

# Findings and Analysis

## Time spent on Online classes

Students aged 7-17 spent 4.4 hours on Online Class

Students aged 18-22 spent 2.8 hours on Online Class

Students aged 23-59 spent 2.8 hours on Online Class

Overall the students aged 23-59 spent more time on Online classes than any other age group

## Average time spent on self-study

7-17                2.8 hours

18-22             2.9 hours

23-59             2.9 hours

## Medium used for online classes

7-17

181 Students spent the majority of their time using a Smartphone for online classes, compared to 24 students who used a Tablet.

18-22

356 students spent the majority of their time using a Laptop/Desktop for online classes compared to 10 students who used a Tablet.

23-59

108 students spent the majority of their time using a Laptop/Desktop for online classes compared to 3 students who used a Tablet for online classes.

The medium used for online class may play a factor in the time spent on online classes. The data shows that 18 -22-year-olds had the most students who used a Laptop/Desktop but this age group spent the least amount of time online (2 hours). There may be other factors like stress, medium used, and ability to understand the learning or access resources.

However, the learning experience would be different for each student on a particular device as the screen size and layout for a Tablet and Smartphone would be considerably smaller than a Laptop/Desktop. This could present issues with screen display and the ability of the student to be engaged with the learning. Also, some devices may not be compatible.

Did time utilised and connecting with family affect students' mental health?

#### Time not utilised

7-17	41.5%
18-22	57.4%
23-59	45.4%

#### Time utilised

7-17	58.5%
18-22	42.6%
23-59	54.6%

#### What percentage connected with family?

##### Did not connect with family

7-17	23.6%
18-22	34.4%
23-59	21.9%

##### Connected with family

7-17	76.4%
18-22	65.6%
23-59	78.1%

Students used stress busters as a way of trying to deal with being in Lockdown.

#### Highest

276 students listened to music

175 students online gaming

102 students watched web series

#### Some of the Lowest

36 students talking to relatives

1 student working out and listening to music

1 student working out and some physical activity

I decided to focus on the stress busters that contained the word Music.

18-22

276 Students listened only to music compared to 1 student aged 18-22 who listened to both music and scrolling down social media.

### Preferred Social Media

7-17 Facebook (11 students)  
Instagram (50 students)  
WhatsApp (105 students)  
YouTube (118 students)

18-22 Facebook (21 students)  
Instagram (274 students)  
WhatsApp (162 students)  
YouTube (158 students)

23-59 Facebook (20 students)  
Instagram (27 students)  
WhatsApp (70 students)  
YouTube (37 students)

18-22 Preferred Facebook, Instagram, WhatsApp and YouTube whereas 7-17 preferred YouTube one of the reasons why I think they had fewer students on the other platforms was due to age restrictions.

Overall the 3 Highest Preferred Social Media Platforms were Instagram (352 students), WhatsApp (337 students) and YouTube (314 students).

Overall the number of meals a day wasn't a determining factor in weight loss, increase or remain constant.

Is there a link between Time spent on Social Media Vs Sleep Vs Fitness?

18-22-year-olds on average slept 7.9 hours, fitness 0.75, average time spent on social media 3 hours

23-59-year-olds on average slept 7.5 hours, fitness 0.73, average time spent on social media 2 hours

7-17-year-olds on average slept 7.9 hours, fitness 0.87, average time spent on social media 2 hours

Could be a link as 7-17 spent more time on fitness

Whereas 18-22 spent more time on social media, less time on fitness, and more time was spent sleeping

Students reported on what they missed the most

379 School/college  
223 Socialising with friends & relatives  
104 Eating outside  
149 Roaming around  
183 Travelling  
67 Colleagues  
20 All