

ANALYSIS OF GEN-Z AGE GROUPS AND THEIR SCREEN TIME IN ROMANIA

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Introduction

The current generation revolve their whole life around technology and screens. It has become a big part of peoples daily lives especially for Gen-Z. Large amounts of screen time daily can negatively impact humans. Previous studies have discussed that a large amount of daily screen time causes weight gain, obesity, cardiovascular diseases, depression, reduced sleeping duration, and an increase in sleeping problems (Hale & Guan, 2015). Students either in high school or college who spend a lot of time in front of screens have a hard time becoming academically successful (Aguilar et al., 2015). All these things cause various members of Gen-Z to live an unhealthy lifestyle.

Hypothesis: 22-24 year olds will have a higher amount of screen time than the younger age groups.

Methods

Used a website called Statista to collect data on the findings of Screen time of Gen-Z specifically in Romania.

Downloaded this data on to excel, an chi-squared test was conducted to see if there was a significant difference in the proposition of time spent on screens daily by age group.

The critical value and degrees of freedom were calculated first, you need these calculations before calculating the P-value.

Once pervious step was completed the p-value was calculated to see whether or not the data was significant between the different age groups.

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Results

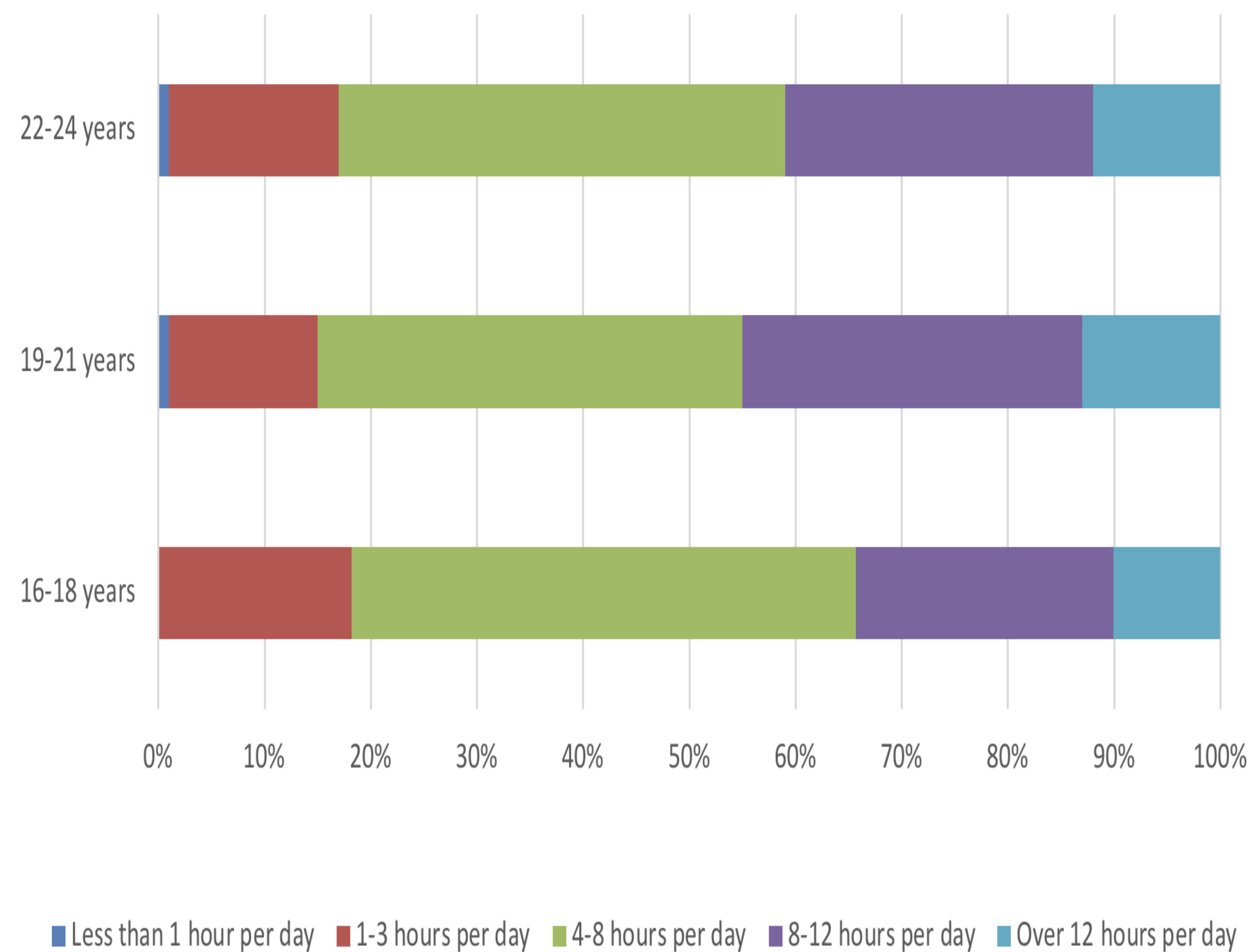


Figure 1:A stacked bar graph showing the proportion of time spent on screens daily by age group. Colors represent different screen time amounts while each bar represents a different age group.

There was no significant difference between any of the different age groups. The p-value for all groups was greater then 0.05.

Since all p-values were around the same number it indicates that no age group spent too much time or too little time in front of screens. It's all around the same

The hypothesis was disproven due to there being no significant difference between the age groups.

Future Research

Repeat this same experiment however analyze screen time of Gen-z in the US.

A study of just one age group with different screen time and examine there daily habits. Like how they sleep, physical activity and sleeping patterns, in the U.S.

Cross-cultural study: analyze and compare screen time habits and attitudes of different cultures in the U.S

Study the educational impacts of screen time on Gen-zers who are in school.

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