

A study into the impact of Screen time on student GPA

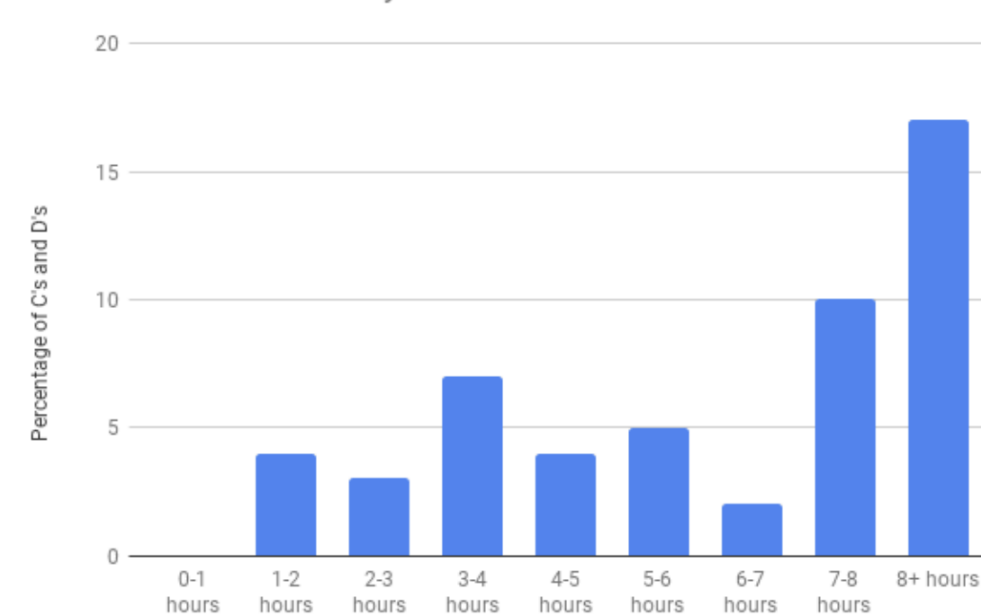
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Introduction

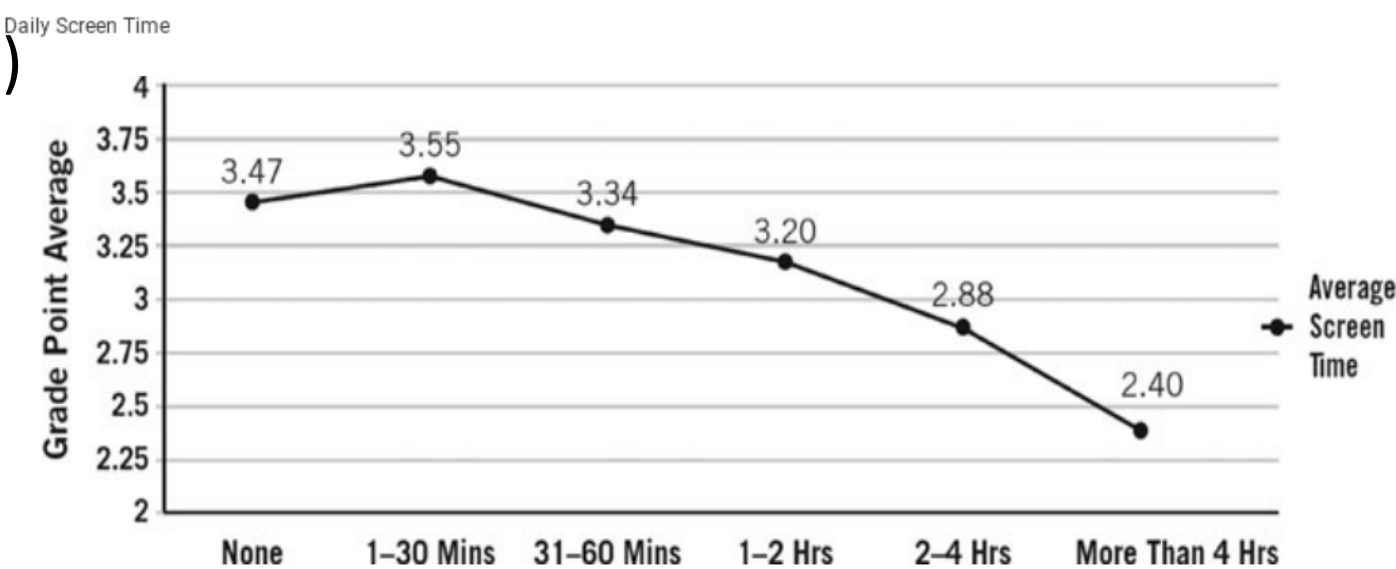
With the advances in technology and introduction of new social medias in the past decade, the use of cell phones and computers has become a common habit for most college students, but recent studies indicate that it can be harmful for their grades, depending on the time spent using those devices.

% of C's and D's vs. Daily Screen Time



"The percentage of students with 0-1 hours of phone time that have an overall grade of a C or D was 0% (0 people) but that number skyrockets to 17% (19 people) for those with 8+ hours of phone time." (Je, OneClass)

(Je, OneClass)



(ResearchGate, 2019)

Hypothesis

Our hypothesis is that the amount of screen time directly correlates to the GPA of college students. We predict that the more screen time, the lower the grade point average will be

Methods

Surveyed 100 HU students and asked them their:

- Phone Screen time per day
- Computer screen time per week
- Video game time per week
- Cumulative GPA

Results

These graphs below show the results from the survey pertaining to screen time and GPA in Harrisburg University students. These results support the groups hypothesis.

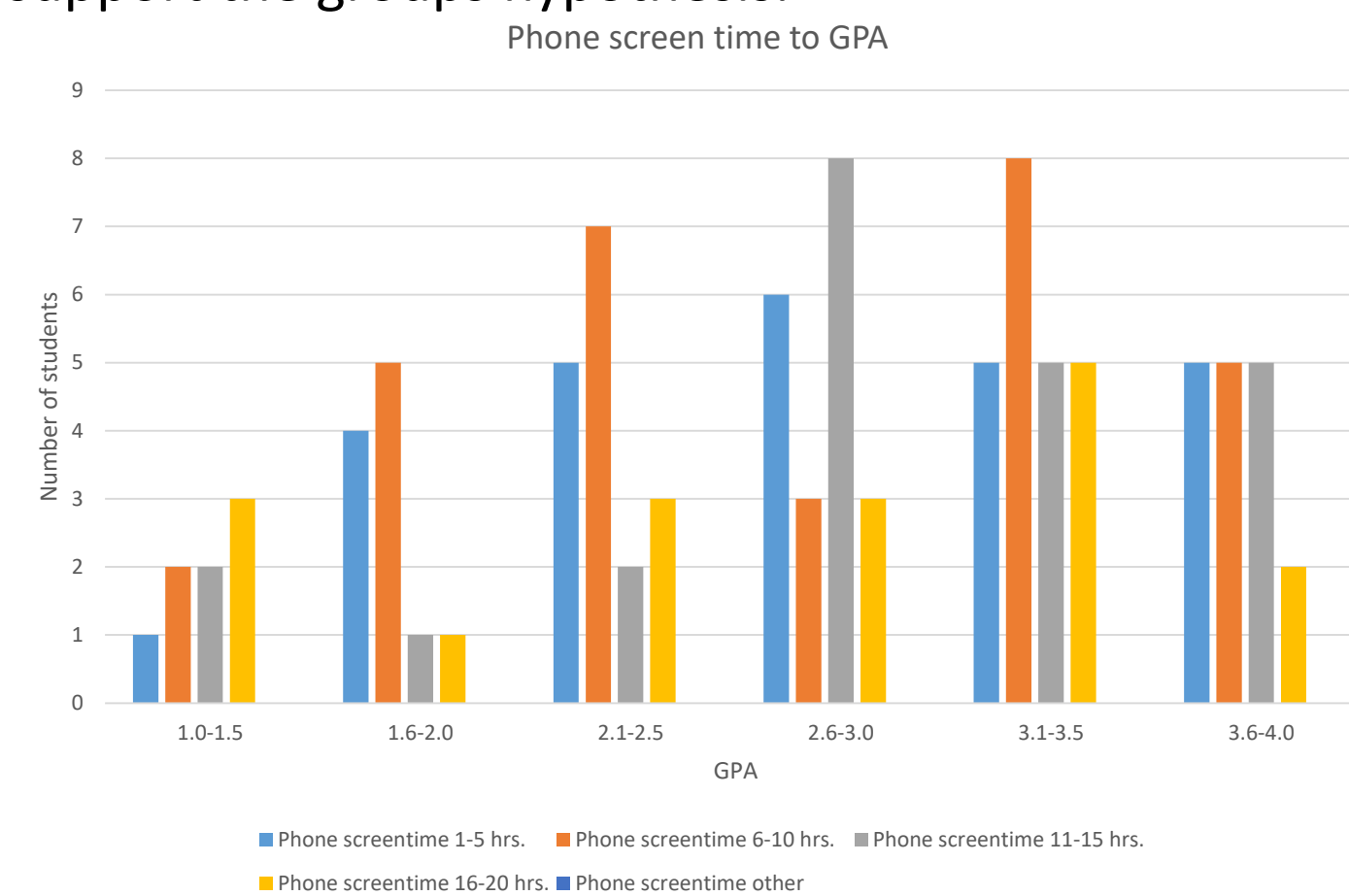


Figure 1: Cellphone screen time per day and GPA

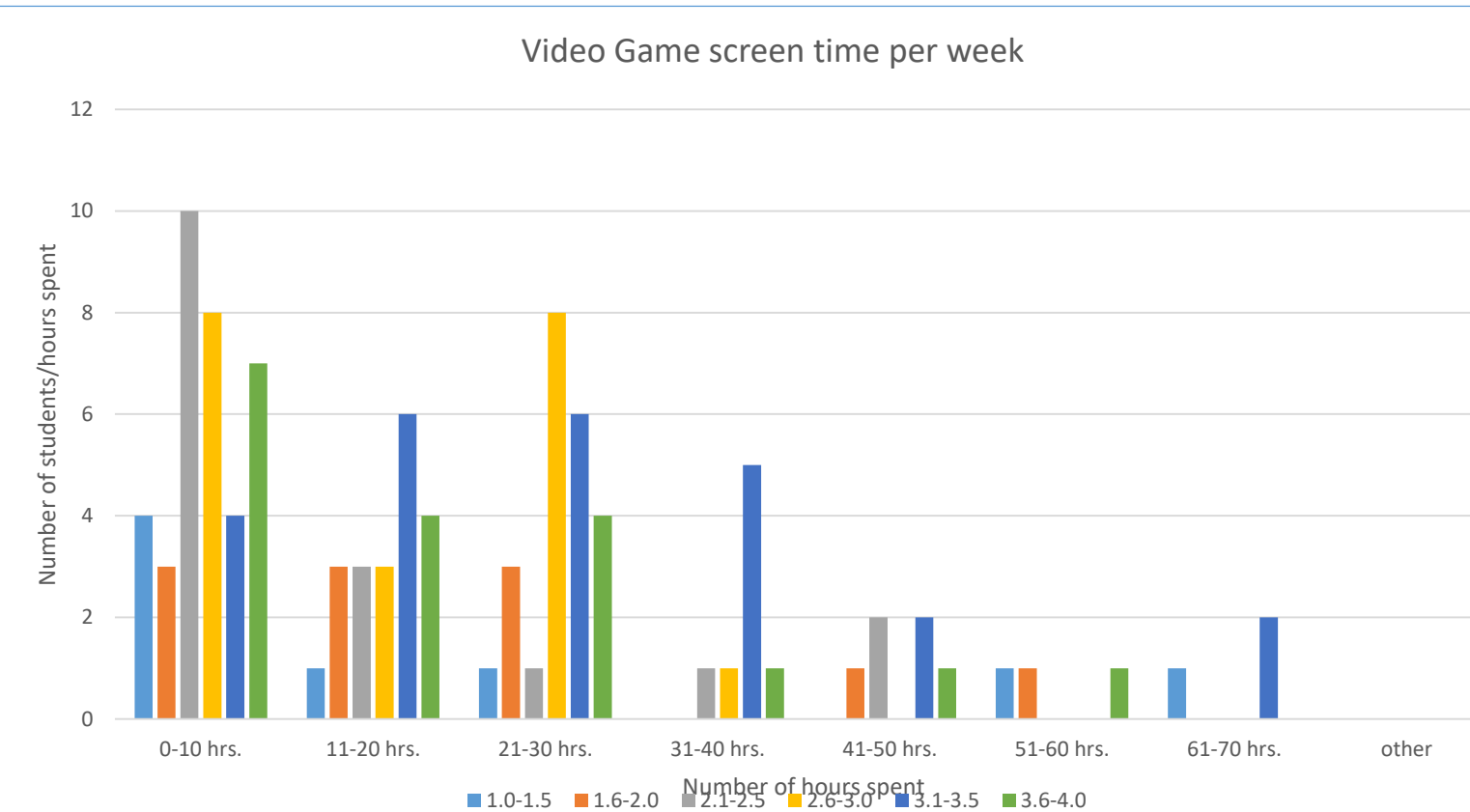


Figure 2: Video game screen time per day and GPA

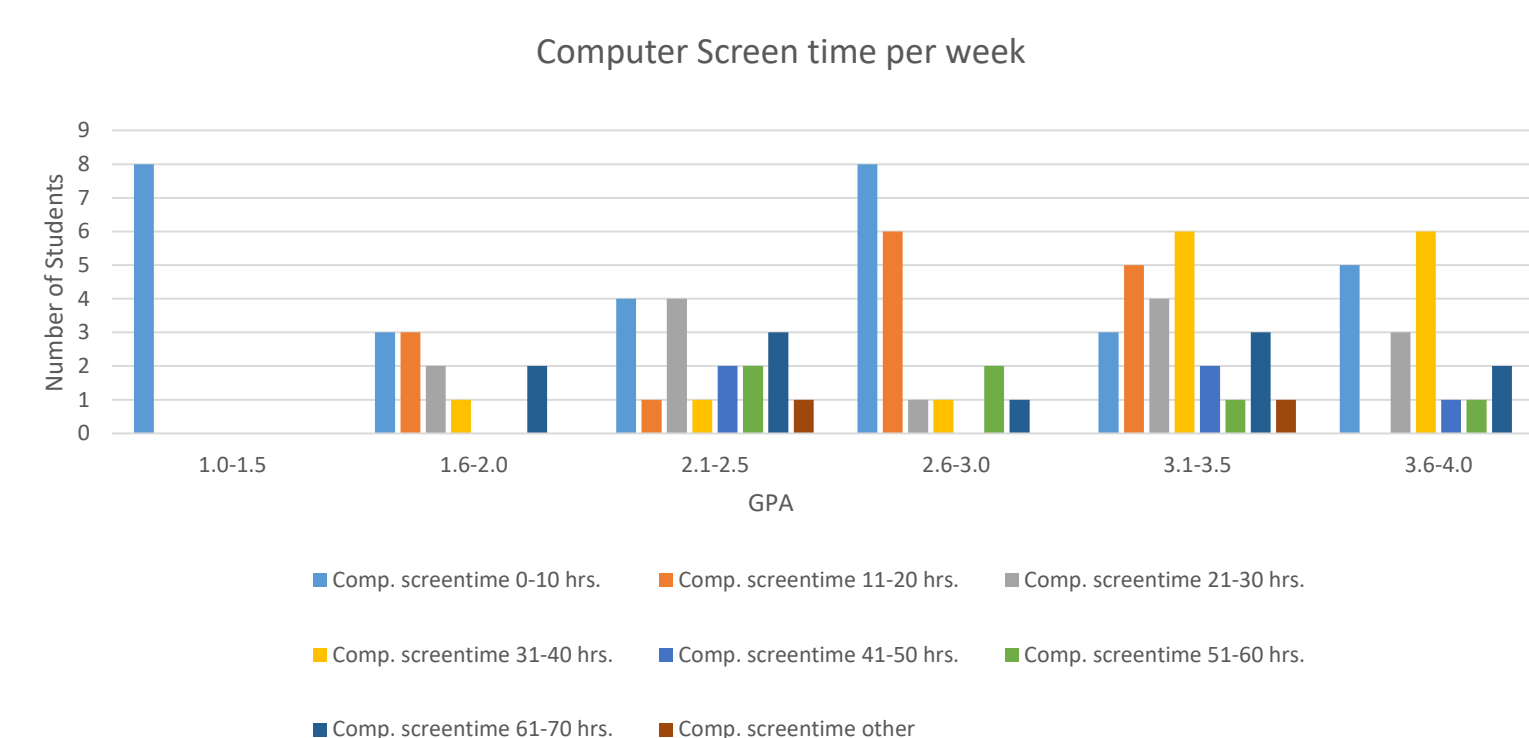


Figure 3: Computer screen time per day and GPA

Conclusion

According to the results, it supports the hypothesis that screen time directly affects a college students grade point average. What college students can hopefully take from this experiment is that cutting screen time down can ultimately improve study habits and their GPA.

- Referring to Figure 1, This chart has the data from the survey pertaining to GPA and phone screen time per day. Students who have a GPA in the range of 3.6-4.0 tend to have daily phone screen time between the wide range of 1-15 hours. On the other hand, Students who have a GPA in the range of 1.0-1.5 seem to average in higher phone use in the 16-20 hours daily range.
- In Figure 2 on Video Game screen time and GPA the highest range of GPA of the college students, 3.6-4.0, falls into the column having the lowest Video game times per week which is listed in the range of 0-10 hours a week. On the higher ranges of video game usage between 61-70 hours, both students in the GPA range of 3.6-4.0 and 1.0-1.5, reside here thus contradicting the original hypothesis.
- Figure 3 which is data collected on Computer screen time and GPA. Starting off with some unexpected results, The highest amounts of computer screen time is by the students who have a GPA in the ranges of both 3.1-3.5 and 3.6-4.0. The lowest computer screen time, in the range of 0-10 hours a week, are mostly students who have a GPA range in 1.0-1.5.

References

Je , D. (2019, March 7). *New study: How does screen time affect grades?* OneClass. Retrieved April 13, 2022, from <https://OneClass.com/blog/featured/137314-new-study3A-how-does-screen-time-affect-grades3F.en.html>