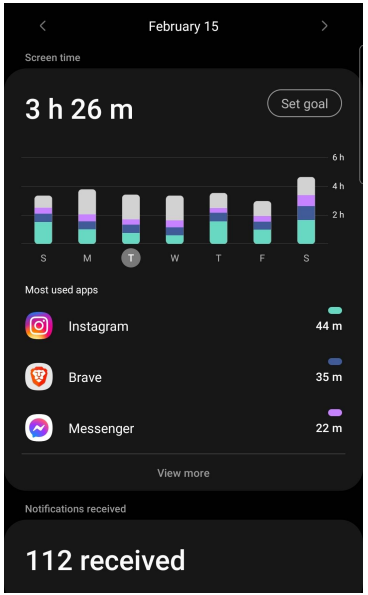
SCREEN TIME IN A CRISIS

Unė Žemaitytė
Turing College Data Analytics Course

Does the number of increased notifications during the current situation increase screen time?

Data collection

Data was obtained from the Digital Wellbeing app on my Samsung Galaxy smartphone, which tracks the overall time spent using the smartphone, number of received notifications, and time spent on any app individually on a given day.



date	hours	minutes	n_of_notifs
2022/02/09	3	20	109
2022/02/10	2	31	73
2022/02/11	2	53	77
2022/02/12	3	9	125

Cleaning the data

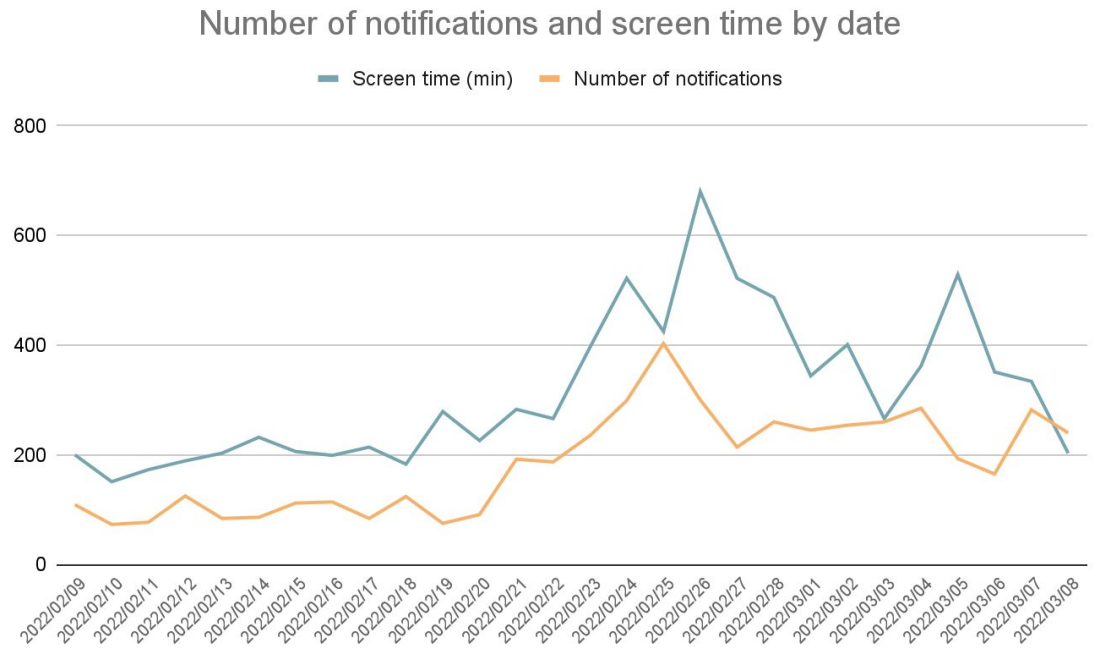
overall screen time = (‘hours’ * 60) + ‘minutes’

date	hours	minutes	n_of_notifs
2022/02/09	3	20	109
2022/02/10	2	31	73
2022/02/11	2	53	77
2022/02/12	3	9	125

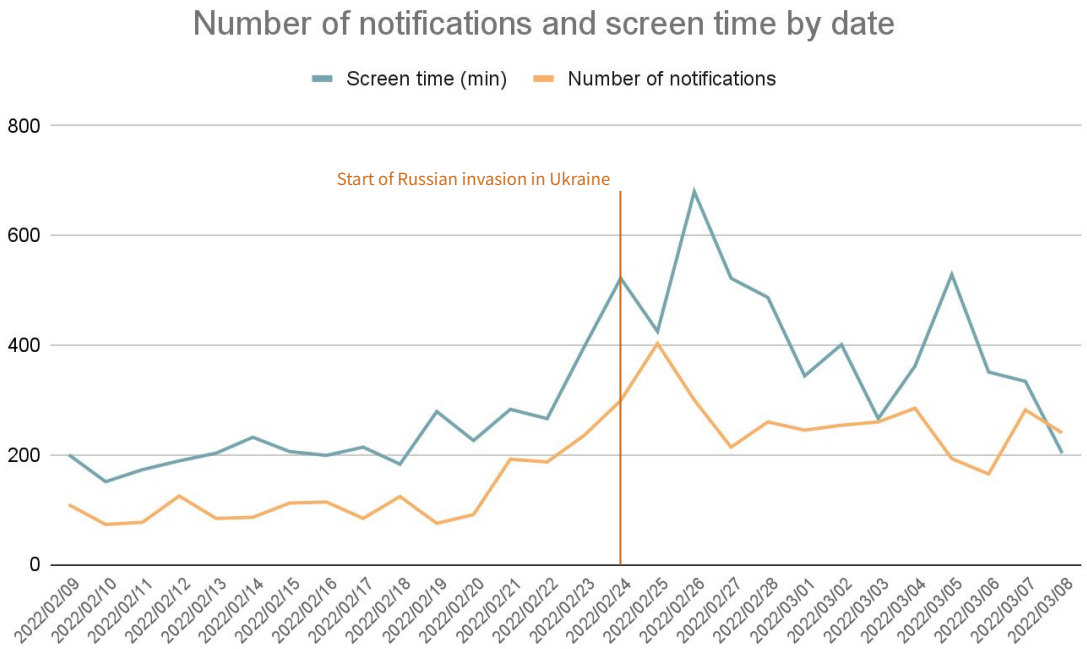
date	overall_minutes	n_of_notifs
2022/02/09	200	109
2022/02/10	151	73
2022/02/11	173	77
2022/02/12	189	125

date – day the data was recorded
hours and minutes – time spent looking at a smartphone screen
n_of_notifs – number of notifications received

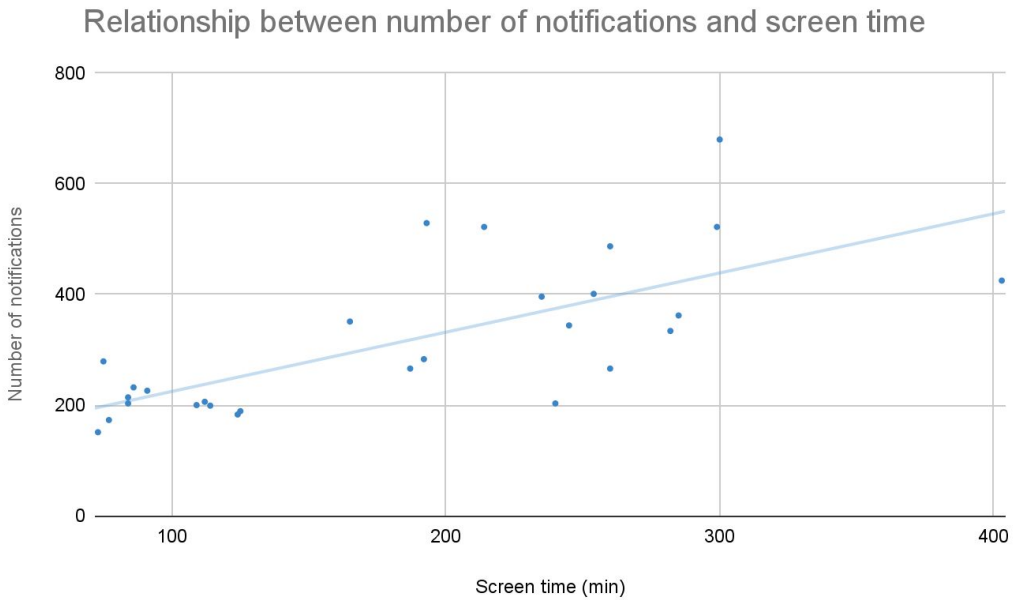
Results: number of notifications and screen time by date



Results: number of notifications and screen time by date



Results: the relationship between number of notifications and screen time



CONCLUSIONS

- ➔ The overall screen time and number of notifications increased since the invasion began

- ➔ There is a relationship between the number of notifications received and time spent looking at a screen

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WHAT CAN BE DONE?

- Turn off smartphone notifications to prevent information overload

- Set a daily screen time limit

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