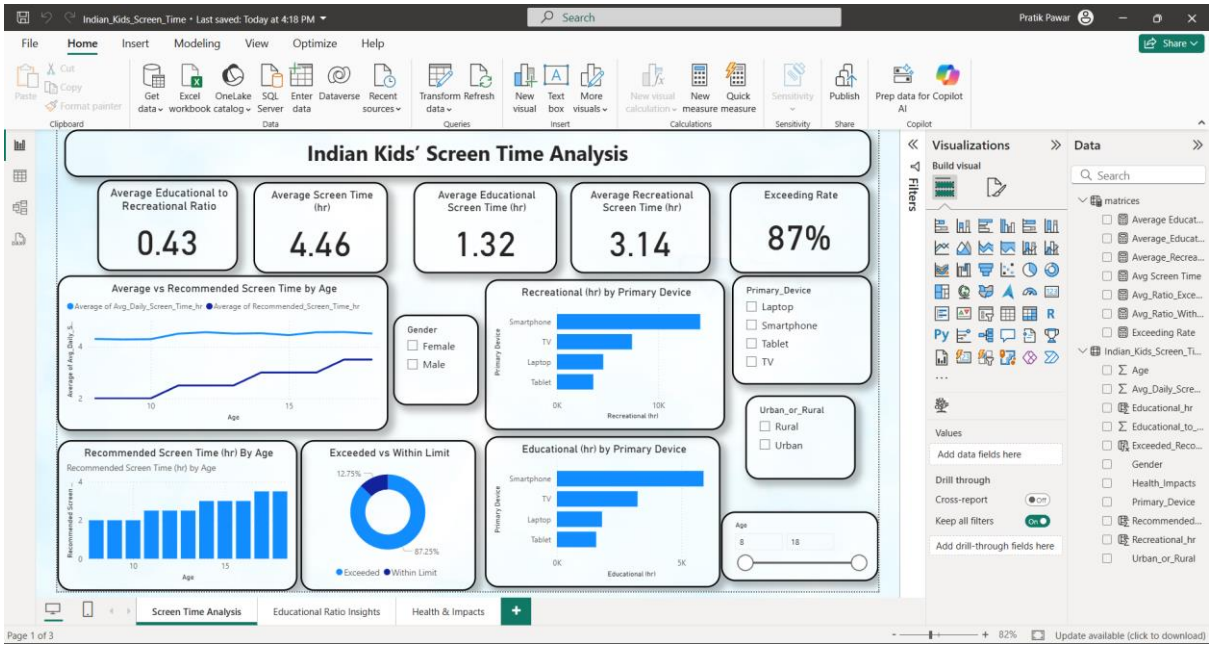
Screen Time Analysis



Key Metrics (Top Tiles)

1. **Average Educational to Recreational Ratio = 0.43**
   → Kids spend much less time on educational activities compared to recreational ones (for every 1 hr educational, ~2.3 hrs recreational).
2. **Average Screen Time (hr) = 4.46 hrs/day**
   → Overall daily screen time is above the recommended 2–3 hrs for children.
3. **Average Educational Screen Time (hr) = 1.32 hrs/day**
   → Educational screen use is only about 30% of total time.
4. **Average Recreational Screen Time (hr) = 3.14 hrs/day**
   → Recreational use is dominant, making up nearly 70% of total screen time.
5. **Exceeding Rate = 87%**
   → A very high proportion of kids exceed the safe/recommended screen limit.

Visuals Insights

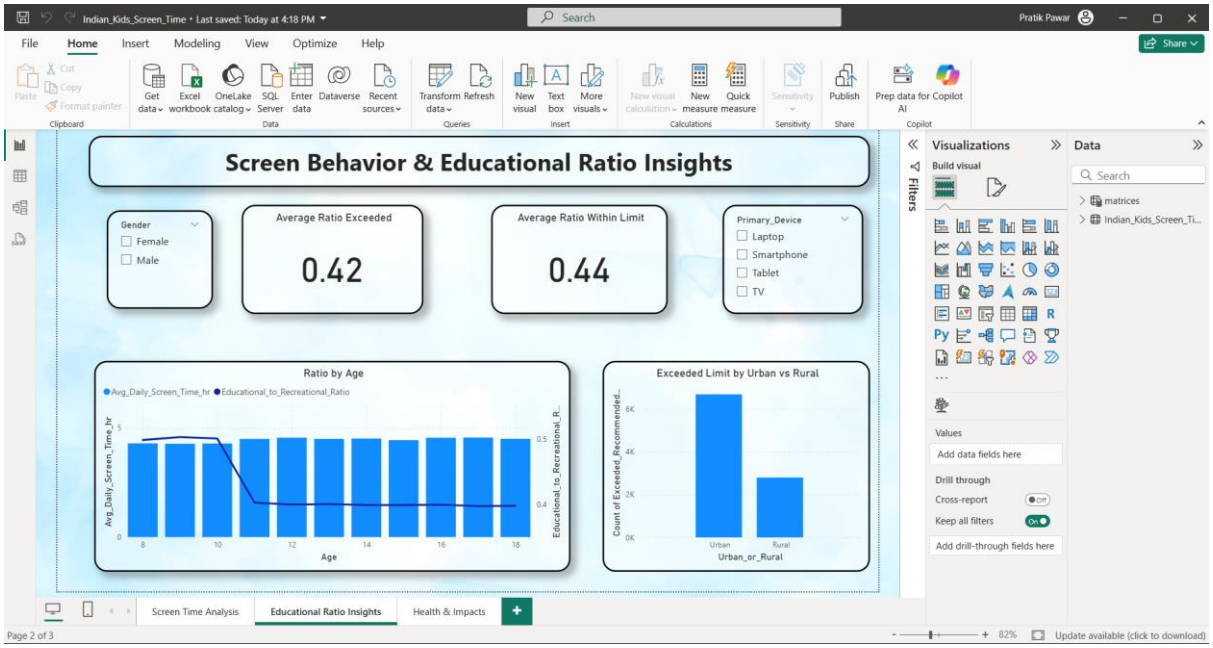
1. **Average vs Recommended Screen Time by Age (Line Graph)**
   - Blue line (Actual) stays consistently above orange line (Recommended).
   - As age increases, screen time increases → teenagers spend the most.
   - The gap widens with age, showing older kids exceed more.

2. **Recommended Screen Time by Age (Bar Chart)**
    - WHO recommends ~2 hrs for young kids and gradually increases with age.
    - Visual provides benchmark reference.
3. **Exceeded vs Within Limit (Donut Chart)**
    - 87.25% exceeded, only 12.75% within limit.
    - Clear imbalance — most kids are at risk of screen overuse.
4. **Recreational (hr) by Primary Device (Bar Chart)**
    - Smartphone dominates recreational use, followed by TV.
    - Laptop and Tablet contribute but much less.
    - Indicates **mobile-first entertainment culture**.
5. **Educational (hr) by Primary Device (Bar Chart)**
    - Again, Smartphone is the top device, followed by TV.
    - Laptop and Tablet lag, meaning even educational usage is mobile-heavy, not traditional PC-based.
6. **Filters (Gender, Device, Urban/Rural, Age Range)**
    - These allow deeper drill-down (e.g., boys vs girls, rural vs urban differences).

Overall Story from This Dashboard

- Kids spend ~4.5 hrs/day on screens, way above safe limits.
- Recreational use dominates (3.14 hrs vs 1.32 hrs educational).
- Smartphones are the central device for both education and entertainment.
- 87% of kids exceed safe screen time, which may have health/behavioral risks.
- As age increases, screen time consistently overshoots recommendations.

Screen Behavior & Educational Ratio Insights



Key Metrics (Top Tiles)

1. **Average Ratio Exceeded = 0.42**
   → About 42% of kids' screen use goes beyond recommended safe limits.
2. **Average Ratio Within Limit = 0.44**
   → Around 44% of screen usage is within healthy/educational boundaries.

Visuals Insights

1. **Ratio by Age (Bar + Line Chart)**
   - **Blue bars:** Average daily screen time (hours).
   - **Blue line:** Educational-to-Recreational ratio.
   - **Findings:**
     - Younger kids (~8–10 yrs) already spend ~4–5 hrs/day.
     - Educational ratio drops sharply after age 10, meaning older kids spend more on recreation than education.
     - Teenagers show highest overall screen time with lowest educational ratio.
2. **Exceeded Limit by Urban vs Rural (Bar Chart)**
   - **Urban kids:** ~6,000 exceed safe screen time.
   - **Rural kids:** ~2,000 exceed safe screen time.

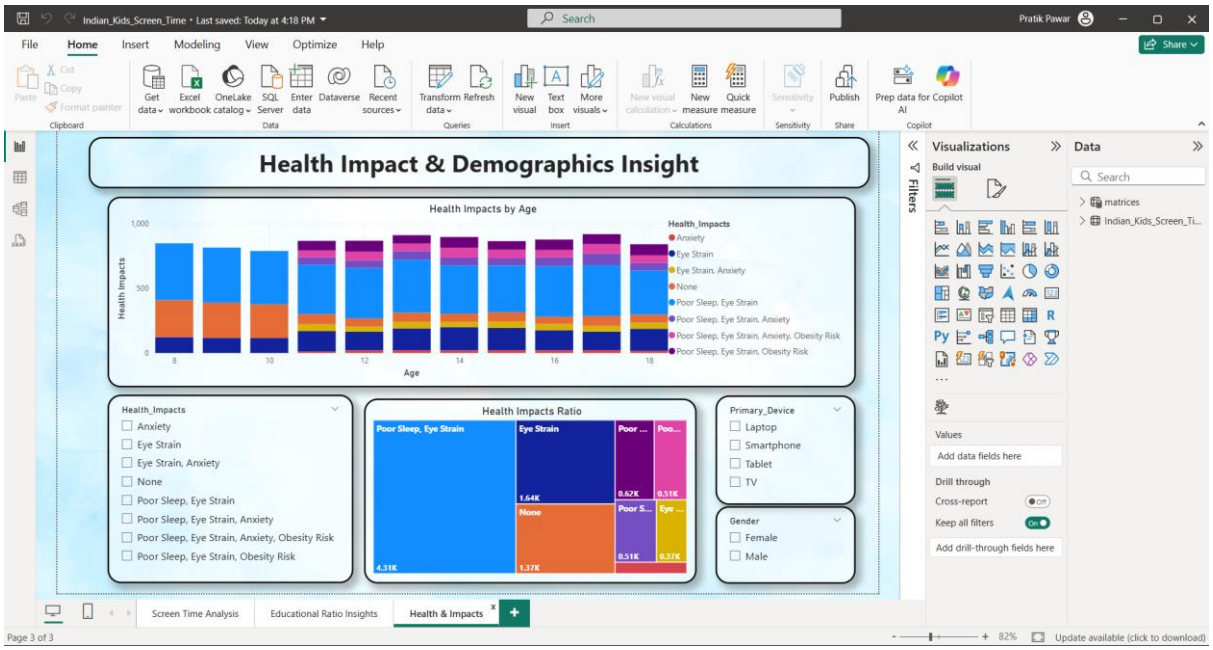
- **Insight:** Urban kids exceed recommended screen use nearly **3x more** than rural kids — stronger access to devices/internet.

3. **Filters (Gender & Device)**
    - **Gender filter:** Compare Male vs Female screen behavior.
    - **Primary Device filter:** Laptop, Smartphone, Tablet, TV.
    - **Purpose:** Lets us drill deeper into patterns — e.g., whether smartphones dominate for recreation, or if one gender exceeds limits more.

Overall Story from This Dashboard

- Kids consistently exceed safe/recommended screen limits (42% exceeded vs 44% within).
- Screen time increases with age, but educational use declines → older kids spend more time on entertainment.
- Urban kids are most at risk, showing 3x higher exceedance compared to rural kids.
- Device usage patterns (via filters) would likely reveal smartphones as the main driver of both educational and recreational use.
- Call to action: Need for balanced screen habits, especially in teenagers, and stronger parental/educational interventions in urban settings.

Health Impact & Demographics Insight



Key Metrics (Bottom Treemap)

1. **Poor Sleep & Eye Strain = 4.31K kids**
   → The most common health issue linked to excess screen time.
2. **Eye Strain (alone) = 1.64K kids**
   → A major side effect, especially for students spending long hours on screens.
3. **No Impact Reported = 1.37K kids**
   → Only a small portion report no negative health issues.
4. **Anxiety = 0.62K kids**
   → Mental health impact is visible but lower compared to physical issues.
5. **Other Combined Impacts (Poor Sleep + Anxiety + Obesity Risk, etc.) = ~1.5K kids**
   → Indicates multi-dimensional health risks with prolonged screen usage.

Visuals Insights

1. **Health Impacts by Age (Stacked Bar Chart)**
   - **Younger kids (8–10 yrs):** Mostly face eye strain and poor sleep.
   - **Teenagers (12–18 yrs):** Show multiple combined issues — poor sleep, anxiety, obesity risks.
   - **Trend:** As **age increases**, both the number and severity of health impacts rise.
2. **Health Impacts Ratio (Treemap)**
   - **Largest portion:** *Poor Sleep & Eye Strain (4.31K)*.
   - **Second largest:** *Eye Strain (1.64K)*.
   - **Third:** *None (1.37K)*.
   - **Smaller but significant blocks:** Anxiety, Obesity risk, Combined issues.
   - **Insight:** Eye-related and sleep-related problems dominate, but psychological effects (like anxiety) also grow with age.
3. **Filters (Gender & Device)**
   - Can break down impacts by boys vs girls or by device type (Laptop, Smartphone, Tablet, TV).
   - Likely, smartphone users show the highest eye strain, while TV/laptop may link to poor sleep & obesity risks.

Overall Story from This Dashboard

- **Health impacts are widespread:** Only a minority (1.37K kids) report no issues.
- **Physical issues dominate:** Poor sleep and eye strain are the most common consequences of excess screen time.
- **Mental health is emerging:** Anxiety cases are notable and likely underreported.
- **Age factor:** Older children face more combined health problems than younger ones.
- **Devices matter:** Smartphones and TVs are likely the major contributors, but filters allow deeper exploration.