Digital Habits of University Students: A Statistical Analysis of Screen Time, App Usage and Device Engagement

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Abstract

The growing reliance on digital devices has significantly influenced students' academic, social, and personal lives. This study explores students' app usage patterns, focusing on their balance between educational and recreational use. The objectives of this study are to investigate the screen time and various app usage among the students, finding the most demanding apps and their use rates, analyzing the dependency on internet and internet-based apps, finding out the time when students are mostly online etc. The study involved 150 students aged 18–25, with data collected using surveys over four weeks. Screen time, app names, usage time were some of the variables. Quantitative data identified trends, while qualitative data provided contextual insights. Analyzing the gathered data, we are expected to see online based social media apps to be mostly used. Also, the peak hour of usage is expected to be around 9PM to 12PM. A significant part of the apps is expected to be games as well. Students' app usage is heavily skewed toward recreational activities, particularly social media and gaming. The study emphasizes the need for strategies to balance educational and leisure usage, helping students improve their digital habits and productivity.

Keywords:
Screen time, app, online, student, activity.