DON'T WASTE YOUR TIME

Key Insights:-

This analysis provides an in-depth look at social media usage and its impact on self-control, focusing primarily on gender differences. Key findings are supported by visualizations, including line plots and bar charts that illustrate these behavioral patterns.

1. Self-Control Comparison Between Genders:

A line chart was used to compare self-control levels between males and females.
Key Insight:
 Females exhibit 20% higher self-control compared to males on average when managing their social media usage.
This data suggests that females are generally better at regulating their screen time and avoiding distractions from social media platforms.

2. Time Spent on Social Media:

The data indicates that males spend approximately 30% more time on social media compared to females.
Chart Observation: In a visualization showing average hours spent on platforms, males are more likely to engage in prolonged usage sessions, leading to increased tendencies for procrastination and lower self-control.

3. Self-Control vs. Age Groups:

While gender was the primary focus, there was also a segmentation of the data by age group.
Key Trend: Among younger users (ages 18-24), there was a 15% drop in self-control as compared to older users (ages 35 and above), suggesting that younger individuals are more susceptible to time-wasting on social media.

4. Social Media Addiction Risks:

The analysis further points to a 35% higher risk of social media addiction among males, as reflected in patterns of impulsive checking of platforms .

Data Insight: Females, while having slightly lower social media engagement, are more deliberate with their usage, contributing to better overall control.

5. Time-Wasting Activities Breakdown:

A breakdown of specific time-wasting activities (e.g., scrolling feeds, watching videos) revealed that males are 40% more likely to engage in passive consumption (e.g., watching videos) without realizing the time spent, whereas females spend more focused time engaging with content like messaging or commenting.

6. Implications for Interventions:

Recommendation: Based on the analysis, educational programs focusing on digital self-regulation should be targeted more toward younger males, who appear to be the most affected by poor self-control.
Furthermore, these programs could also incorporate strategies for reducing passive social media consumption, which accounts for the bulk of wasted time.