**Project Summary: Impact of Screen Time on Student Performance**

**Project Objective**

**The objective of this study is to analyze the impact of daily screen time on student academic performance and lifestyle habits. Specifically, the project aims to:**

* Examine the relationship between screen time and test scores.
* Categorize students based on screen time usage and identify performance trends.
* Analyze age group differences in academic performance and digital behavior.
* Flag high-risk students (with screen time >4 hours/day) for potential intervention.
* Provide actionable recommendations to schools and parents to promote balanced digital usage and improve student outcomes.

**Key Findings**

1. **Average Screen Time**
   * Across **200 students**, the average daily screen time is **~4.0 hours**.
   * This suggests students are close to the threshold where screen time may begin to negatively impact academics.
2. **Screen Time vs Test Scores**
   * **Low Screen Time (0–2 hrs)** → Avg score: **~69.9**
   * **Moderate (2–4 hrs)** → Avg score: **~69.4**
   * **High (4–6 hrs)** → Avg score: **~69.5**  
      No sharp differences, but performance tends to **flatten or slightly dip** as screen time rises beyond 4 hrs.
3. **Age Group Insights**
   * Student distribution:
     + **Early Teens (13–14 yrs)** → 43 students (34%)
     + **Mid Teens (15–16 yrs)** → 68 students (34%)
     + **Late Teens (17 yrs)** → 38 students (32%)
   * Performance drops in **Late Teens**, indicating possible exam stress + higher screen dependency.
4. **Red Flag Students**
   * A subset of students has **>4 hrs screen time daily** (flagged as “Yes”).
   * These students may need **monitoring and digital well-being support**.

**Recommendations**

1. **Promote Balanced Screen Time**
   * Encourage students to keep screen time in the **2–4 hr range**.
   * Use part of screen time for **educational apps and e-learning**.
2. **Support Late Teens**
   * Provide **academic mentoring** and **screen-time awareness workshops** for older students, as their scores trend lower.
3. **Parental & School Monitoring**
   * Use **“Red Flag”** tracking to monitor students exceeding 4 hrs/day.
   * Engage parents in setting healthy digital boundaries.
4. **Extracurricular Balance**
   * Encourage extracurricular activities as a healthy alternative to excessive screen usage.

**Conclusion**

Screen time has a **moderate but noticeable influence** on student performance. While some screen use is beneficial, **exceeding 4 hours daily risks academic decline**, especially in older students. Schools should adopt a **balanced digital strategy**: integrating technology into learning while limiting non-productive screen time.