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12-10-2020

College Students and Screen Time on Digital Devices During COVID-19

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Recommended Citation

Kent, Bailee, "College Students and Screen Time on Digital Devices During COVID-19" (2020). *Fall Student Research Symposium 2020*. 34.

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College Students and Screen Time on Digital Devices During COVID-19



Bailee Kent

Dr. Joyce Kinhead, Faculty Mentor, *Utah State University*

Introduction

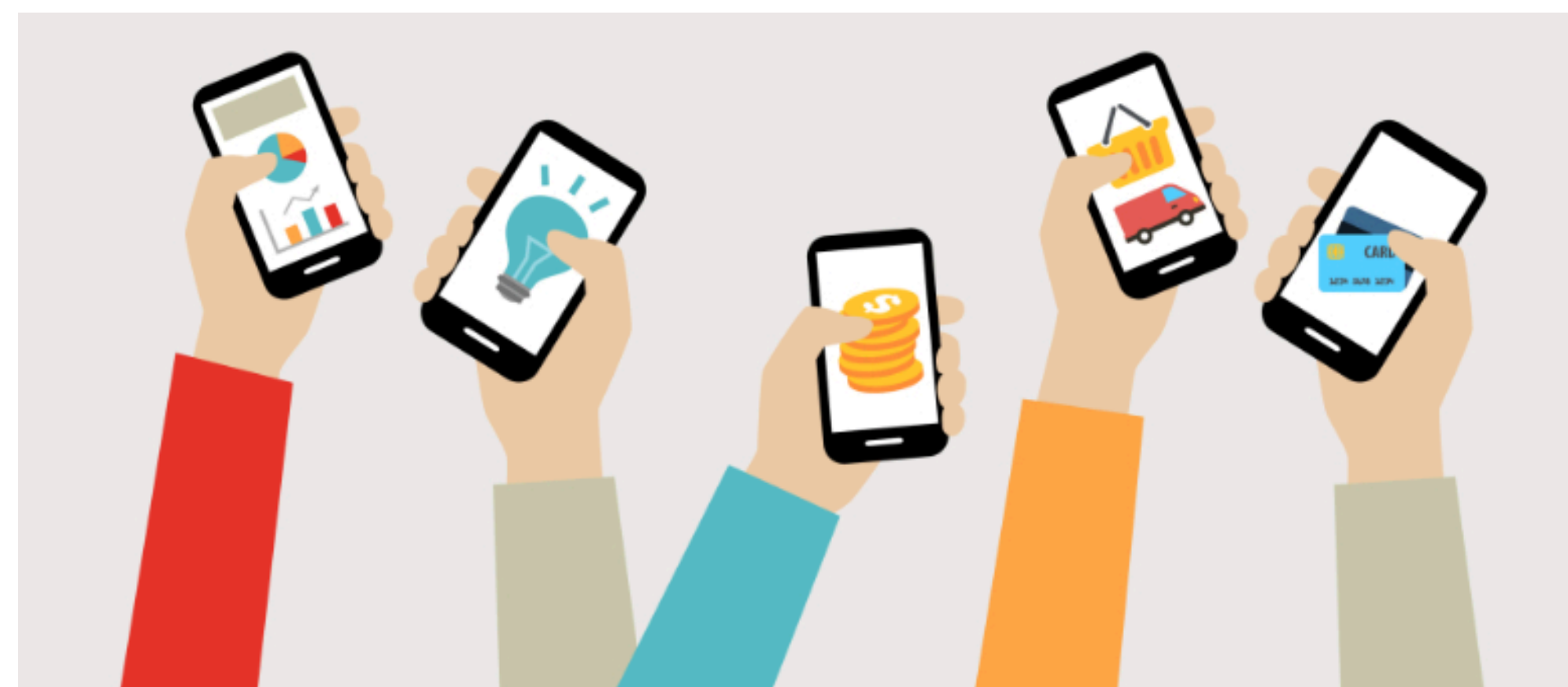
What effect have quarantine and isolation had on college students' screen time on digital devices during COVID-19.

College students use their digital devices to stay in touch with friends and family and also to complete schoolwork, function on the job, stay connected through social media, and track exercise.

For this study, I looked at college students and their use of digital devices.

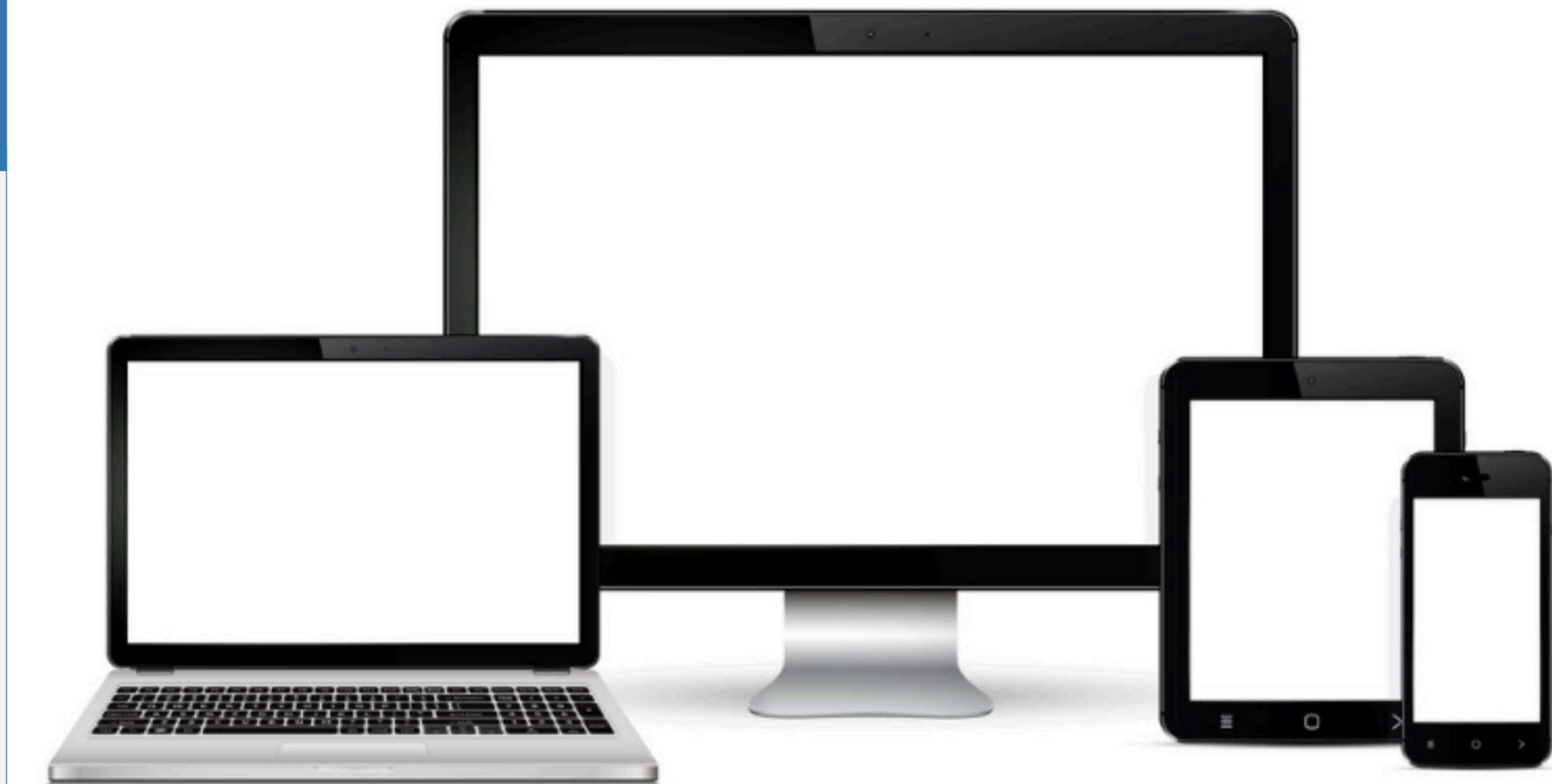
Methods

46 undergraduate English majors were surveyed. Two people were interviewed, one a faculty member in technical communication and a second with expertise in digital detox.



Results

- 53.85 % of students use their digital devices 50+ hours a week.
- While 76.92% of students wish they could reduce their screen time, 53.85% have never set app limits or scheduled downtime to try and implement less screen time.
- 69.23% of students believe screen time is productive and a way of social networking.
- Figure 1 ranks the most popular uses of digital devices for students. They also noted other uses including, taking pictures, making notes, working, playing games, checking news, banking, and reading.



Conclusions

- Digital screen time has increased during a global pandemic.
- Students recognize their screen time and the negative effects it has on them.
- A participant explained they don't enjoy social media, but they visit it so constantly because they begin to feel anxious when they are not looking at it.
- Screen time affects almost everyone, especially during the time of COVID-19.

Figure 1 – Students' Use of Digital Devices

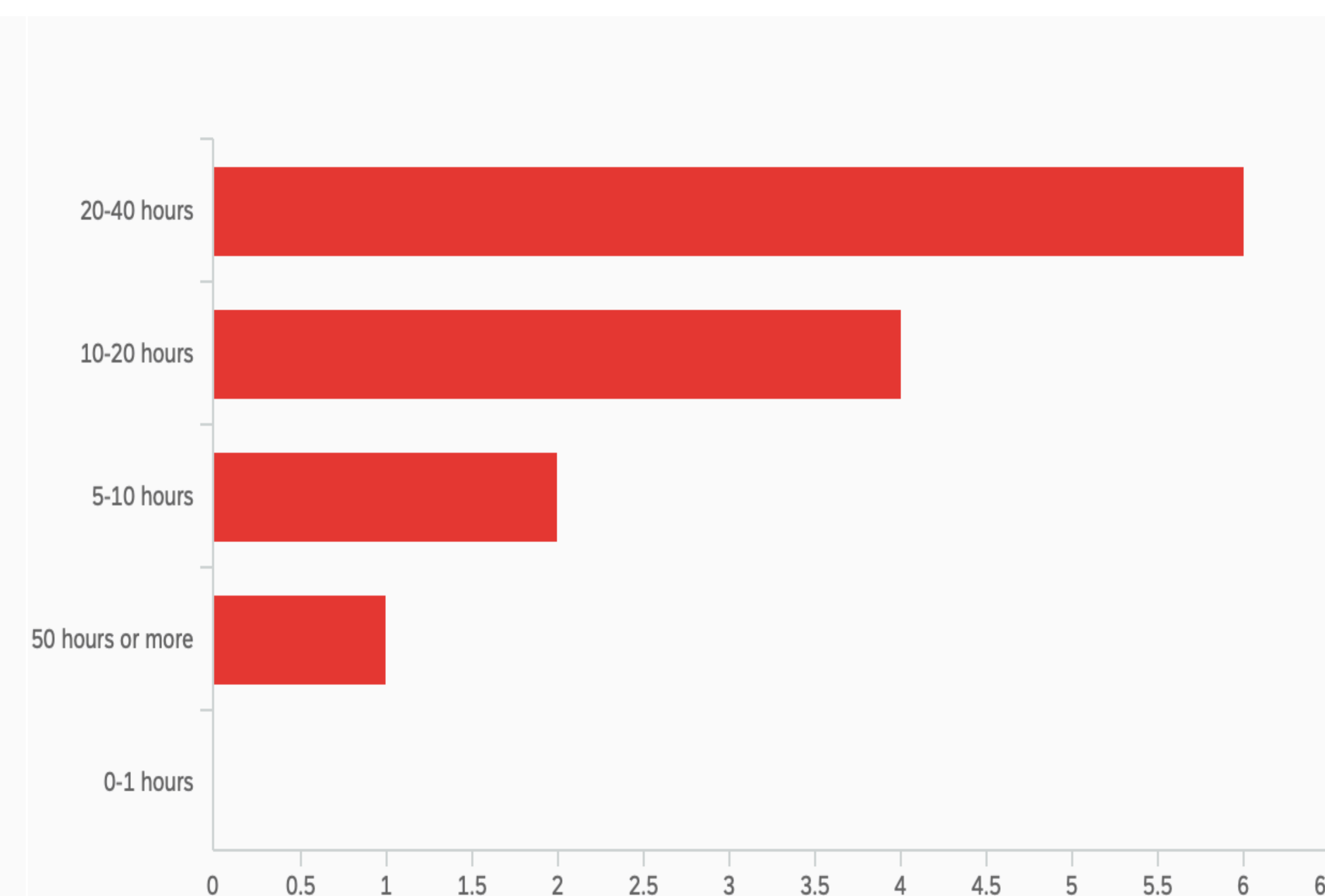
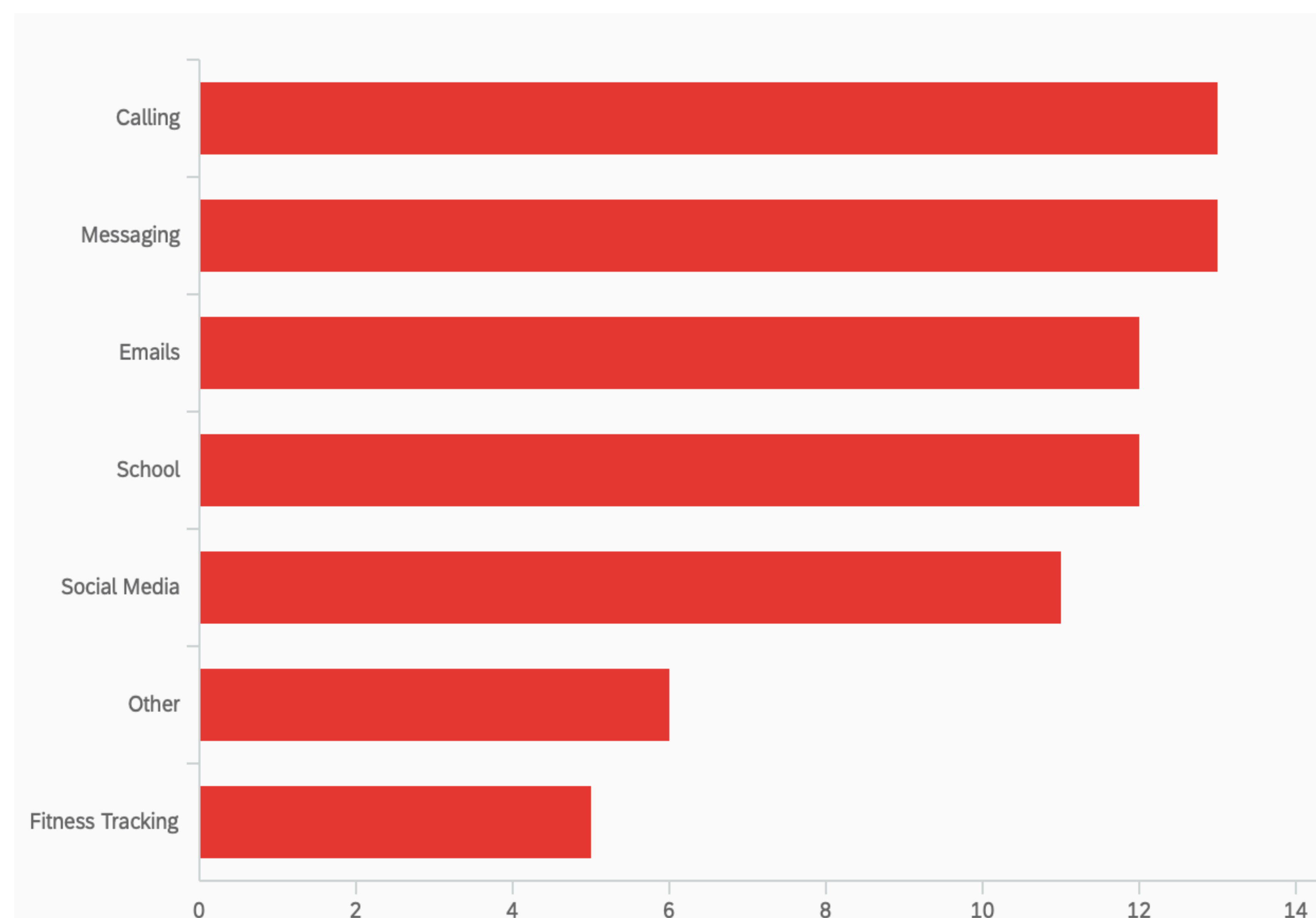


Figure 2 –Students' Weekly Screen Time

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