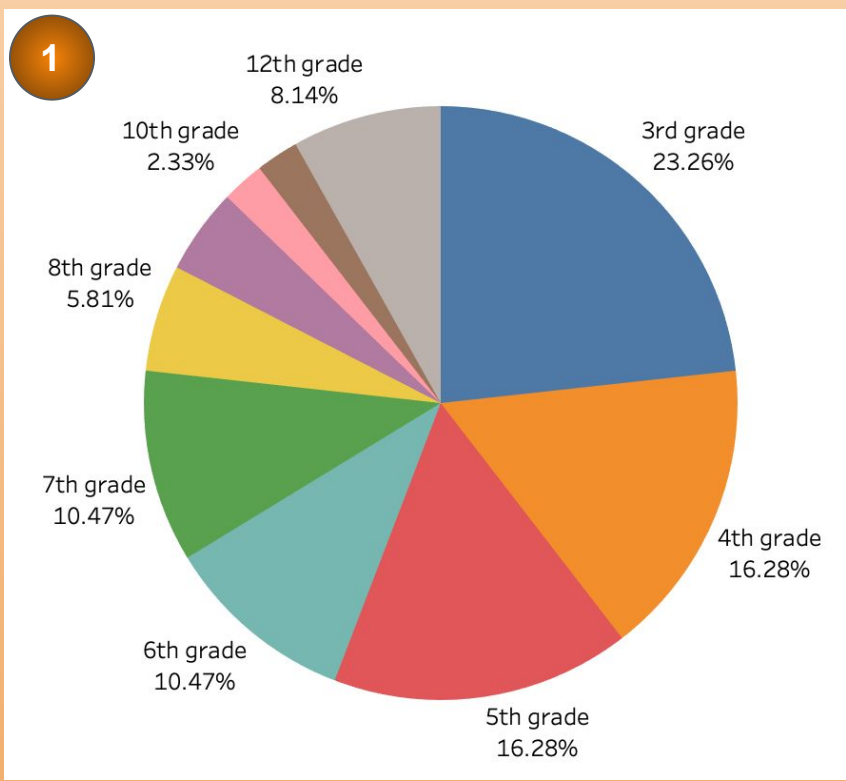


How Does Screen Time Affect Kids' Health?

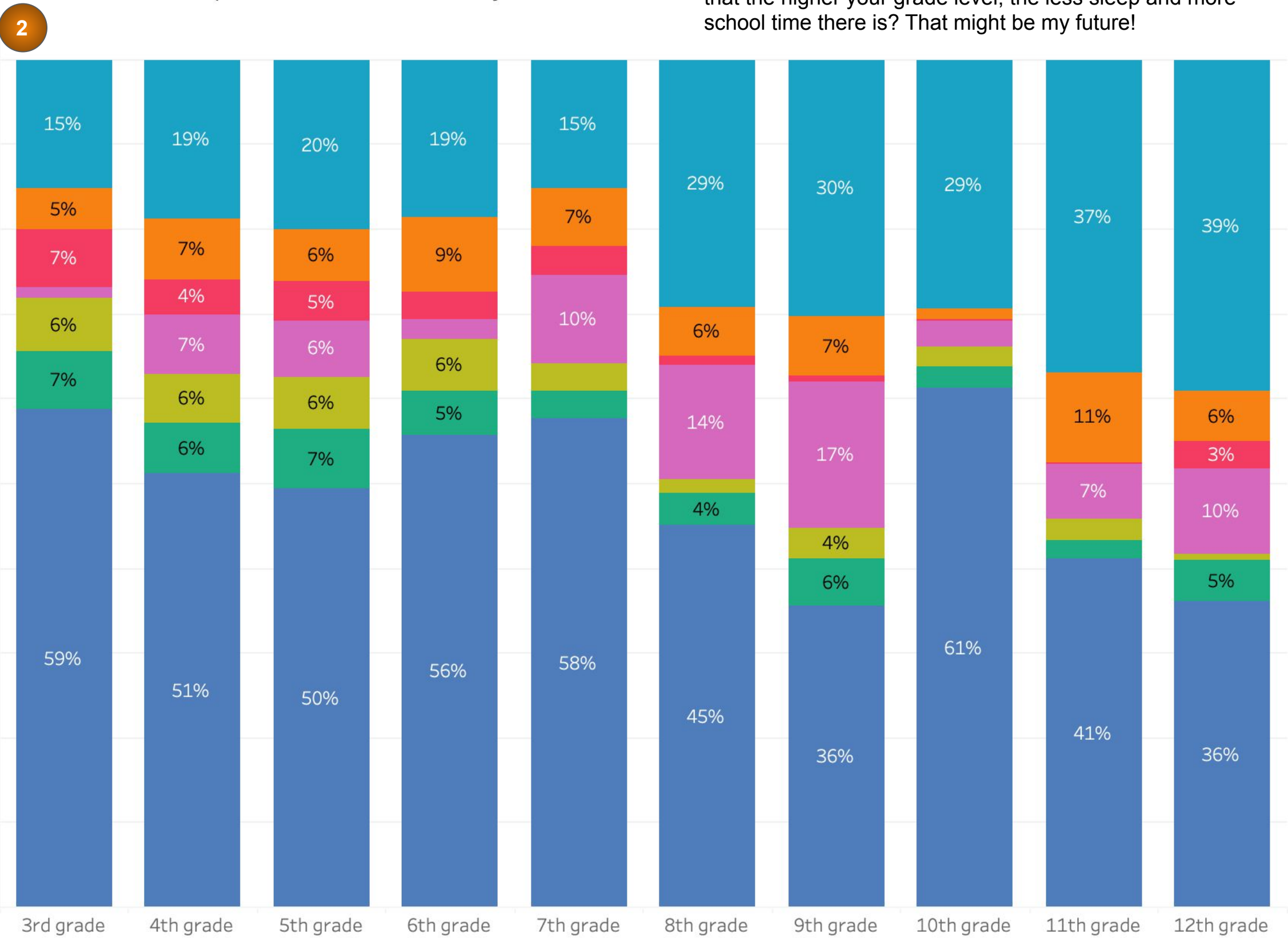
PURPOSE:

- Many people are doing things online for school and other things.
- I want to know what health effects screen time has on us kids: Emotion, exercise, vision, sleep quality, energy level, social ability.
- I created a Google Form to collect real-life data from students.
- In this research I learn that kids' emotion, energy, and vision health change by quite a bit with the increase of screen time because of school, TV, and gaming.
- I still need to do more studies in order to make some data graphs that show effects.

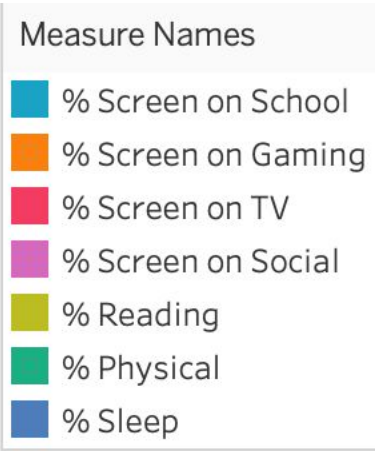


My 86 respondents are 3rd~12th graders.

Percent Time Spent on Activities by Grade

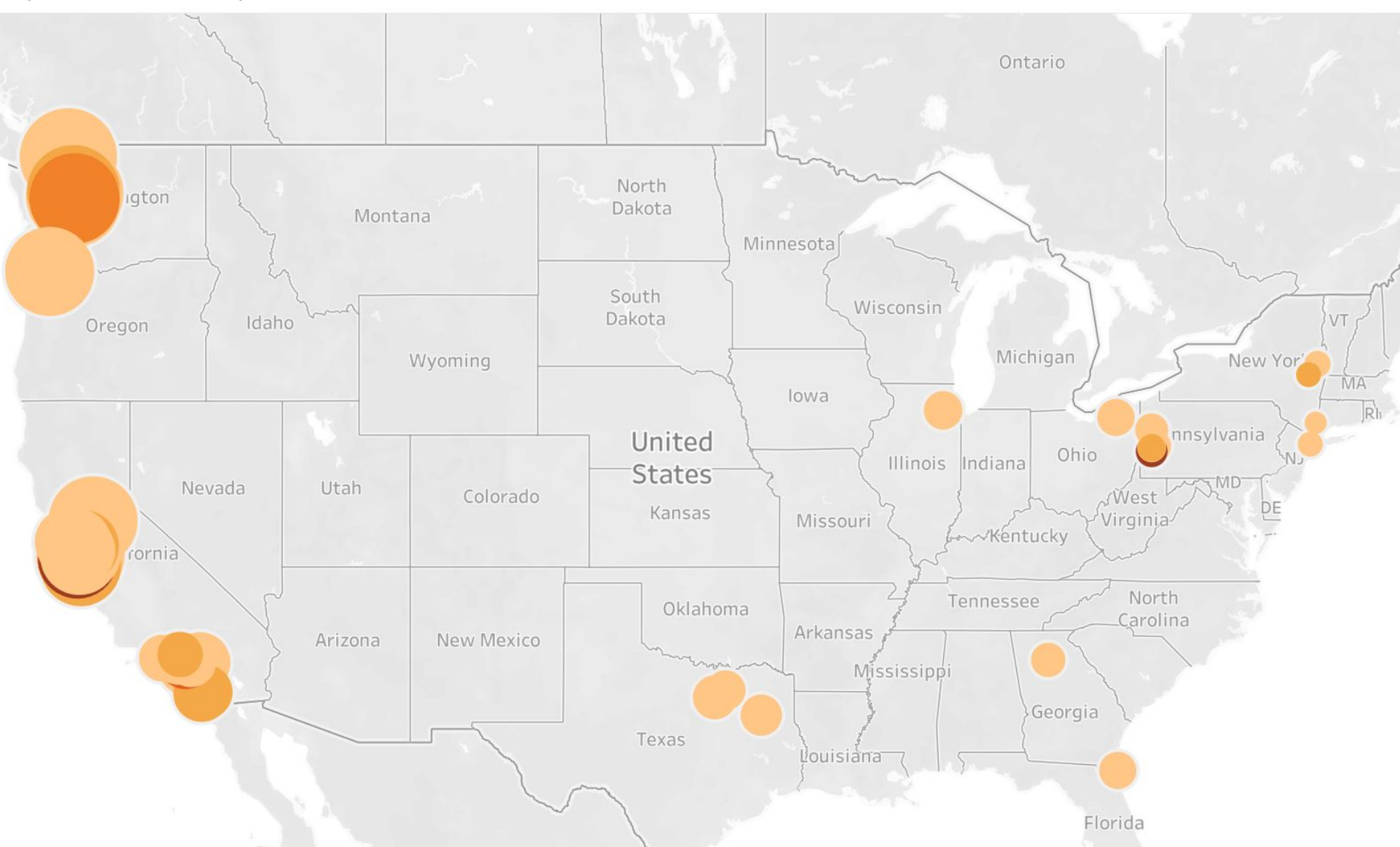


It makes sense that we sleep the most, but do you realize that the higher your grade level, the less sleep and more school time there is? That might be my future!



We have a geographically diverse set of respondents between the east and west coasts.

Zipcode of Respondents

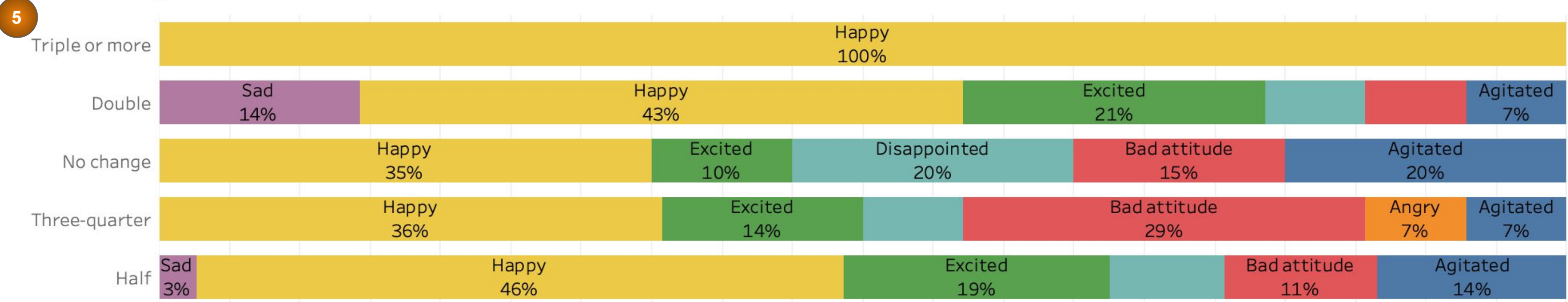


How Change in Screen Time Relates to Emotional State



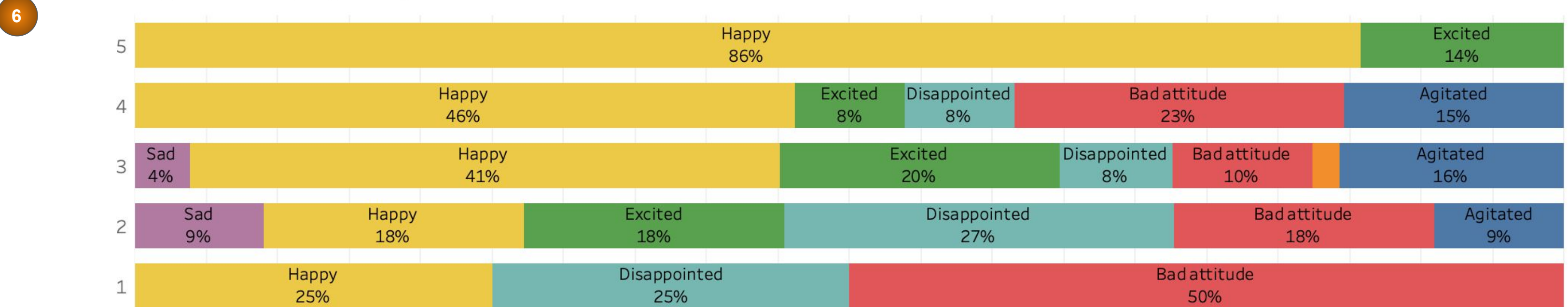
- We can see that the less screen time, the more occurrence of positive emotion (Happy), and the more screen time, the more of negative emotion (Agitated, Bad attitude, Disappointed).

How Change in Exercise Time Relates to Emotional State



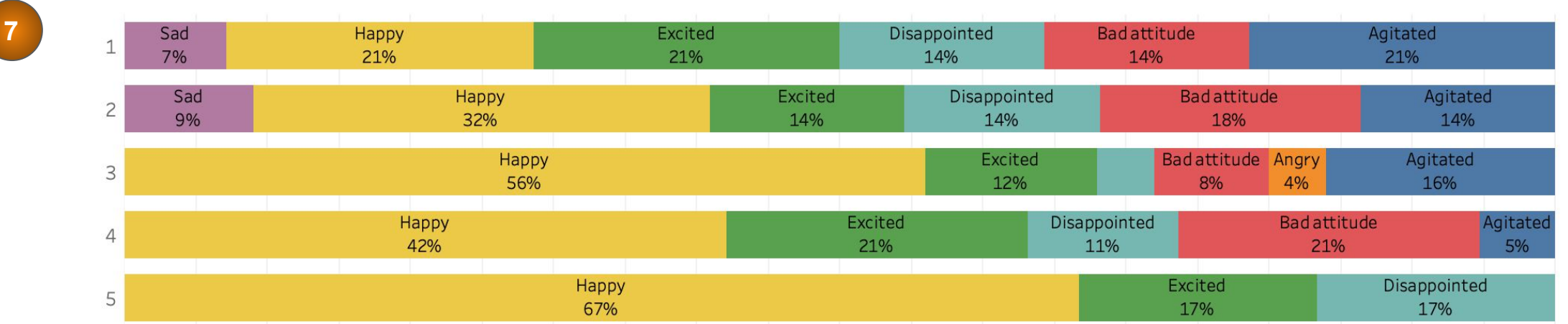
- The trend is weak, but we can see that the more exercise we children have, the more positive emotion we have, and the less exercise, the more negative emotion we have.

How Change in Sleep Quality Relates to Emotional State



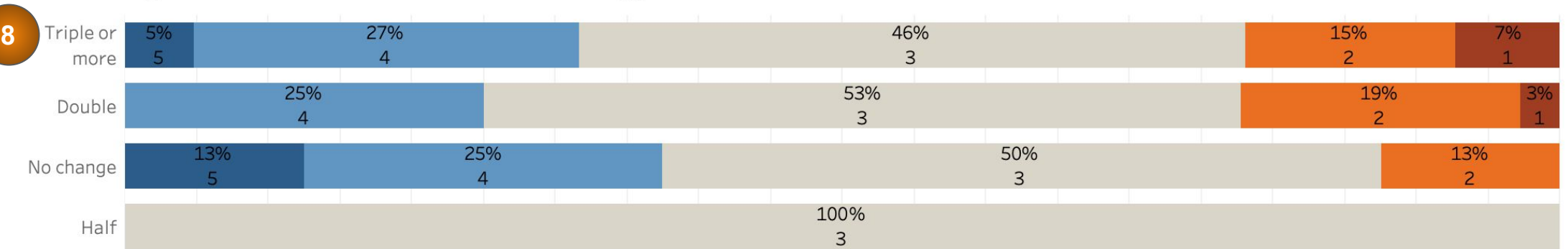
- We see that the better sleep (4/5) we get, the more positive emotion we have, and the worse sleep (1/2) we get, the more negative emotion we have.

How Social Ability Relates to Emotional State



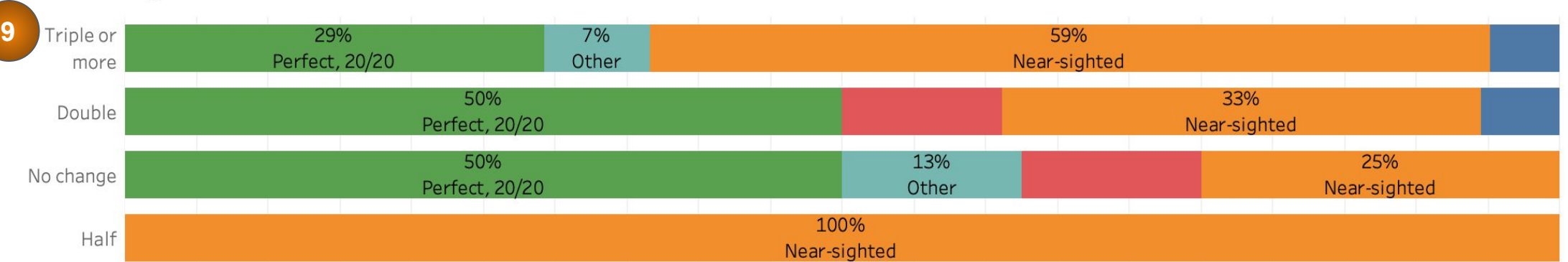
- We can see more positive emotions when we hang out with friends more (4/5), and more negative emotions otherwise (1/2)

How Change in Screen Time Relates to Energy Level



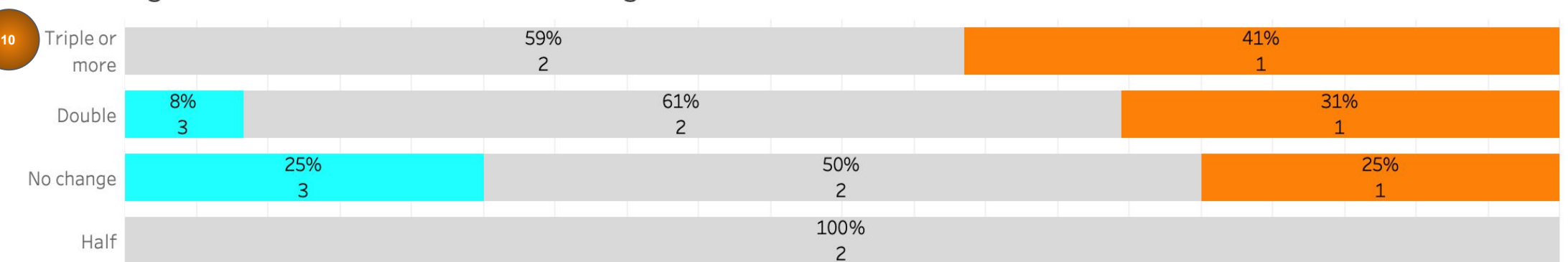
- We can see the more screen time, the more lower energy (1), and the more screen time, the less higher energy (5).

How Change in Screen Time Relates to Vision Health



- We can see that the more our screen time increased, the more occurrences of Near-sighted and fewer of 20/20, vice versa.

How Change in Screen Time Relates to Change in Vision Health



- We can see fewer students with better vision health (3) and more with worse vision health (1) as screen time increased.