

# Effect Of Excessive Screen Time On Bmi On Secondary School Students

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## ABSTRACT

The purpose of the study was to the impact of the internet on their B.M.I on secondary school student from Pune District. Seventy male students (n=70) of Sinhagad Public School, Lonavla were randomly selected for the research. On 35 experimental students and 35 controlled students Pre-test of B.M.I. and questionnaire answer tests were conducted. Descriptive Statistics, one sample test, Anova, was used for records evaluation and interpretation so that the targets are responded to, and a hypothesis is tested. In the research conducted the BMI of the experimental group of students was found to be significantly increased.

**Keywords:** Screen Time, BMI, Secondary School.

## INTRODUCTION

Sports are important at every age. While playing sports, many physical organs and sensory organs are working due to their mutually complementary actions, physical movements are correct while doing physical activities, and psychologically useful elements are also being developed. Today is a competitive age and the age of computers and the most important thing to survive in this age is health and along with this good and healthy mind. But nowadays the use of conveniences has increased so much, that we can turn on the TV or something without even getting up from our seat, so our life has become lazy and dependent and dependent on systems. As electronics and remote control facilities have reduced physical activity, imitation of eating habits in western culture is having a bad effect on the body and its effects are felt even in children. You see the prevalence of childhood obesity. As a result, they are limited in their skills in sports, which leads to frustration in

their lives, and after coming home, parents are unable to give time due to their jobs. Therefore, they gradually turn to social media and video games.

Association of the Use of the Mobile Phone with Physical Fitness and Academic Performance: A Cross-Sectional Study by Alfredo bravo, Javier Moran-Garcia, Pablo Abian (2021) A total of 501 high school students have participated in this study (236 girls and 265 boys; 12–18 years). Unbridled use of mobile phone was related to poor results in the PF tests and school academic performance. Gender-related differences were found in school academic performance regardless of the use of the mobile.

The study of Children's Body Mass Index Depending on Dietary Patterns, the Use of Technological Devices, the Internet and Sleep on BMI in Children, By Anna Bartosiewicz Et al. (2020) The number of sleeping hours per day significantly negatively correlated with body mass index (BMI), while

the frequency of using the smartphone had a positive correlation with BMI. Researchers recommend that healthy lifestyle instruction must be prioritized for both children and their parents..376 kids in between ages of 6 and 15 made up the study sample, including 189 females and 187 boys. Bioelectrical impedance analysis from foot to foot was used to evaluate body composition.. So researcher wants to know what are the effects of screen time on school children in Pune Maharashtra. The objective of research is to see the impact of screen time on B.M.I of secondary school students.

## METHODOLOGY

The researcher are chosen as the population for this study was secondary students. The research method was experimental so make two equal groups one was experimental and the other was a control group. The data were obtained from 70 samples on the Bmi. For the subjects selected on Stratified Random Sampling, the pretest was conducted, and after the experiment, a post-test was conducted. 8 Week screen time experiment was conducted the following way.

### Screen Time

1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> week	4 <sup>th</sup> , 5 <sup>th</sup> & 6 <sup>th</sup> Week	7 <sup>th</sup> & 8 <sup>th</sup> Week	Time
Google	You tube	Google & youtube	2hrs daily (2.30 pm to 4.30 pm )

### SAMPLE

The present research has included a total of 70 students from class VIII to X at Sinhgad Public School Lonavla in the Pune district.

Research has included students in the age group of 14 to 16 years. A total of seventy students have been included in the research. It includes students from Sinhgad Public School

Lonavla. Research involves students using the Internet and does not include students below class VIII and above.

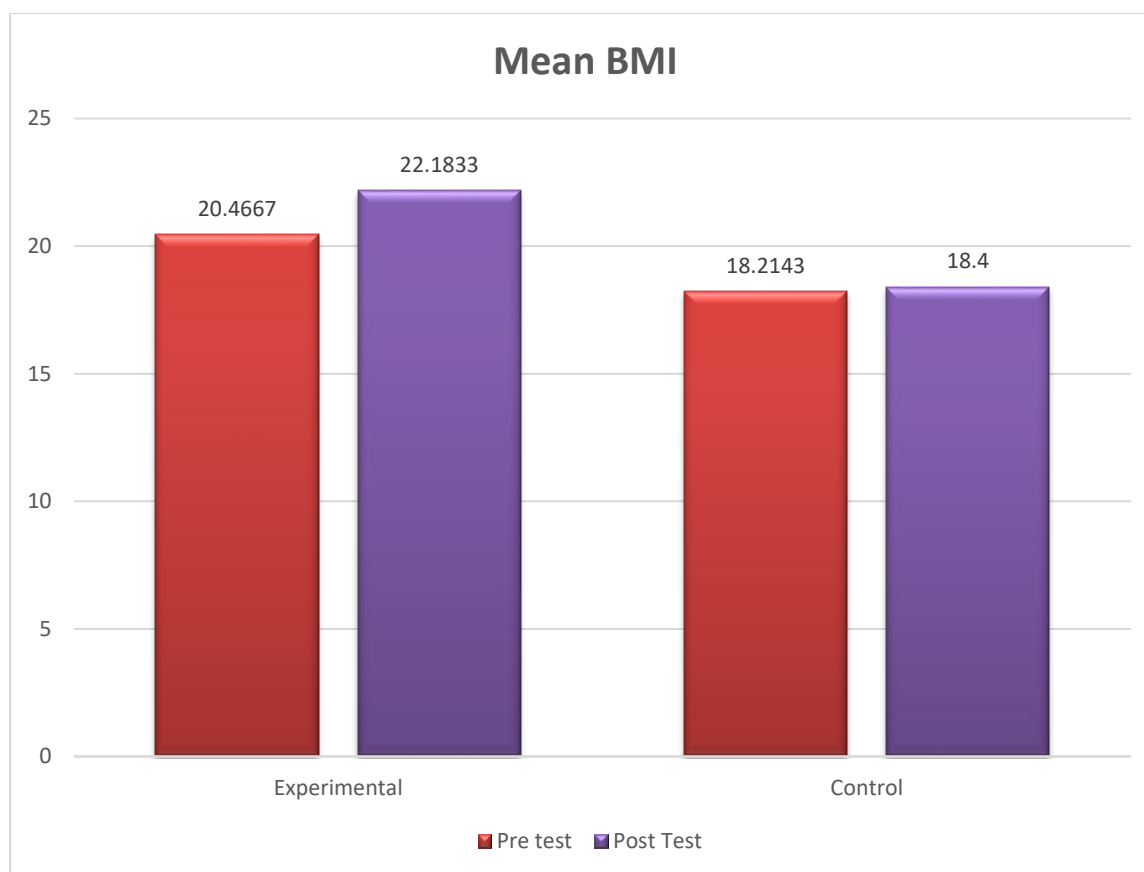
### STATISTICAL ANALYSIS

This research includes a clinical study of students' excessive use of the Internet and their B.M.I

**Table No. 4.2.4 –BMI Experimental and controlled group of pre-and post-test tests**

Group	Total Student Number	Test	Mean	Std. Error	F- Test
Experimental	35	Pre-Test	20.4667	0.25190	3.823
		Post- Test	22.1833	0.26117	
Controlled	35	Pre-Test	18.2143	0.18408	0.464
		Post- Test	18.4000	0.20092	

**\*Level of significance 0.05**



The total number of students in the experimental group is 35 and the mean of the pre-test is 20.46 and the mean of the post-test is 22.18. The statistical results of the ANOVA method show that the comparison between the pre-test and the post-test in the experimental group is found to be  $f=3.823$  ( $p<0.05$ ). That is, the BMI test performance of the students in the experimental group is found to be significantly increased while in the control group there are a total of 35 students and their pre-test is 18.21(S.D 0.184) and the post-test mean is 18.40 (S.D 0.200).The statistical result of the ANOVA method shows that in the control group the comparison between the pre-test and the post-test showed  $f=0.464$  ( $p<0.05$ ) which means that the performance of the students in the experimental group increased significantly in the BMI test

## SUMMARY

Nowadays, phones are used to meet or talk with close friends, and relatives, social media is

used, and college kids, as well as school kids, are seeing smartphones, because of this children's outdoor games are reduced, and they are playing less, obesity is on the rise. The thing that exists in today's lifestyle, is excessive use of social media or phones, and excessive use of the net.

Technology should make life easier but now it seems that life has become dependent on technology. If a project is given in school, Google is used more instead of searching for books. If they want information, children find it more suitable to search YouTube or Google than going to the library or reading books.

## FINDINGS

The research conducted did not show a significant effect of excessive screen time on the control group, while the BMI of the experimental group students was found to be significantly increased, i.e. the students in the experimental group were found to increase in weight significantly. This indicates that the BMI

of the students in the experimental group is increased

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