Summary

Screen time usage is becoming an increasingly significant part of modern lifestyles.

With the rise of smartphones, tablets, and computers in daily routines, we aim to understand how much time university students spend on electronic devices, as well as how this relates to their health, habits, and overall digital well-being. We also explore which days tend to have the highest screen time and which types of applications are used the most.

Group 6

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Data Collection

Survey Questions

- Age
- Gender
- Weight (kilogram)
- Heart rate while answering the questionnaire (times)
- Average sleep time per day (approximately)
- Sunday Screen Time
- Monday Screen Time
- Tuesday Screen Time
- Wednesday Screen Time
- Thursday Screen Time
- Friday Screen Time
- Saturday Screen Time
- Most used application types
- Number of notifications on Sunday (times)
- Number of notifications on Monday (times)
- Number of notifications on Tuesday (times)
- Number of notifications on Wednesday (times)
- Number of notifications on Thursday (times)
- Number of notifications on Friday (times)

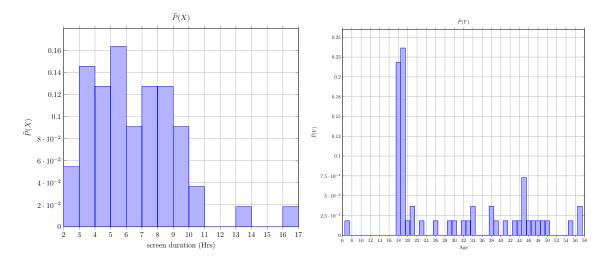
- Number of notifications on Saturday (times)
- Left eye health
 - Abnormality
 - * If it's nearsightedness (Myopia)
 - · How short sights?
 - * Else if it's farsightedness (Presbyopia)
 - · How long sights?
 - * Else if it's compound vision (both nearsightedness and farsightedness)
 - · How short sights?
 - · How long sights?
 - Other eye disorders (multiple selection)
- Right eye health
 - Abnormality
 - * If it's nearsightedness (Myopia)
 - · How short sights?
 - * Else if it's farsightedness (Presbyopia)
 - · How long sights?
 - * Else if it's compound vision (both nearsightedness and farsightedness)
 - · How short sights?
 - · How long sights?
 - Other eye disorders (multiple selection)

Methodology

Probability

Screen time vs Age

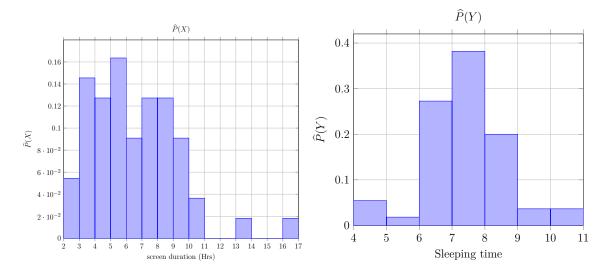
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16	14	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
177	15	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
18	16	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
19	17	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
221	18	0.0182	0.0545	0	0.0182	0	0.0182	0.0364	0.0545	0.0182	0	0	0	0	0	0	0.2182	3.9273
21	19	0	0	0.0364	0.0545	0.0364	0.0182	0.0182	0.0364	0.0182	0	0	0.0182	0	0	0	0.2364	4.4909
22	20	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.0182	0.0182	0.3636
233	21	0	0	0	0	0	0.0182	0.0182	0	0	0	0	0	0	0	0	0.0364	0.7636
244	22	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
25	23	0.0182	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.0182	0.4182
Part		0	0	0	0	0	0	0		0		0	0	0	0	0	0	
27	25	0	0	0	0										0	0		
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$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$	55	0	0	0	0	0.0182	0	0	0	0	0	0	0	0	0	0	0.0182	1.0000
	56	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
$\begin{array}{c ccccccccccccccccccccccccccccccccccc$	57	0	0.0182	0.0182	0	0	0	0	0	0	0	0	0	0	0	0	0.0364	2.0727
	$\widehat{P}(X)$	0.0545	0.1455	0.1273	0.1636	0.0909	0.1273	0.1273	0.0909	0.0364	0	0	0.0182	0	0	0.0182	$\widehat{E}(X)$	6.53636
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$	midpoint	2.5000	3.5000	4.5000	5.5000	6.5000	7.5000	8.5000	9.5000	10.5000	11.5000	12.5000	13.5000	14.5000	15.5000	16.5000	$\widehat{E}(Y)$	29.18182
	$\operatorname{mid} \cdot \widehat{P}(X)$	0.1364	0.5091	0.5727	0.9000	0.5909	0.9545	1.0818	0.8636	0.3818	0	0	0.2455	0	0	0.3000		



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Screen time vs Sleeping time

	x	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	$\hat{P}(Y)$	midpoint	$\operatorname{mid} \cdot \widehat{P}(Y)$
y		3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	$\Gamma(I)$	maponic	$\operatorname{IIIId} \cdot F(I)$
4	5	0	0	0	0	0	0	0	0.0364	0	0	0	0	0	0	0.0182	0.0545	4.5	0.2455
5	6	0	0	0	0.0182	0	0	0	0	0	0	0	0	0	0	0	0.0182	5.5	0.1000
6	7	0	0.0182	0.0182	0.0545	0.0545	0.0364	0.0545	0	0.0364	0	0	0	0	0	0	0.2727	6.5	1.7727
7	8	0.0182	0.0545	0.0909	0.0727	0.0364	0.0545	0.0545	0	0	0	0	0	0	0	0	0.3818	7.5	2.8636
8	9	0.0364	0.0545	0.0182	0.0182	0	0.0182	0.0182	0.0364	0	0	0	0	0	0	0	0.2000	8.5	1.7000
9	10	0	0.0182	0	0	0	0	0	0	0	0	0	0.0182	0	0	0	0.0364	9.5	0.3455
10	11	0	0	0	0	0	0.0182	0	0.0182	0	0	0	0	0	0	0	0.0364	10.5	0.3818
\hat{P}	(X)	0.0545	0.1455	0.1273	0.1636	0.0909	0.1273	0.1273	0.0909	0.0364	0	0	0.0182	0	0	0.0182			
mid	point	2.5	3.5	4.5	5.5	6.5	7.5	8.5	9.5	10.5	11.5	12.5	13.5	14.5	15.5	16.5		$\widehat{E}(X)$	6.5364
mid ·	$\widehat{P}(X)$	0.1364	0.5091	0.5727	0.9000	0.5909	0.9545	1.0818	0.8636	0.3818	0	0	0.2455	0	0	0.3000		$\widehat{E}(Y)$	7.4091

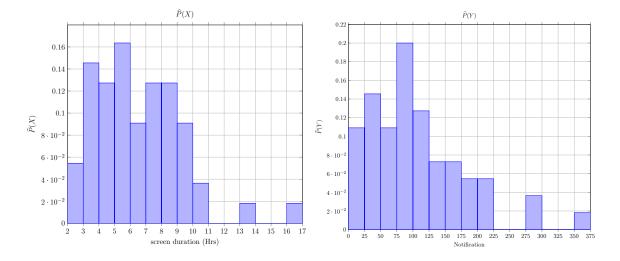


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Screen time vs Notification

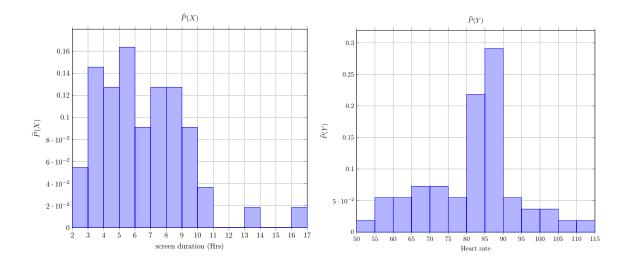
	x	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	$\hat{P}(Y)$	midpoint	$\operatorname{mid} \cdot \widehat{P}(Y)$
y		3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	P(Y)	шарош	$\operatorname{mid} \cdot P(Y)$
0	25	0.0182	0.0182	0.0182	0.0545	0	0	0	0	0	0	0	0	0	0	0	0.1091	12.5	1.3636
25	50	0	0	0.0182	0	0.0182	0.0545	0.0182	0	0.0182	0	0	0.0182	0	0	0	0.1455	37.5	5.4545
50	75	0.0182	0.0182	0	0.0364	0	0	0.0364	0	0	0	0	0	0	0	0	0.1091	62.5	6.8182
75	100	0.0182	0.0545	0.0182	0.0364	0.0364	0	0	0.0182	0	0	0	0	0	0	0.0182	0.2000	87.5	17.5000
100	125	0	0.0364	0.0182	0.0182	0.0182	0.0182	0	0.0182	0	0	0	0	0	0	0	0.1273	112.5	14.3182
125	150	0	0	0.0182	0	0	0	0.0182	0.0364	0	0	0	0	0	0	0	0.0727	137.5	10.0000
150	175	0	0	0	0	0	0.0545	0	0	0.0182	0	0	0	0	0	0	0.0727	162.5	11.8182
175	200	0	0	0.0182	0	0	0	0.0364	0	0	0	0	0	0	0	0	0.0545	187.5	10.2273
200	225	0	0.0182	0.0182	0	0	0	0	0.0182	0	0	0	0	0	0	0	0.0545	212.5	11.5909
225	250	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	237.5	0
250	275	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	262.5	0
275	300	0	0	0	0.0182	0	0	0.0182	0	0	0	0	0	0	0	0	0.0364	287.5	10.4545
300	325	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	312.5	0
325	350	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	337.5	0
350	375	0	0	0	0	0.0182	0	0	0	0	0	0	0	0	0	0	0.0182	362.5	6.5909
\hat{P}	(X)	0.0545	0.1455	0.1273	0.1636	0.0909	0.1273	0.1273	0.0909	0.0364	0	0	0.0182	0	0	0.0182			
mid	point	2.5	3.5	4.5	5.5	6.5	7.5	8.5	9.5	10.5	11.5	12.5	13.5	14.5	15.5	16.5		$\widehat{E}(X)$	106.1364
mid ·	$\widehat{P}(X)$	0.1364	0.5091	0.5727	0.9	0.5909	0.9545	1.0818	0.8636	0.3818	0	0	0.2455	0	0	0.3000		$\widehat{E}(Y)$	6.5364



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Screen time vs Heart rate

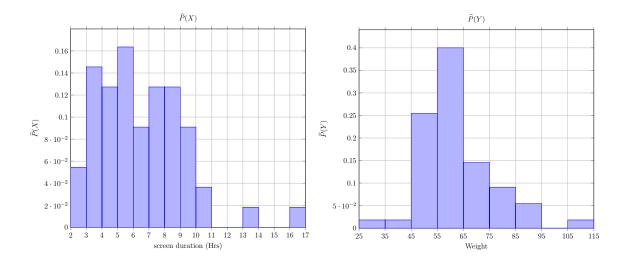
	x	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	$\hat{P}(Y)$	midpoint	$\operatorname{mid} \cdot \widehat{P}(Y)$
y		3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	$\Gamma(I)$	шарын	mid·F(I)
50	55	0	0	0	0	0	0	0.0182	0	0	0	0	0	0	0	0	0.0182	52.5	0.9545
55	60	0	0.0182	0	0	0	0.0182	0	0.0182	0	0	0	0	0	0	0	0.0545	57.5	3.1364
60	65	0	0	0.0182	0	0	0.0364	0	0	0	0	0	0	0	0	0	0.0545	62.5	3.4091
65	70	0	0	0	0	0.0182	0.0182	0.0182	0.0182	0	0	0	0	0	0	0	0.0727	67.5	4.9091
70	75	0	0.0182	0	0.0182	0.0182	0	0	0.0182	0	0	0	0	0	0	0	0.0727	72.5	5.2727
75	80	0	0.0364	0.0182	0	0	0	0	0	0	0	0	0	0	0	0	0.0545	77.5	4.2273
80	85	0.0182	0.0545	0.0364	0.0364	0.0182	0.0182	0.0182	0.0182	0	0	0	0	0	0	0	0.2182	82.5	18.0000
85	90	0.0182	0.0182	0.0364	0.0545	0.0364	0.0364	0.0545	0.0182	0.0182	0	0	0	0	0	0	0.2909	87.5	25.4545
90	95	0	0	0	0.0364	0	0	0.0182	0	0	0	0	0	0	0	0	0.0545	92.5	5.0455
95	100	0.0182	0	0	0	0	0	0	0	0	0	0	0.0182	0	0	0	0.0364	97.5	3.5455
100	105	0	0	0.0182	0	0	0	0	0	0.0182	0	0	0	0	0	0	0.0364	102.5	3.7273
105	110	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.0182	0.0182	107.5	1.9545
110	115	0	0	0	0.0182	0	0	0	0	0	0	0	0	0	0	0	0.0182	112.5	2.0455
$\hat{P}($	X)	0.0545	0.1455	0.1273	0.1636	0.0909	0.1273	0.1273	0.0909	0.0364	0	0	0.0182	0	0	0.0182			
mid	point	2.5	3.5	4.5	5.5	6.5	7.5	8.5	9.5	10.5	11.5	12.5	13.5	14.5	15.5	16.5		$\widehat{E}(X)$	6.5364
$\operatorname{mid}\cdot$	$\widehat{P}(X)$	0.1364	0.5091	0.5727	0.9	0.5909	0.9545	1.0818	0.8636	0.3818	0	0	0.2455	0	0	0.3000		$\widehat{E}(Y)$	81.6818



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Screen time vs Weight

	x	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	$\widehat{P}(Y)$	midpoint	$\operatorname{mid} \cdot \widehat{P}(Y)$
y		3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	$\Gamma(I)$	maponi	mid·F(I)
25	35	0	0.0182	0	0	0	0	0	0	0	0	0	0	0	0	0	0.0182	30	0.5455
35	45	0	0	0	0	0	0	0.0182	0	0	0	0	0	0	0	0	0.0182	40	0.7273
45	55	0	0.0909	0	0.0545	0.0182	0.0364	0.0182	0.0182	0	0	0	0	0	0	0.0182	0.2545	50	12.7273
55	65	0.0364	0.0182	0.0545	0.0727	0	0.0545	0.0727	0.0545	0.0182	0	0	0.0182	0	0	0	0.4	60	24.
65	75	0.0182	0	0.0364	0.0182	0.0364	0.0182	0	0.0182	0	0	0	0	0	0	0	0.1455	70	10.1818
75	85	0	0	0.0182	0	0.0364	0.0182	0.0182	0	0	0	0	0	0	0	0	0.0909	80	7.2727
85	95	0	0.0182	0.0182	0.0182	0	0	0	0	0	0	0	0	0	0	0	0.0545	90	4.9091
95	105	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	100	0
105	115	0	0	0	0	0	0	0	0	0.0182	0	0	0	0	0	0	0.0182	110	2.
$\hat{P}($	X)	0.0545	0.1455	0.1273	0.1636	0.0909	0.1273	0.1273	0.0909	0.0364	0	0	0.0182	0	0	0.0182			
mid	point	2.5	3.5	4.5	5.5	6.5	7.5	8.5	9.5	10.5	11.5	12.5	13.5	14.5	15.5	16.5		$\widehat{E}(X)$	6.5364
mid ·	$\hat{P}(X)$	0.1364	0.5091	0.5727	0.9	0.5909	0.9545	1.0818	0.8636	0.3818	0	0	0.2455	0	0	0.3000		$\widehat{E}(Y)$	62.3636



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Statistics

Descriptive Statistics

		Age	Weight (kg)	Heart Rate	Sleeping time (Hrs)	Average daily screen time (Hrs)	Average daily notification received
	Count	55	55	55	55	55	55
	MEAN	29.182	61.97090909	80.89090909	7.310	6.577	103.751
Measure of Centrality	median	21.000	60	83	7.342	6.202	86.000
	mode	19	62.2	87	7.5	6.202380952	86
	MIN	7.000	25.7	51	4.500	2.236	6.429
	MAX	57.000	111.1	111	10.533	16.671	357.000
	range	50.000	85.400	60.000	6.033	14.436	350.571
	variance	175.4478	194.3140	168.4323	1.4176	7.9495	5585.474088
	SD	13.2457	13.9397	12.9781	1.1906	2.8195	74.7360
Measure of Dispersion	cv	0.4539	0.2249	0.1604	0.1629	0.4287	0.7203
	MAD	11.7752	9.9298	9.9451	0.8687	2.2193	56.00727273
	quartile1 (Q1)	19	52.5	73	6.5	4.569047619	49.14285714
	quartile3 (Q3)	43	67	88	8	8.316666667	146.7142857
	IQR	24	14.5	15	1.5	3.747619048	97.57142857
	Q1-1.5IQR	-17	30.75	50.5	4.25	-1.052380952	-97.21428571
	Q3+1.5IQR	79	88.75	110.5	10.25	13.93809524	293.0714286
	Outliers (based on IQR) If no outlier, answer None.	None	25.7, 93, 111.1	111	10.417, 10.533	16.671	294.857, 357.000
Outliers	MEAN-3SD	-10.5552	20.1519	41.9565	3.7379	-1.8814	-120.4574
Outhers	MEAN+3SD	68.9188	103.7899	119.8254	10.8818	15.0355	327.9587
	Outliers (based on SD) If no outlier, answer None.	None	111.1	None	None	16.671	357.000
	Mean after removing outliers based on IQR. If no outlier, type NA	NA	61.12692308	80.3333	7.1904	6.3901	95.367
	SD after removing outliers based on IQR. If no outlier, type NA	NA	10.63094107	12.4173	1.0355	2.4782	61.58689353

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Goodness of Fit test

1. Data set: Average screen duration

Type of distribution : Normal distribution

Known parameter: 0

Unknown parameter (m): 2, which are μ, σ

 H_0 : Screen duration is normally distributed with $\mu=6.5771$ and $\sigma=2.8195$

 H_a : Screen duration is not normally distributed with $\mu = 6.5771$ and $\sigma = 2.8195$

Number of cells with the expected number of samples (k): 7

Test static
$$\chi^2 = \sum_{i=1}^{k} \frac{(O_i - E_i)^2}{E_i} = 2.1452$$

Significant level (α) : 0.05

Degree of freedom 1 (ν_1) : $k-1-m=7-1-2 \Rightarrow 4$

Cutoff of non-rejection region: 9.4877

Degree of freedom 2 (ν_2): $k-1=7-1 \Rightarrow 6$

Cutoff of rejection region: 12.592

Non-rejection regions : $\chi^2 < \chi^2_{0.05,4} = 9.4877$

Rejection regions : $\chi^2 \ge \chi^2_{0.05.6} = 12.592$

Rejection decision: Don't need to reject null hypothesis

Conclusion: Screen duration is normally distributed with $\mu = 6.5771$ and $\sigma = 2.8195$

2. Data set: Average Sleeping Duration

Type of distribution: Normal distribution

Known parameter: 0

Unknown parameter (m): 2, which are μ, σ

 H_0 : Screen duration is normally distributed with $\mu = 7.3098$ and $\sigma = 1.1906$

 H_a : Screen duration is not normally distributed with $\mu = 7.3098$ and $\sigma = 1.1906$

Number of cells with the expected number of samples (k): 4

Test static
$$\chi^2 = \sum_{i=1}^k \frac{(O_i - E_i)^2}{E_i} = 2.2647$$

Significant level (α) : 0.05

Degree of freedom 1 (ν_1) : $k-1-m=4-1-2 \Rightarrow 1$

Cutoff of non-rejection region: 3.8415

Degree of freedom 2 (ν_2) : $k-1=4-1 \Rightarrow 3$

Cutoff of rejection region: 7.8147

Non-rejection regions : $\chi^2 < \chi^2_{0.05.1} = 3.8415$

Rejection regions : $\chi^2 \ge \chi^2_{0.05,3} = 7.8147$

Rejection decision: Don't need to reject null hypothesis

Conclusion : Screen duration is normally distributed with $\mu = 7.3098$ and $\sigma = 1.1906$

3. Data set: Weight

Type of distribution: Normal distribution

Known parameter: 0

Unknown parameter (m): 2, which are μ, σ

 H_0 : Screen duration is normally distributed with $\mu = 61.9709$ and $\sigma = 13.9397$

 H_a : Screen duration is not normally distributed with $\mu=61.9709$ and $\sigma=13.9397$

Number of cells with the expected number of samples (k): 7

Test static
$$\chi^2 = \sum_{i=1}^{k} \frac{(O_i - E_i)^2}{E_i} = 7.6892$$

Significant level (α) : 0.05

Degree of freedom 1 (ν_1) : $k-1-m=7-1-2 \Rightarrow 4$

Cutoff of non-rejection region: 9.4877

Degree of freedom 2 (ν_2): $k-1=7-1 \Rightarrow 6$

Cutoff of rejection region: 12.592

Non-rejection regions : $\chi^2 < \chi^2_{0.05,4} = 9.4877$

Rejection regions : $\chi^2 \geq \chi^2_{0.05,6} = 12.592$

Rejection decision : Don't need to reject null hypothesis

Conclusion: Screen duration is normally distributed with $\mu = 61.9709$ and $\sigma = 13.9397$

4. Data set: Average Notification

Type of distribution: Normal distribution

Known parameter: 0

Unknown parameter (m): 2, which are μ, σ

 H_0 : Screen duration is normally distributed with $\mu = 103.7506$ and $\sigma = 74.7360$

 H_a : Screen duration is not normally distributed with $\mu = 103.7506$ and $\sigma = 74.7360$

Number of cells with the expected number of samples (k): 7

Test static
$$\chi^2 = \sum_{i=1}^{k} \frac{(O_i - E_i)^2}{E_i} = 3.5875$$

Significant level (α) : 0.05

Degree of freedom 1 (ν_1) : $k-1-m=7-1-2 \Rightarrow 4$

Cutoff of non-rejection region: 9.4877

Degree of freedom 2 (ν_2) : $k-1=7-1 \Rightarrow 6$

Cutoff of rejection region: 12.592

Non-rejection regions : $\chi^2 < \chi^2_{0.05.4} = 9.4877$

Rejection regions : $\chi^2 \ge \chi^2_{0.05,6} = 12.592$

Rejection decision: Don't need to reject null hypothesis

Conclusion: Screen duration is normally distributed with $\mu = 103.7506$ and $\sigma = 74.7360$

Hypothesis Test

1. Data set: Average screen duration

Test hypothesis claims that average screen duration is greater than 7 Hrs. Collect data from 55 people. Sample mean sample standard deviation: 6.5771 & 2.8195 Hrs respectively.

Case of Hypothesis test : Large sample size

Upper-tailed, lower-tailed or two-tailed test: upper-tailed

7 steps test

1.1 Choose parameter of interest (μ)

Parameter : μ

1.2 Specify null value (μ_0) and null hypothesis (H_0)

 $\mu = \text{average screen duration}$

$$\mu$$
: average screen duration μ_0 : 7 (1) $H_0: \mu = 7$

1.3 State alternative hypothesis (H_a)

$$H_a: \mu > 7 \tag{2}$$

1.4 Compute test statistic (z)

$$z = \frac{\overline{X} - \mu_0}{\frac{S}{\sqrt{n}}} = \frac{6.5771 - 7}{\frac{2.8195}{\sqrt{55}}} \Rightarrow -1.11236$$
 (3)

1.5 Indicate significance level (α) and find rejection region (z_a)

$$\alpha : 0.05$$

$$1 - \alpha = 1 - 0.05 = 0.95$$

$$z_a = z_{0.05} = 1.6449$$

$$z \ge 1.6449$$
(4)

1.6 Determine whether we reject null hypothesis or not

Test static does not fall inside the rejection region. Null hypothesis is not rejected.

1.7 Conclude the problem

We do not reject the null hypothesis. Average screen duration is 7 Hrs.

2. Data set: Average notification

Test hypothesis claims that average notification is greater than 100 times.

Collect data from 55 people. Sample mean sample standard deviation: 103.7506 & 74.7360 times respectively.

Case of Hypothesis test: Large sample size

Upper-tailed, lower-tailed or two-tailed test: upper-tailed

7 steps test

2.1 Choose parameter of interest (μ)

Parameter : μ

2.2 Specify null value (μ_0) and null hypothesis (H_0)

 $\mu = \text{average notification}$

$$\mu$$
: average notification
$$\mu_0: 100 \tag{5}$$

$$H_0: \mu = 100$$

2.3 State alternative hypothesis (H_a)

$$H_a: \mu > 100 \tag{6}$$

2.4 Compute test statistic (z)

$$z = \frac{\overline{X} - \mu_0}{\frac{S}{\sqrt{n}}} = \frac{103.7506 - 100}{\frac{2.8195}{\sqrt{55}}} \Rightarrow 0.372179$$
 (7)

2.5 Indicate significance level (α) and find rejection region (z_a)

$$\alpha: 0.01$$

$$1 - \alpha = 1 - 0.05 = 0.99$$

$$z_a = z_{0.01} = 2.3263$$

$$z \ge 2.3263$$
(8)

2.6 Determine whether we reject null hypothesis or not

Test static does not fall inside the rejection region. Null hypothesis is not rejected.

2.7 Conclude the problem

We do not reject the null hypothesis. Average notification is 100 times.

Conclusion

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Appendix

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