Educational Analytics: Impact of Screen Time on Student Performance

Insights & Reporting

- Screen Time vs. Test Scores: Students with higher screen time still score slightly better (≈72.2) than those with “normal” screen time (≈69.5). This suggests moderate screen usage might support learning if it’s productive.
- Extracurricular Activities: Students who balance small amounts of screen time (0–2 hours) tend to engage more in extracurricular activities compared to very high screen time groups.
- Age vs. Test Scores: Performance peaks around age 14 (≈72.7) and gradually declines by age 17 (≈68.5), highlighting the need for consistent support in later years.

summary

Actionable Interpretations

- Don’t over-focus on raw screen hours. Performance isn’t drastically worse for higher screen users in this sample.
- Look deeper into purpose of screen time. Some students may be using screens for study or educational purposes, which offsets risks.
- Combine with other habits. Study hours and extracurricular involvement likely explain more of the performance difference than screen time alone.
- Policy recommendation: Instead of strict limits, encourage balanced digital use (educational screen time, healthy study hours, and extracurricular activities).