**Table 1: Baseline Characteristics of the study participants (n=683)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Variable** | **Category** | **Frequency** | **Percentage** |
| Age (in years) | 16- 18 years | 180 | 26.4 |
| 19-20 years | 335 | 49.0 |
| 21-22 years | 146 | 21.4 |
| 23-24 years | 22 | 3.2 |
| Gender | Female | 276 | 40.4 |
| Male | 407 | 59.6 |
| Performing Physical Activity | Less than 30 min | 266 | 38.9 |
| More than 30 min | 417 | 61.1 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Descriptive Statistics** | | | | | |
|  | N | Minimum | Maximum | Mean | Std. Deviation |
| Age | 683 | 16 | 25 | 19.48 | 1.562 |
| Valid N (listwise) | 683 |  |  |  |  |

**Operational Definition**

Screen Time

More than 4 hours - Abnormal

≤ 4 hours screen time - Normal

**Table 2: Screen Timing and sleep characteristics of the study participants**

|  |  |  |  |
| --- | --- | --- | --- |
| **Variable** | **Category** | **Frequency** | **Percentage** |
| Screen time (in Hours ) | More than 4 hours | 222 | 32.5 |
| Less than 4 hours | 461 | 67.5 |
| Have you felt the screen viewing affected you in a negative way | Yes | 296 | 43.3 |
| No | 387 | 56.7 |
| Do you have the habit of watching screen before going to bed | Yes | 505 | 73.9 |
| No | 178 | 26.1 |
| Do you feel lack of interest in previous pleasurable activities (eg. Exercises, Hobbies etc.) | Yes | 472 | 69.1 |
| No | 211 | 30.9 |
| Total Sleep Hours | Less than 6 hours | 245 | 35.9 |
| More than 6 hours | 438 | 64.1 |
| Time taken to fall asleep | Less than 30 min | 382 | 55.9 |
| More than 30 mins | 301 | 44.1 |

**Table 3: Perception of screen Dependence**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Variable** | **Strongly Disagree** | | **Disagree** | | **Neutral** | | **Agree** | | **Strongly Agree** | |
| Screen addiction | 121 | 17.7 | 189 | 27.7 | 267 | 39.1 | 76 | 11.1 | 30 | 4.4 |
| Do you feel restless when screen time is decreased | 174 | 25.5 | 208 | 30.5 | 225 | 32.9 | 48 | 7.0 | 28 | 4.1 |
| Stressed due to excessive screen time | 178 | 26.1 | 179 | 26.2 | 220 | 32.2 | 74 | 10.8 | 32 | 4.7 |
| Isolation during screen viewing | 173 | 25.3 | 171 | 25.0 | 233 | 34.1 | 76 | 11.1 | 30 | 4.4 |

**Table 4: Association between Screen time and Physical symptoms**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Variable | Category | N | More than 4 hours of screen time | | Less than 4 hours of screen time | | P value |
| Frequency | Percentage | Frequency | Percentage |
| Day time Drowsiness | Yes | 282 | 119 | 42.2% | 163 | 57.8% | **<0.001** |
| No | 401 | 103 | 25.7% | 298 | 74.3% |
| Headache | Yes | 274 | 117 | 42.7% | 157 | 57.3% | **<0.001** |
| No | 409 | 105 | 25.7% | 304 | 74.3% |
| Asthenopia ( Eye strain) | Yes | 223 | 87 | 39.0% | 136 | 61.0% | **0.011** |
| No | 460 | 135 | 29.3% | 325 | 70.7% |
| Back Pain/Neck pain | Yes | 171 | 80 | 46.8% | 91 | 53.2% | **<0.001** |
| No | 512 | 142 | 27.7% | 370 | 72.3% |
| Sleep deprivation | Yes | 138 | 79 | 57.2% | 59 | 42.8% | **<0.001** |
| No | 545 | 143 | 26.2% | 402 | 73.8% |
| Obesity | Yes | 40 | 22 | 55.0% | 18 | 45.0% | **0.002** |
| No | 643 | 200 | 31.1% | 443 | 68.9% |

**Table 5: Association between Screen Timing and other dependant variables**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Variable | Category | N | More than 4 hours of screen time | | Less than 4 hours of screen time | | P value |
| Frequency | Percentage | Frequency | Percentage |
| Age | < 20 | 515 | 147 | 28.5% | 368 | 71.5% | **<0.001** |
| >20 | 168 | 75 | 44.6% | 93 | 55.4% |
| Gender | Female | 276 | 100 | 36.2% | 176 | 63.8% | 0.087 |
| Male | 407 | 122 | 30.0% | 285 | 70.0% |
| Physical Activity | <30 mins | 266 | 81 | 30.5% | 185 | 69.5% | 0.36 |
| >30 mins | 417 | 141 | 33.5% | 276 | 66.2% |
| Total Sleep hours | <6 hours | 245 | 107 | 43.7% | 138 | 56.3% | **<0.001** |
| >6 hours | 438 | 115 | 26.3% | 233 | 73.7% |
| screen viewing affected you in a negative way | Yes | 296 | 125 | 42.2% | 171 | 57.8% | **<0.001** |
| No | 387 | 97 | 25.1% | 290 | 74.9% |
| watching screen before going to bed | Yes | 505 | 195 | 38.6% | 310 | 61.4% | **<0.001** |
| No | 178 | 27 | 15.2% | 151 | 84.8% |
| lack of interest in previous pleasurable activities (eg. Exercises, Hobbies etc.) | Yes | 472 | 158 | 33.5% | 314 | 66.5% | 0.418 |
| No | 211 | 64 | 30.3% | 147 | 69.7% |
| Time taken to fall asleep | <30 min | 382 | 117 | 30.6% | 265 | 69.4% | 0.238 |
| > 30 mins | 301 | 105 | 34.9% | 196 | 65.1% |
| Screen addiction | Yes | 106 | 75 | 70.8% | 31 | 29.2% | **<0.001** |
| No | 577 | 147 | 25.5% | *430* | *74.5%* |
| restless when screen time is decreased | Yes | 76 | 38 | 50.0% | 38 | 50.0% | **<0.001** |
| No | 607 | 184 | 30.3% | 423 | 69.7% |
| Stressed due to excessive screen time | Yes | 106 | 50 | 47.2% | 56 | 52.8% | **<0.001** |
| No | 577 | 172 | 29.8% | 405 | 70.2% |
| Isolation during screen viewing | Yes | 106 | 53 | 50.0% | 53 | 50.0% | **<0.001** |
| No | 577 | 169 | 29.3% | 408 | 70.7% |