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| Countering The Effects Of Screen Time.  Valerie Smith  May 27, 2022 |

# Introduction

There is a correlation between the use of technology and mental unwellness. Adolescents who spend more time on screens were less happy and less satisfied with their lives (Twenge, Martin, & Campbell, 2018, p. 765). It is not, however directly disproportional to wellness. According to Przybylski and Weinstein (2017), an amount of screen time can be allowed and is even beneficial to mental health. 99.9% of surveyed participants reported allowing some time to some form of digital technology on a daily basis (p.204). With so few people who don’t use technology at all, it’s impossible to get a proper control on how it is affecting our lives. Best, Manktelow, and Taylor (2014). suggest that, because of conflicting studies on the subject, we cannot put a label of good or bad on-screen time. It must be recognized as being value-free with the potential to both aid and harm us (p.27). Our efforts then shouldn’t be focused on limiting screen-time all together but to affect the ways it is used.

# Methods

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# Results

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# Discussion

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# Conclusion

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