like Netflix, HotStar, Amazon Prime, etc all results in increasing screen time.⁽⁴⁾⁽⁵⁾ This keeps most of them stick to laptops or their cell phones for extended period of time. There had been alarming increasing in the number of hours spent on laptops and cell phones.⁽⁶⁾ The increase screen time is one of the significant factor contributing to increasing health issues among the population.⁽⁷⁾ Though most of the individuals are aware of the adverse effects excess screen time can cause on the health still due to work commitments or lifestyle are not restricting themselves.⁽⁸⁾⁽⁹⁾ The mellennials definition of

socializing is mostly restricted to socializing virtually. The outbreak of covid-19 have contributed extravagantly to increasing the screen time as individuals are working from home they are spending the complete working hours on laptops and computers, also there has been a tremendous increase in use of social media platforms and outstanding increase in use of OTT platforms.⁽¹⁰⁾⁽¹¹⁾

Objective:

To analyze the effect of the excess screen time on the human health and development

Research Methodology:

Research focuses on analyzing the effect of the excessive screen time on the human health and development. For the purpose of data was collected from 250 individuals in the age group of 25 to 35 years. The data was collected via questionnaire having questions relating to the screen time, time spent on laptops or computers for work, OTT platform, Social media and health problems faced.

Data Analysis:

Study of significance association between Screen Time and health hazards

Tests of Between-Subjects Effects						
Source		Type III Sum of Squares	df	Mean Square	F	Sig.
Type * Health and Development	More than 10 hours work on Laptop daily	31.275	3	10.425	43.992	0
	Usage of Social Media	26.773	3	8.924	42.47	0
	Time spent on OTT platforms	19.538	3	6.513	34.702	0
	Time spent Surfing	25.301	3	8.434	40.282	0
	Frequent Headache	15.648	3	5.216	22.849	0
	Problems of burning, itch , dry or wet eyes	5.939	3	1.98	8.985	0
	Problem of Sensitivity to light	16.341	3	5.447	27.903	0
	Fatigue experienced	19.586	3	6.529	30.903	0
	Facing lack of concentration	0.671	3	0.224	0.984	0.4
	Anxiety issues	23.266	3	7.755	33.837	0

	Having sleeplessness	5.553	3	1.851	9.776	0
	Increased screen time is causing health issues	20.575	3	6.858	579.088	0
	Satisfied with your Screen time	15.472	3	5.157	81.991	0

- a. R Squared = .794 (Adjusted R Squared = .791)
- b. R Squared = .800 (Adjusted R Squared = .797)
- c. R Squared = .828 (Adjusted R Squared = .826)
- d. R Squared = .781 (Adjusted R Squared = .778)
- e. R Squared = .802 (Adjusted R Squared = .799)
- f. R Squared = .708 (Adjusted R Squared = .704)
- g. R Squared = .755 (Adjusted R Squared = .752)
- h. R Squared = .743 (Adjusted R Squared = .740)
- i. R Squared = .843 (Adjusted R Squared = .840)
- j. R Squared = .738 (Adjusted R Squared = .735)
- k. R Squared = .692 (Adjusted R Squared = .688)
- l. R Squared = .935 (Adjusted R Squared = .934)
- m. R Squared = .702 (Adjusted R Squared = .698)

To test the association between the excess screen time and health hazards Multi-way ANOVA test is applied. The significance value obtained from all the variables is less than the alpha value of 0.05 ($p < 0.05$) which states that there is significant association between the excess screen time and health hazards and it can be said that the Screen time affects the individual health adversely. As the R square value obtained is more than 0.70 which states that there is **strong** association between the two variables.

Conclusion:

The research concludes that there is a significant impact of the excess screen time on the human health and development. The symptoms of ill health reported by the individuals are due to excess screen time. The complaints of headaches, burning eyes, itch & dry eyes, sensitivity to light, fatigue, lack of concentration, anxiety, sleeplessness are common among the individuals having the average screen time of 10 hours. Excessive screen time leads to sitting inactive for long period of time, also the posture while using the laptops and cell phones caused physical issues. Inactiveness causes issues like weight gain, body pain, bad posture in long term might cause some serious health issues like obesity, diabetics spondylosis or piles. To avoid these problems it

is essential to reduce the screen time as much as possible. As the symptoms of ill health in short term might lead to serious health issues in long term.

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