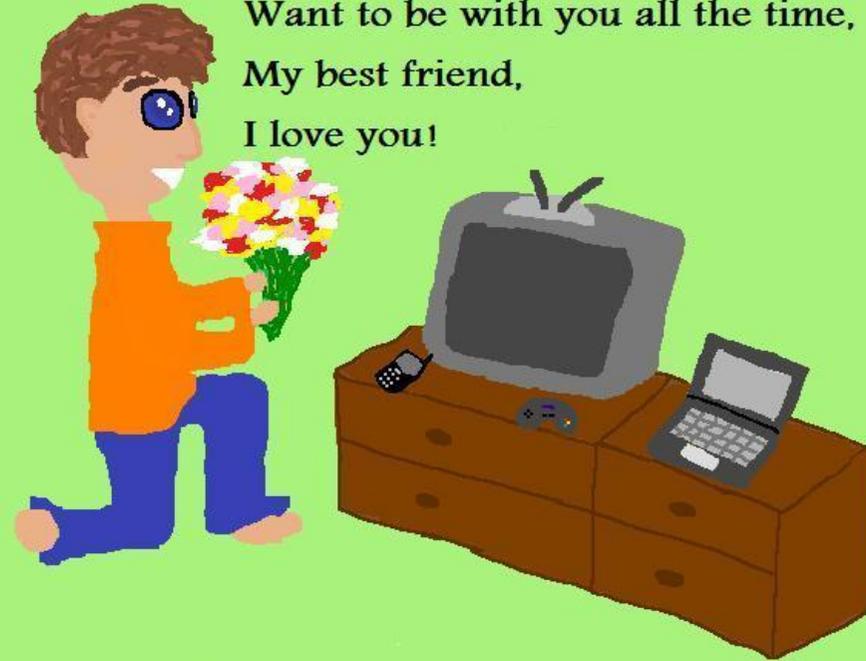# Teens on Screen!

By Uday Kohli, Supriya Kohli, Vishnupriya Parasaram, and Raghavendra Pai

I wake up and think about you,

Not able to sleep in the night,

Can sacrifice everything for you,

Want to be with you all the time,

My best friend,

I love you!

Please do not let this happen!!!

~Picture made by Supriya Kohli

Our Inspiration

Screen addiction, although it is not considered as a diagnosis yet, is becoming a global social issue; nothing much is being done on a large scale to prevent it from getting worse. There are multiple studies to document the consequences of excessive screen use. The community around us affects us in many ways, and we are all constantly attempting to improve it.

Screen implies anything on the television, computer, iPad, cell phone, etc. used for non-educational purposes

Our aim was to initiate the process of awareness into our society.

Media Education

Media Education helps one distinguish between the good and bad parts of media and technology. Children are getting addicted to screen which is resulting in poor grades, increased stress, violence, etc. On the other hand, there are a lot of advantages as well. We want our peers to advance with the usage of technology but avoid the addicting and negative aspects of it. Media education helps with this.

The purpose of our study is to promote media education in our community.

Question

Can we adolescents increase the awareness about screen addiction in our peers, and thus start the education process for the bad, damaging effects of the screen through media education?

Hypothesis

If we teenagers use an effective survey, then we can increase the awareness about screen addiction in our peers and start the process to implement changes into schools/our society.

AAP--Increasing Awareness

The American Academy of Pediatrics (AAP) states in their policy statement on media violence that just 1 to 2 minutes of counseling by pediatricians in their office have proved to be helpful in increasing their awareness. We thought that we, teenagers, could raise the awareness level amongst our peers with a simple, 1 to 2 minute survey.

THE SURVEY:

We devised a simple questionnaire with a pre and post survey question to analyze the change in awareness of screen addiction. The questions were formatted in a way to instill an awareness.

Teens on Screen*

*Screen means: T.V., computer, iTouch, phone, etc. for non-educational work

How big do you think the problem is relating to teen addiction to the screen?
Circle your choice. 1 being no problem, 10 being a very big problem.

1   2   3   4   5   6   7   8   9   10

STATEMENT	Strongly Agree	Agree	Disagree	Strongly Disagree
1. I usually stay on the screen for more time than I plan to.	○	○	○	○
2. I cannot imagine living without the entertainment type screen for an entire week.	○	○	○	○
3. I spend more time on the screen than with my family and friends.	○	○	○	○
4. I spend more than an average of 3 hours on the screen per day.	○	○	○	○
5. Too much screen is related to obesity and stress.	○	○	○	○
6. Too much screen is related to poor academic results.	○	○	○	○
7. Too much screen is related to aggression and poor relationships with family and/or friends.	○	○	○	○
8. I think that screen addiction is a problem now that will grow tremendously in the near future.	○	○	○	○
9. I think that I can have an addiction from just playing video games and watching T.V/ other screen.	○	○	○	○
10. I would be willing to help educate others about screen addiction.	○	○	○	○

11. What is your current grade level? _____

After doing this survey, how big do you think the problem is relating to teen addiction to the screen?
Circle your choice. 1 being no problem, 10 being a very big problem.

1   2   3   4   5   6   7   8   9   10

A Survey by Teens

Experiment

After taking permission from the principals of different schools, the survey was distributed to:

1. All Students present on a particular day in:
   - Two private high schools (9th-12th grade)
   - One public middle school (8th grade only)
2. Distributed through teachers in a few classes for voluntary participation in:
   - Two public high schools (9th-12th grade)
   - One public middle school (8th grade only)
3. Through friends and their friends

Sample Size

Total number of surveys given: 2040
Total number of surveys entered: 1723
Total number of surveys deleted: 317
Percentage of surveys deleted: 15.54%

Reasons for deletion:
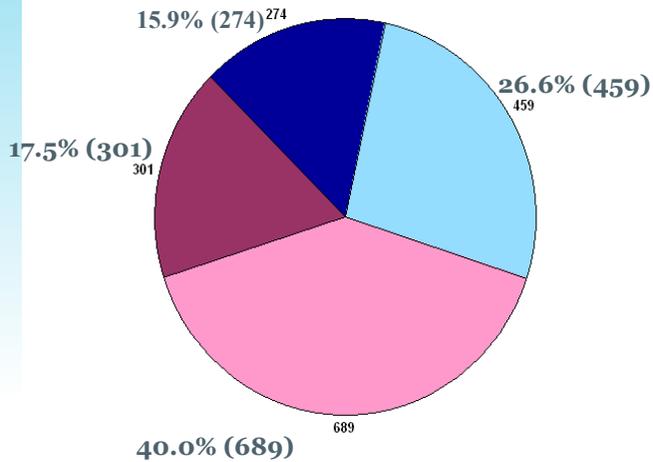- Pre and/or post survey question was not answered
- Multiple answers to the same question
- Question(s) not answered
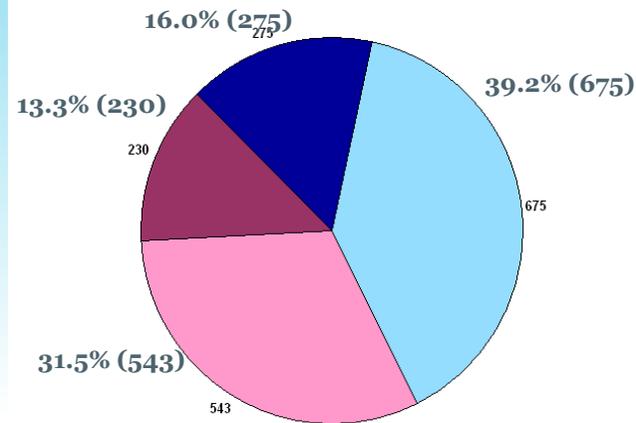- Grade level identified as less than 8th or more than 12th

Sample Size

School	Total Given	Cancelled	Entered
Private High School 1	376	68	308
Private High School 2	527	99	428
Public High School 1	522	61	461
Public High School 2	56	4	52
Public Middle School 1	333	44	289
Public Middle School 2	164	22	142
Miscellaneous (Through Friends)	62	19	43

Question Analysis

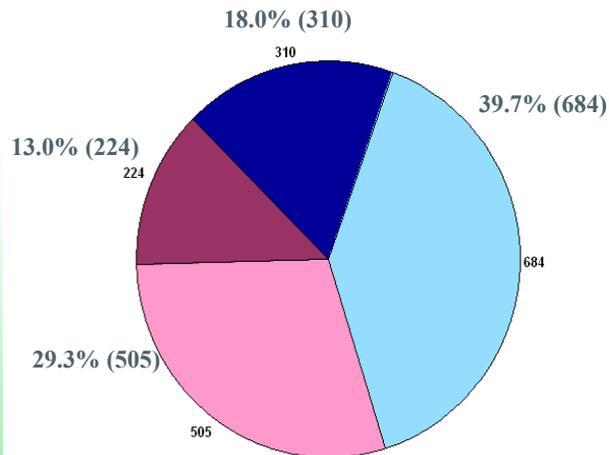### I cannot imagine staying without entertainment type screen for an entire week.

15.9% (274) 274
26.6% (459) 459
17.5% (301) 301
40.0% (689) 689

I spend more than an average of 3 hours on the screen per day.

16.0% (275) 275
13.3% (230) 230
39.2% (675) 675
31.5% (543) 543

Too much screen is related to obesity and stress.

21.6% (373) 373
11.1% (192) 192
41.6% (716) 716
25.7% (442) 442

Too much screen is related to poor academic results.

18.0% (310) 310
13.0% (224) 224
39.7% (684) 684
29.3% (505) 505

Too much screen is related to aggression and poor relationships with family and/or friends.

9.2% (158) 158
33.1% (571) 571
18.0% (310) 310
39.7% (684) 684
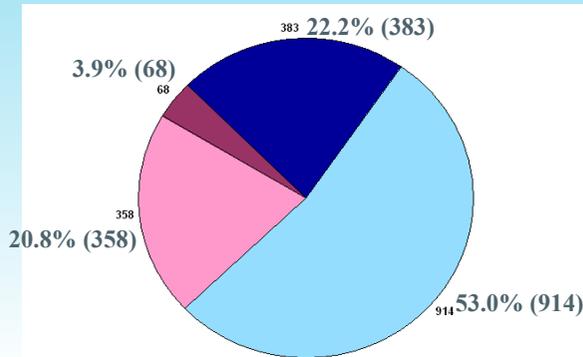
Key:
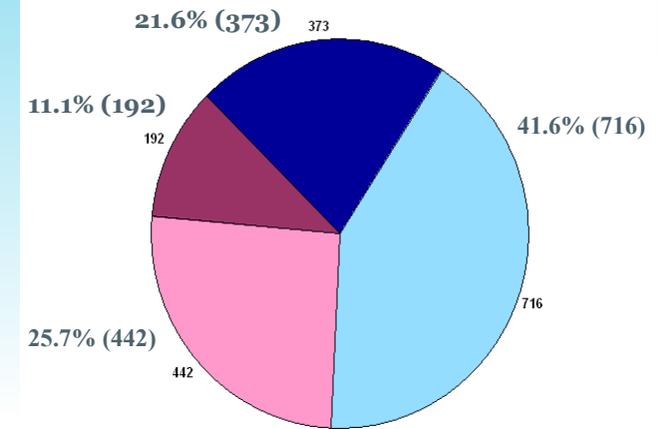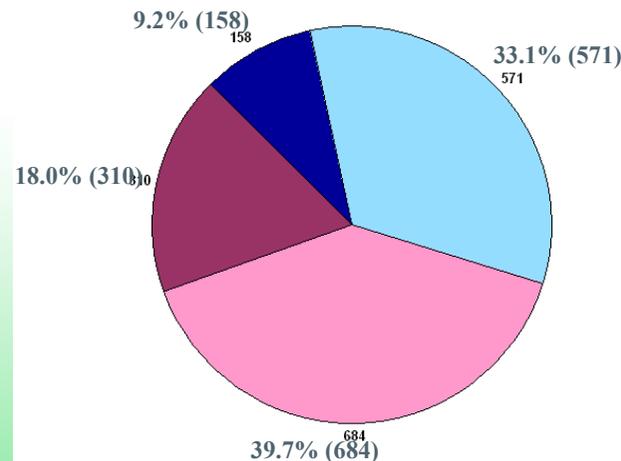
- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

Question Analysis

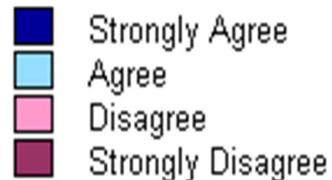**I usually stay on the screen for more time than I plan to.**

383 **22.2% (383)**

3.9% (68)
68

358
20.8% (358)

914 **53.0% (914)**

Strongly Agree & Agree: 75.2%

I think that screen addiction is a problem now that will grow tremendously in the near future.

423 **24.6% (423)**
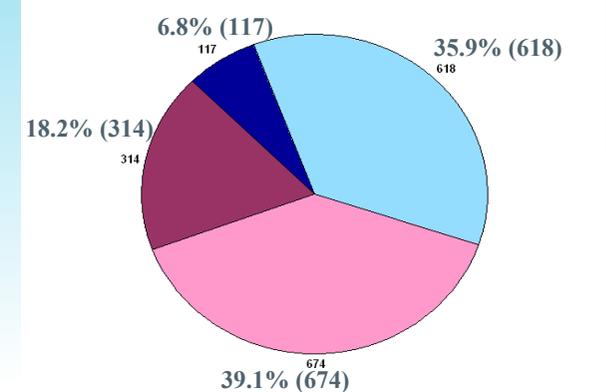
7.1% (123)
123

377
21.9% (377)

800
46.4% (800)

Strongly Agree & Agree: 71%

I would be willing to help educate others about screen addiction.

6.8% (117)
117

35.9% (618)
618

18.2% (314)
314

674
39.1% (674)
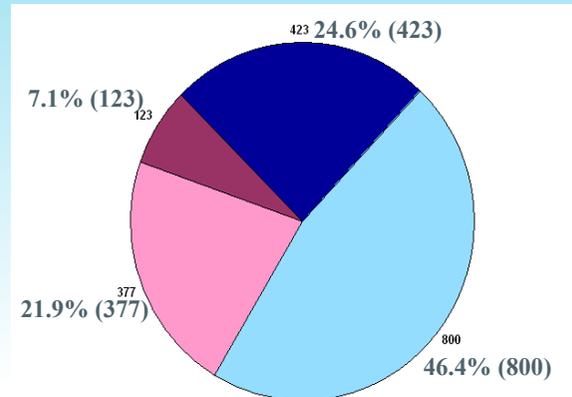
Strongly Agree & Agree: 42.7%

Key:

- Strongly Agree
- Agree
- Disagree
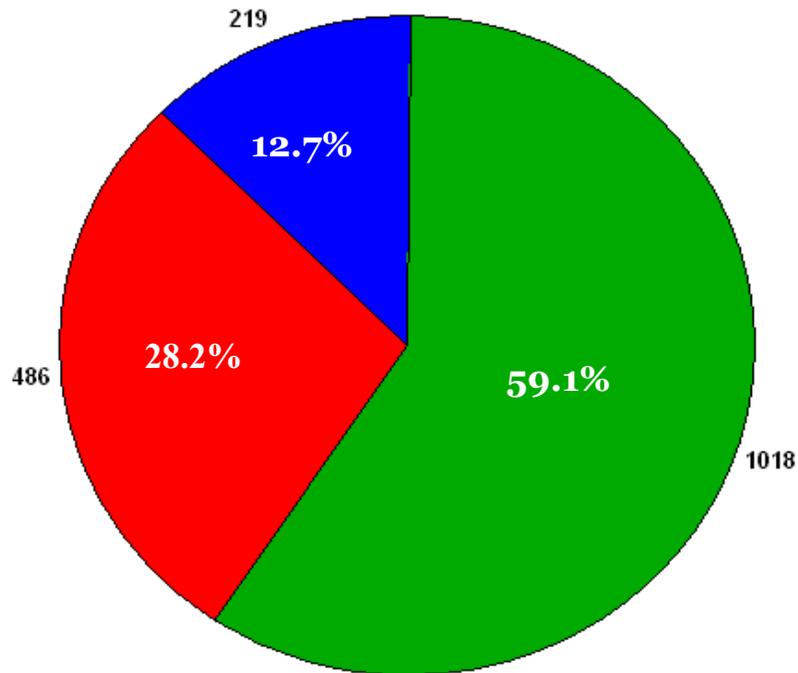- Strongly Disagree

Inferences:
- **Did we provocate their conscience/awareness? Yes--about 75% of the people admitted that they stay on the screen longer than planned.**
- **Are they willing to help each other? Yes--about 42.7% of students who are willing to help is a great number to start making a difference in our society.**

Awareness Change

As you can see, even with a quick survey there was an improvement in the awareness level. 28.2% of the students' awareness level had increased.

Results

School	Negative Change	No Change	Positive Change	Total Surveys Taken in School
Private High School 1	7.7% (24)	58.8% (181)	33.5% (103)	308
Private High School 2	16.4% (70)	57.0% (244)	26.6% (114)	428
Public High School 1	11.9% (55)	64.9% (299)	23.2% (107)	461
Public High School 2	13.4% (7)	71.2% (37)	15.4% (8)	52
Public Middle School 1	13.1% (38)	54.7% (158)	32.2% (93)	289
Public Middle School 2	13.4% (19)	56.3% (80)	30.3% (28)	142
Total Average (Including Miscellaneous)	12.7% (219)	59.1% (1018)	28.2% (486)	1723

Unexpected Results
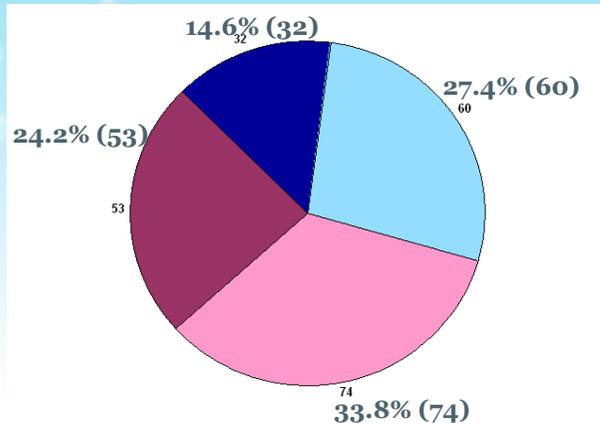
Along with the expected, positive awareness increases, we got some surprising responses. A portion of our population had a decrease in awareness level (12.7%), without any apparent explanation.

We thought of reasons for this variation; there were similar trends in every school. H they misunderstood the pre/post question, thinking that we were asking how severe the problem was within them, not the society as a whole? A likely possibility is that these students either don't spend much time on the screen or spend was too much time on it. Either way, they are likely to be keeping high grades. They wouldn't think that screen addiction can be a problem if they are doing well in school. Therefore, they marked the post survey question as a less severe problem. This is supported by a couple of graphs/charts we made with our data.
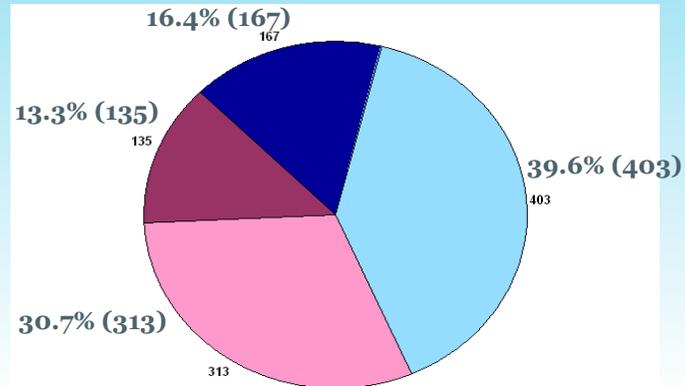
Comparisions

Question:
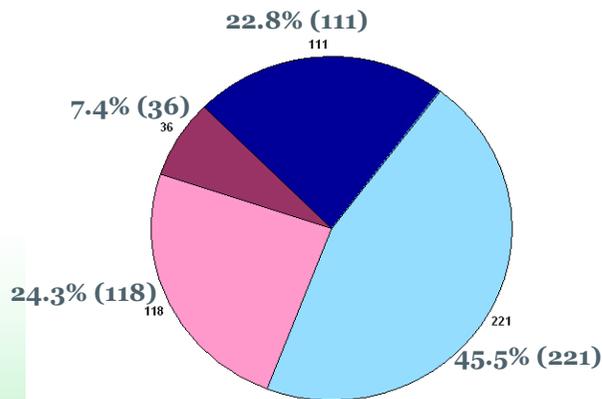## Too much screen is related to poor academic results.
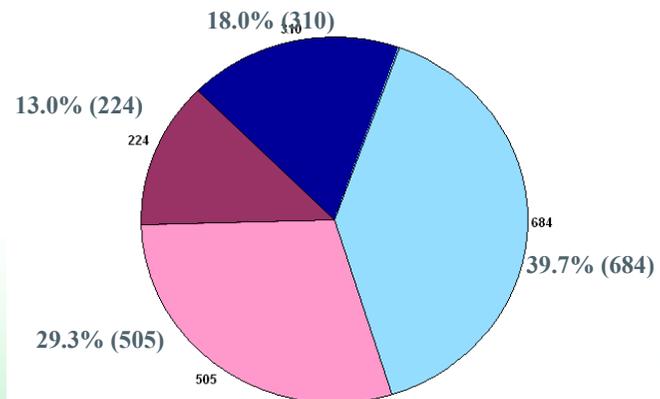
Negative Change Responses:

14.6% (32)

27.4% (60)

24.2% (53)

33.8% (74)

No Change Responses:

16.4% (167)

13.3% (135)

39.6% (403)

30.7% (313)

Key:
- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

Positive Change Response:

22.8% (111)

7.4% (36)

24.3% (118)

45.5% (221)

All Responses:

18.0% (310)

13.0% (224)

39.7% (684)

29.3% (505)

58% of the students with a negative change either disagreed or strongly disagreed that too much screen can cause poor grades which is more than any of the other groups. On the other hand, 78% of the students with negative change said that they either agreed or strongly agreed that too much screen is related to poor academic results.

Survey for Administration

We then sent a one-question survey to the administration of the schools. The question, written on Survey Monkey, asked if they agreed with the AAP's school recommendation on media education implementation in the school curriculum. It was only sent to the 15 key people in the educational system who were informed about our project. These were the superintendent of our school district, director of secondary education, five board members, and 8 principals; 7 of them have responded.

28.57% (2)

14.29% (1)

57.14% (4)

Key:
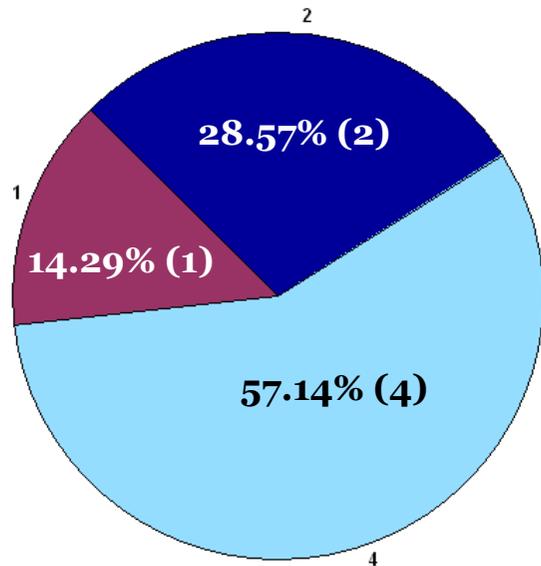
■ Strongly Agree
□ Agree
□ Disagree
■ Strongly Disagree

Conclusion

In conclusion, we proved our hypothesis by increasing the awareness in a large portion of the students surveyed. We not just motivated the children, but also the teachers, principals, and school administration. Our motivation to improve the society around us gave us the confidence to approach them. The majority of them agreed that we need to begin implementing media education in our curriculum. So, this is not just the end, it is actually the beginning.

Beginning or End?

Young minds are ready
To be taught.
Young minds are ready
To teach.

This is the end
of our 2012 project.
Teens have helped teens
Is what we have achieved.

But this is the beginning
Of the awareness.
Not just for teens,
But for every human being.

Now, we need the support of adults and the media to spread media education globally in order to help the future generation.

Thank You All For Your Support!!! :-)