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Report No

869



STUDENTS DIGITAL WELL BEING TEST REPORT

CONFIDENTIAL

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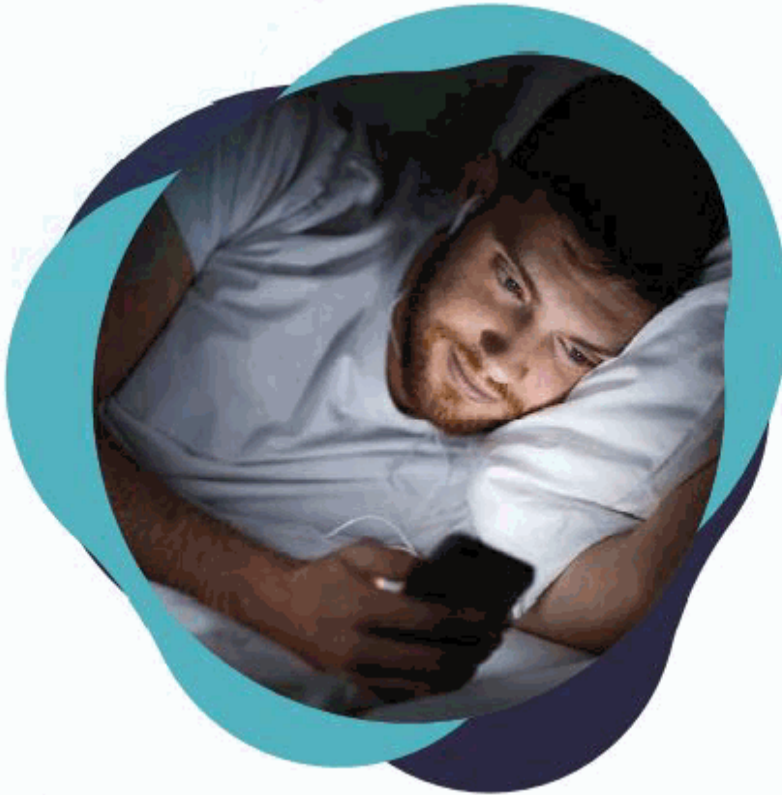
08

Risk factors

DISCLAIMER

This test is designed to provide a quick analysis of whether you might have problems with screen addiction. That said, no test is 100% accurate. No matter what your score is, you should seek professional medical advice if you have concerns with your screen usage.

SCREEN ADDICTION



Screen dependency disorder/screen addiction is a modern-day health challenge affecting people of all ages who in some way or the other use technology as a means of communication. Research shows that the excessive use of mobile phones and exposure to the blue lights of gadgets can impact children's brains which can lead to a disorder called Screen Dependency Disorder (SDD). When you stare at a screen for hours at a time, whether it is a computer, TV, phone, or tablet, you are exposed to the blue light from the device. Getting affected by screen dependency disorder can have devastating effects. Screen addiction is a term that we see more and more often in the media and has been used to denote various types of technology-related negative behaviors. This happens when screen use becomes so compulsive that it leads to impaired daily functioning in terms of productivity, social relationships, physical health, and emotional well-being. That means that your or your kid's screen use is interfering with work and family life, harming relationships, encouraging inactivity or less sleep, or generally making you feel sad or disillusioned. While many of the behaviors that are described as screen addiction look a lot like other behavioral addictions, there are currently no clinical diagnostic criteria for a disorder called screen addiction. What that means is that we need to be aware that the term 'addiction' has a particular meaning, as well as implications for the way it can be treated. That being said, we may reach a point where problematic screen use does become a recognized behavioral addiction.

SCREEN ADDICTION IN STUDENTS

Addiction can be defined as a human tendency to engage in an activity even if it interferes with one's personal/professional life. Digital addiction occurs in various forms. Over-dependence on mobile phones is one of them (A tendency to look at our phones even if there is no particular use). It also includes addiction to the Internet, video games, online games, online gambling, and social media, etc. The modern workplace relies on screen time like never before. Employees record attendance using applications, talk to colleagues over Google meet, follow up with clients over email, respond to customers over social media or messaging apps- the list goes on. This can have a detrimental effect on their work output. They feel obligated to continually check their devices and stay updated, distracting them from the task at hand. Even office breaks come in the form of screen time. Very often than not we see a colleague getting up from their workspace to get a cup of coffee while browsing Facebook or Instagram. Employees who bring laptops for meetings can easily transfer secure information or simply take down notes that can be forwarded to people who are not supposed to have access to it. Instances like these demonstrate the possibility of digital addictions/dangers at work, and why organizations should be deeply concerned about it. While technology is meant to enhance productivity, there is a thin line between its use and overuse. Harvard Business Review analyzed data from the National Bureau of Economic Research to find that companies risk losing as much as 27% productivity when employees uselessly spend time online.

AREAS OF SCREEN ADDICTION THAT IMPACTS YOUR LIFE



FAMILY & FINANCE



WORK PLACE



PERSONAL LIFE



MENTAL HEALTH



PHYSICAL HEALTH

Your score and status of Digital well-being test



CONGRATULATIONS

You have successfully completed the digital
well-being test for students.

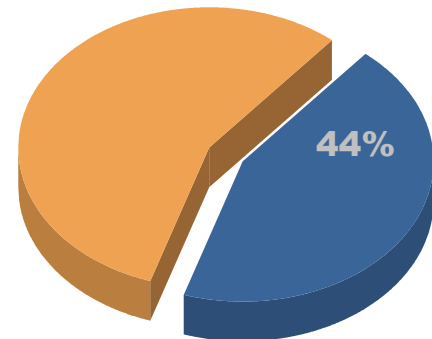


HERE IS YOUR RESULT.....!



Representation of your screen addiction

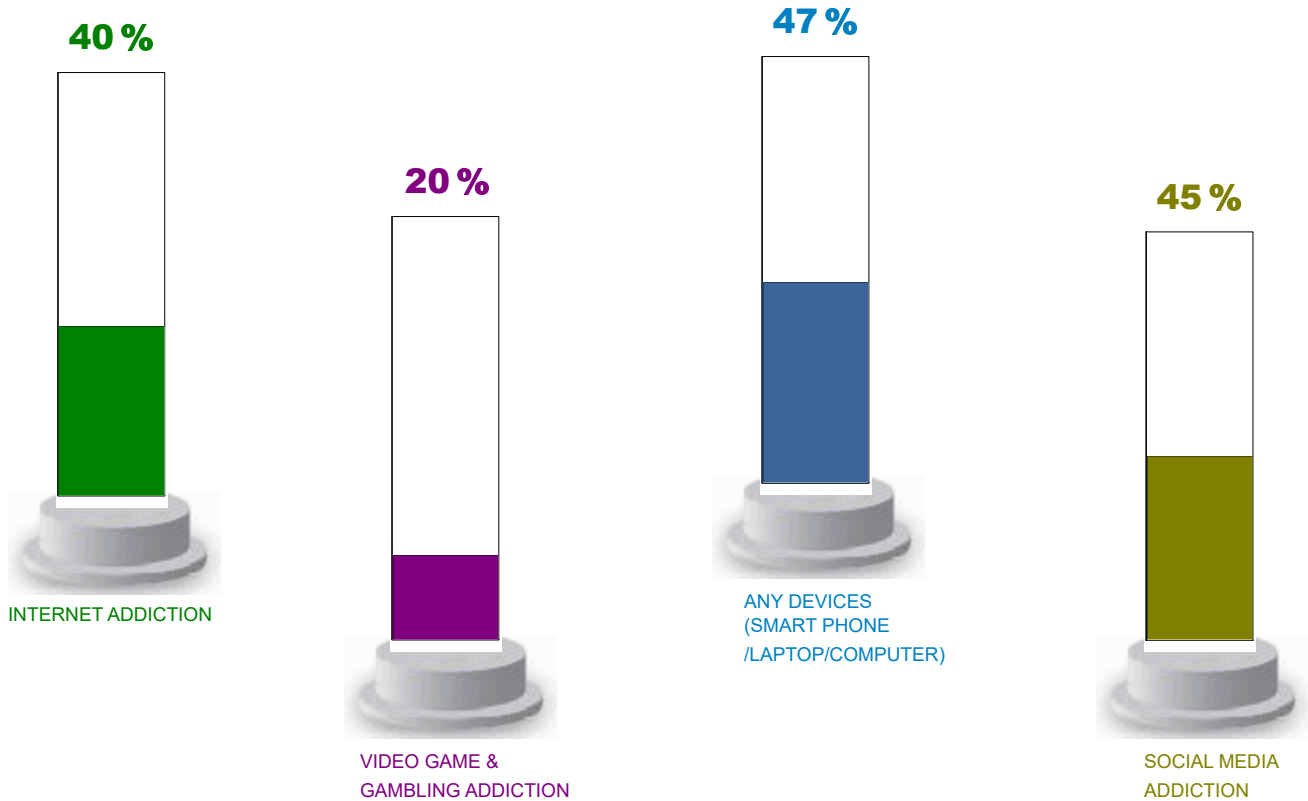
81% - 100%	High level of screen addiction
62% - 80%	Average level of screen addiction
0% - 61%	Low level of screen addiction



STUDENTS DIGITAL WELL
BEING TEST REPORT

GRAPH 1.1

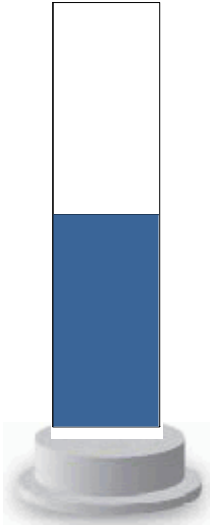
indicates which screen-related activity
you are most addicted to



GRAPH 1.2

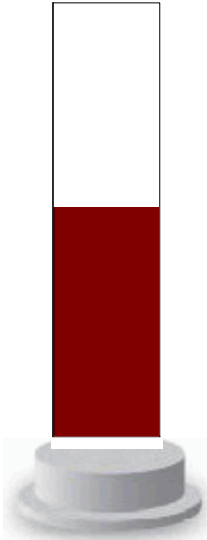
indicates how screen addiction has impacted particular areas of your life

50%



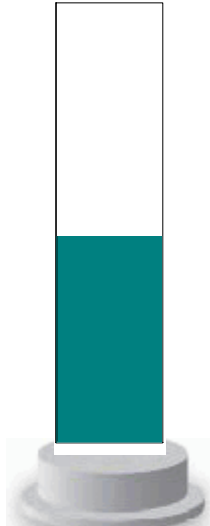
IMPACT ON EDUCATION

53%



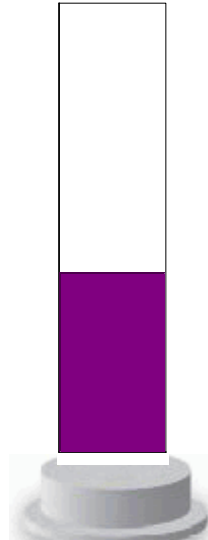
SOCIAL IMPACT

47%



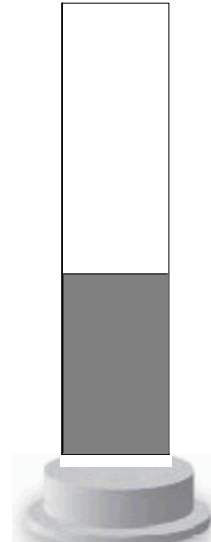
MENTAL HEALTH
IMPACT/
PSYCHOLOGICAL
IMPACT

40%



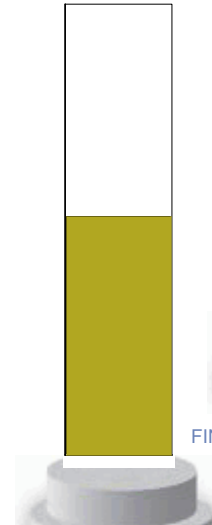
PHYSICAL HEALTH
IMPACT

40%



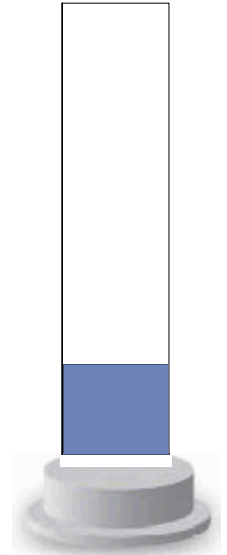
FAMILY IMPACT

53%



PERSONAL IMPACT

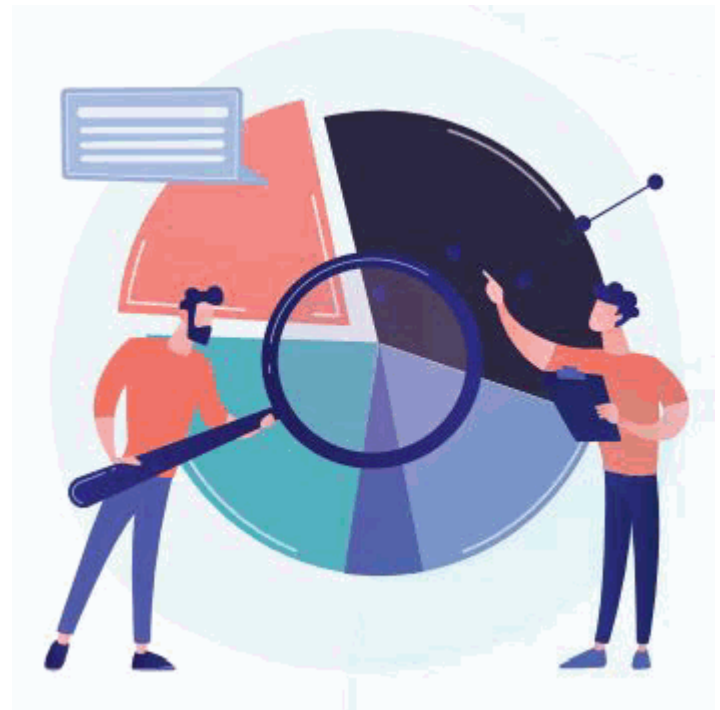
20%



FINANCIAL IMPACT

ANALYSIS OF RESULTS

This indicates that you are away from screen addiction. Efforts should be taken to maintain this. there might be many external and internal pressure which may cause a change so need to be aware of these changes and stay on a lower level. to maintain all these 4 dimensions might be a bigger challenge and help you that in a equilibrium.



RECOMMENDATIONS/SUGGESTIONS

To provide a better workplace atmosphere, employers can follow certain ways by which the mental health of their employees can be improved.

A monitoring system in laptops and smartphones assessing internet use which provides adequate feedback when it is used excessively.

Internet-based mental health apps to assist employees in addressing their mental health issues.

Digital detox to be implemented in the workplace for guiding employees every day.

Appointing a mental health professional at the workplace to address psychological issues.

Appreciations at the workplace for employees who make lifestyle changes by reducing internet usage and also motivate others for doing the same

De-stressing games do a lot of good. Include simple logic-based games in the work portal.



RISK FACTORS

We all know the importance of physical health but rarely are we concerned about mental health. It's time for us to maintain healthy screen use in the workplace so that our personal-work-life balance and mental health are being taken care of. The consequences of mental health problems in the workplace

Absenteeism: Increase in overall sickness absence, particularly frequent short period absence; Poor health (depression, stress, burnout); Physical conditions such as high blood pressure, heart disease, headaches, sleeping disorders, neck and backaches, and low resistance to infections.

Work performance: It includes a reduction in productivity, output, and an increase in error rates.

Increased number of accidents, poor decision-making skills, and deterioration in the overall control of work.

Attitude and behavior: Loss of motivation and commitment, poor timekeeping, and decreased labor turnover.

Formal relationship issues: Tension and conflicts between colleagues and

Consult medical health professionals if the persisting problems are not solved





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