

The Digital Trap: Social Media Addiction & Student Wellbeing

Country

All

Academic_Lev...

All

4.92

Avg Daily Usage (hrs)

6.87

Avg Sleep Hours (hrs)

6.44

Avg Addiction Score

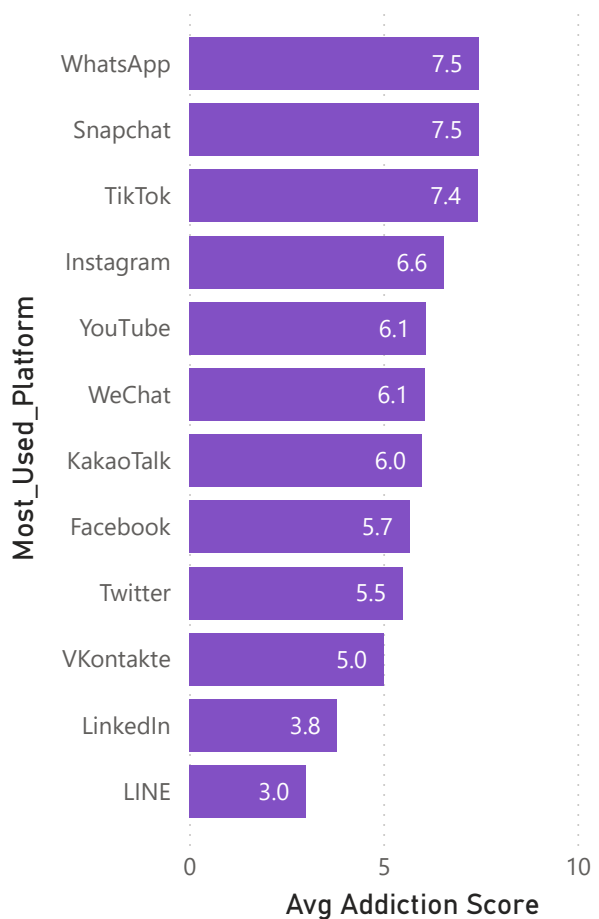
64.26

Affect Academics %

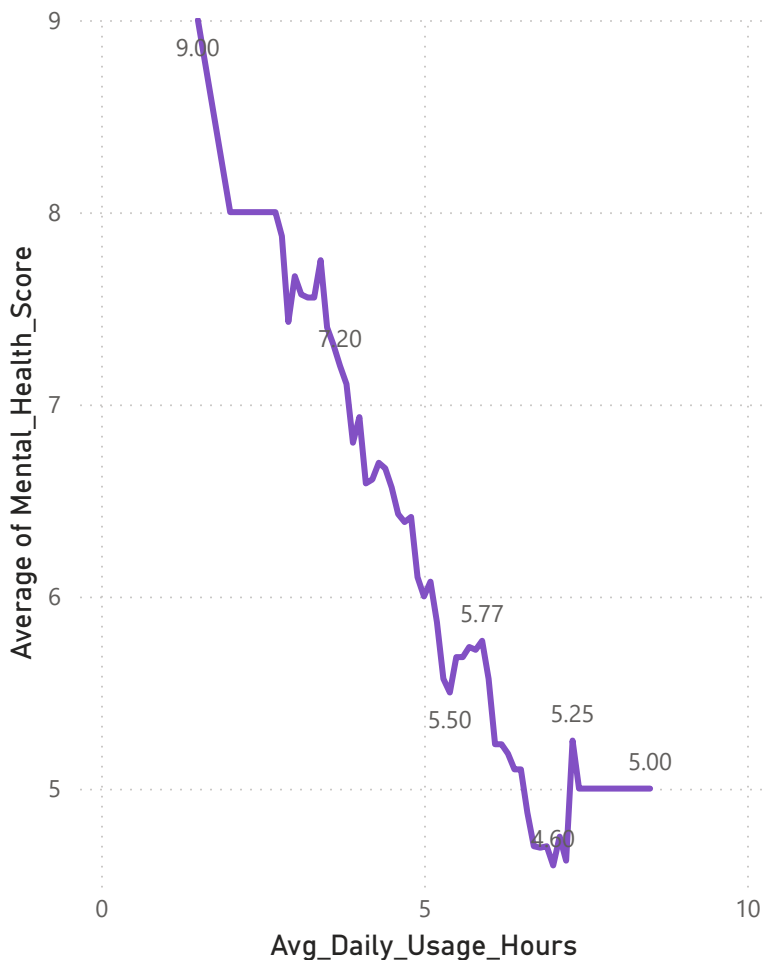
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Count of student in relationships

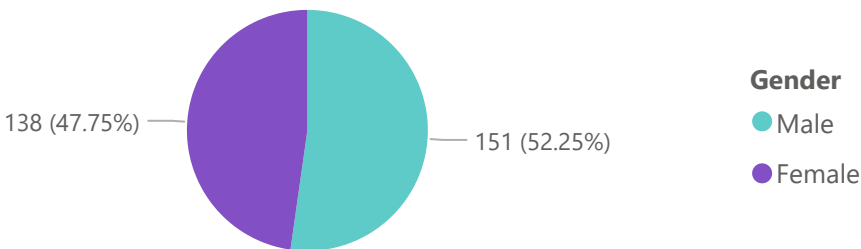
WhatsApp and Snapchat has the highest addiction score of 7.5 followed by TikTok 7.4 across various used platform



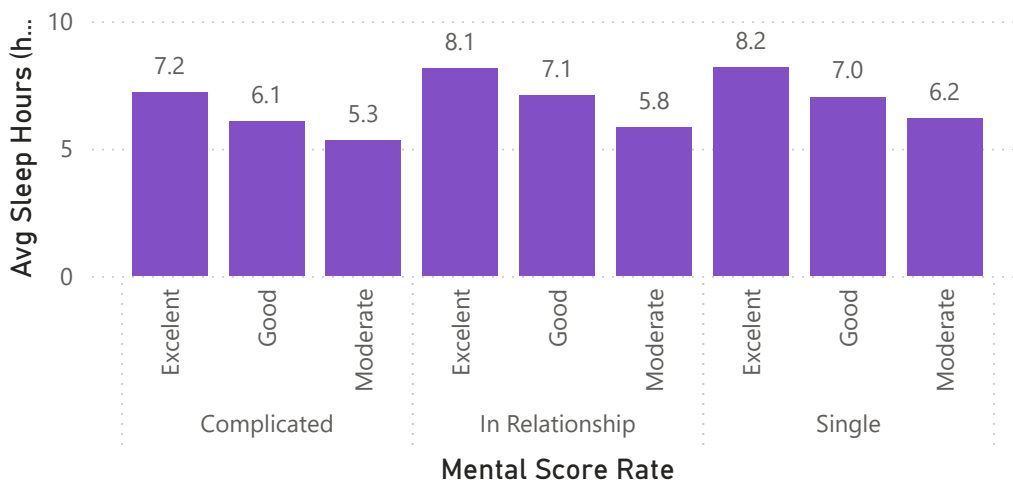
As daily usage increases, average mental health score declines sharply from 9.0 to around 5.0



The balanced gender split among student shows love and connection might quietly be messing with sleep and wellbeing



Single persons had the most average sleep hours of 7.0hrs this shows that students in complicated relationships lose over an hour of sleep due to relationship stress



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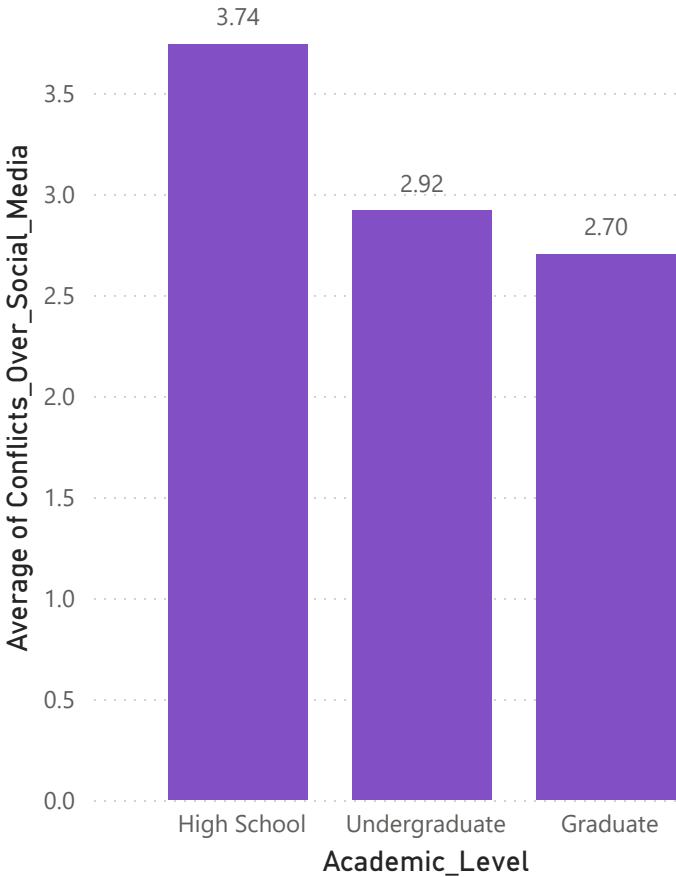
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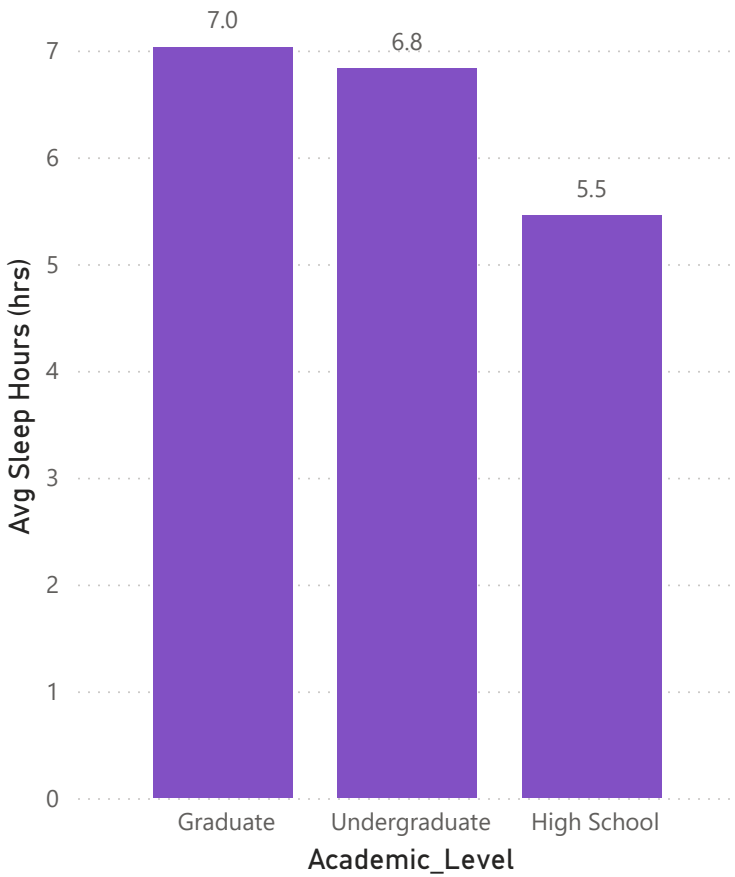
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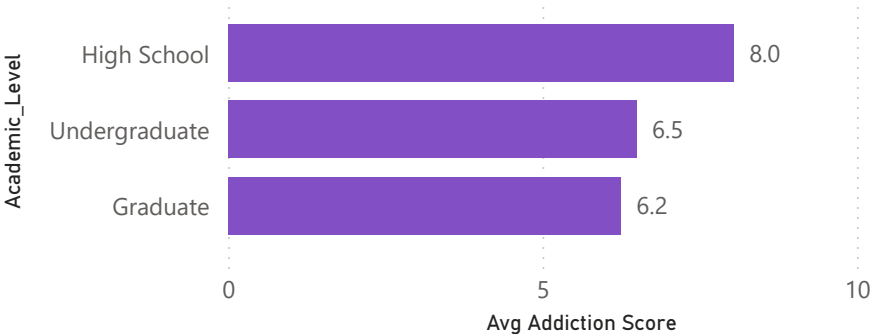
High schoolers face the most social media conflicts likely due to peer pressure and drama. These conflicts fade with age.



While high schoolers get the least rest likely due to strict routines and social distractions graduates seem to sleep the most at 7.0hrs



Addiction is strongest in high school, possibly because younger students are more vulnerable to the influence of apps. The older students show more control



Daily social media time is almost the same between male and female students with females just slightly ahead. The digital draw seems universal, regardless of gender.

