

# **A Case Study of Screen Time and Its Effects on Lifestyle of People from Dada Patil Mahavidyalaya Karjat Campus and Tehsil Karjat, Dist. Ahilyanagar**

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Article DOI Link: <https://zenodo.org/uploads/19839044>

DOI: [10.5281/zenodo.19839044](https://doi.org/10.5281/zenodo.19839044)

## **Abstract**

Digital detox is the concepts that have emerged in recent times, due to the excessive use of gadgets, such as mobiles phones, computers and iPad, people are becoming disconnection from the world around them. Digital detox means steeping out of this virtual word and understanding the importance of the real world-building meaningful and relative and nurturing emotional bonds while uploading social responsibility in real life interaction. Digital detox refers to a conscious effort to reduce or completely avoid the use of digital devise for a certain provide to the time this paper explores the concepts of digital detox its importance additionally practically strategies for implementing digital detox in daily life are discussed. The study of digital detox usage in Dada Patil Mahavidyalaya to the highlights the extensive screen time among group with students, recording the total usage followed by teacher man and women are present digital engagement across participants, while education and productivity app were manually excessive screen time can adversely affect mantal health, sleep pattern for promoting mental, physical and social wall- being and fostering a healthier more approach to technology use in today's digital age.

**Keywords:** screen, time, effect, lifestyle.

## **Introduction**

In today's world, technology has become an essential part of our daily lives, from studying to entertainment we depend heavily on digital devices however excessive use of Smartphones and social media is affecting our mental health Physical health and academic performance this is where the concept of digital becomes importance.

In this presentation I will explain how digital Detox is, why it is necessary it's benefits and how we can practice it in our daily lives. This is where the concept of digital Detox becomes important digital means talking conscious break from digital devices for a certain period to focus on real life activity selfcare and personal growth digital Detox its causes and effects the importance of limiting screen time and simple practical ways we can reduce our digital dependency to lead healthier and more balanced lifeIn today's modern world, digital technology has become an important part of everyday life. People widely use smartphones, computers, tablets, and social media for communication, education, entertainment, and work. Although these technologies provide many benefits, excessive use of digital devices can lead to problems such as eye strain, poor sleep, reduced concentration, stress, and decreased social interaction.

Digital detox refers to a period of time during which a person reduces or completely avoids the use of digital devices such as mobile phones, computers, and social media. The main aim of digital detox is to reduce screen time, improve mental and physical health, and encourage people to focus on real-life activities and relationships.

In recent years, the concept of digital detox has gained attention as people have become more aware of the negative effects of excessive screen time. Therefore, it is important to understand the level of awareness, knowledge, and practices related to digital detox among individuals. This study aims to assess digital device usage and the awareness of digital detox and its impact on health and lifestyle.

## **Literature Review**

Digital detox, defined as the intentional reduction or abstinence from digital device use, has gained attention as a potential strategy to address the negative effects of excessive smartphone and social media engagement. Radtke et al. reviewed 21 intervention studies involving 3,625 participants to assess the effectiveness of digital detox programmes on wellbeing, health, social relationships, discipline, and productivity. Their findings revealed mixed outcomes, with some studies reporting positive effects and others showing minimal or even adverse impacts.

Coyne and Woodruff examined a 14-day social media restriction among young individuals and observed improvements in sleep quality, life satisfaction, stress levels, perceived health, and social support, although increased dependence on smartphones was also reported. Díaz-Meneses and Estupinan-Ojeda highlighted psychological and well-being factors influencing digital disengagement, particularly during vacations. Media reports further emphasize the risks of prolonged screen use and advocate structured digital breaks. Overall, while digital detox shows promise, inconsistent results indicate the need for further

systematic research.

### **Material and Methods**

In the present study a house to house and class to class survey conducted in Karjat village to essays smartphone screen time usage a 315 participant wear selected and categories in to four groups - 90 man, 75 student, 75 women, 75 teachers smartphones screen time data for each participant all application where classified into different categories and the duration of usage for each application of analyzed to determine patterns of smartphone use among the participants. Participants were selected using a random sampling method. The questionnaire was distributed online through social media platforms and messaging applications. Participation in the study was voluntary, and responses were collected anonymously.

The collected data were organized and analyzed using basic statistical methods such as percentages, frequency distribution, and graphical representation (charts and graphs). The results were then interpreted to understand the patterns of digital device usage and awareness about digital detox among the respondents.

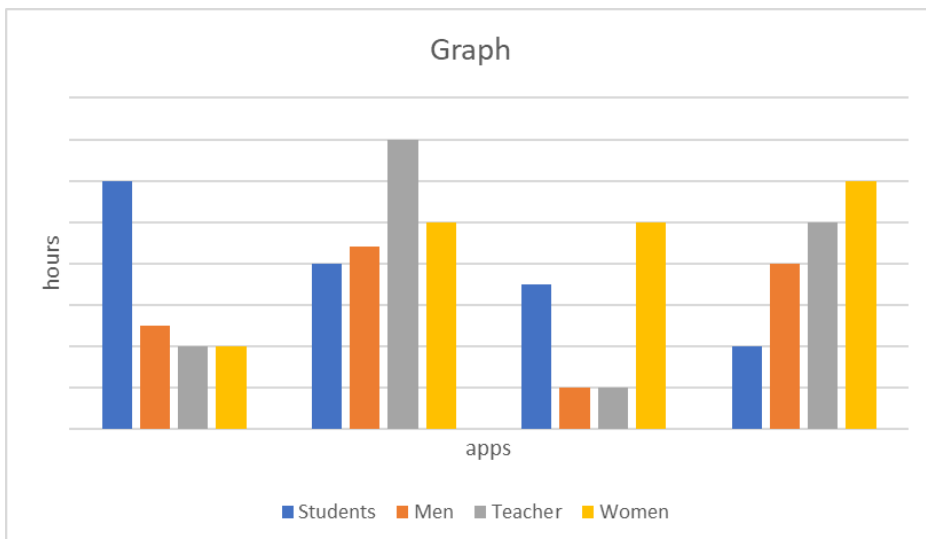
### **Observation**

In today's Era digital detox is no longer just an option it has become a necessity for maintaining mental physical and social well-being constant Exposure to screen notifications and social media engagement negatively affect attention inner calm and personal relationship practicing digital detox a lose allows individuals to connect with themselves restore balance in their lifestyle and experience a lace trace full more mindful way to living there for taking periodic digital brakes while using Technology responsibility is considered a wise and beneficial practices.

### **Result and Discussion**

- Students use YouTube the most.
- According to graph teachers are using WhatsApp the most.
- Women and Men use the YouTube most of the time.

The present study examined the awareness, knowledge, and practices related to digital detox among respondents. The findings indicate that excessive use of digital devices such as smartphones, laptops, and social media platforms has become common in daily life. Many respondents reported spending several hours per day on digital devices, which may affect their physical health, mental well-being, and social interactions. However, the results also show that a significant number of participants are aware of the concept of digital detox and believe that reducing screen time can improve concentration, sleep quality, and overall lifestyle.



The data further suggest that individuals who practice digital detox activities, such as limiting screen time, spending time outdoors, and engaging in offline hobbies, experience better focus and reduced stress levels. Despite this awareness, some respondents still find it difficult to reduce their digital usage due to academic, professional, or social media demands. Therefore, promoting awareness programs, encouraging balanced digital habits, and educating people about the benefits of digital detox can help improve overall health and well-being.

## Conclusion

The study of smartphone usage in Dada Patil Mahavidyalaya campus to the highlights the extensive screen time among age groups with students recording the highest total usage, followed by teachers, men and women application such as Instagram, WhatsApp and YouTube dominated digital engagement across participants. file education and productivity where used Minimally excessive screen time can adversely affects mental health sleep pattern and social relationships indicate growing need for Digital Detox practices. The present study highlights the growing importance of digital detox in maintaining a healthy lifestyle. The findings show that many people spend a significant amount of time using digital devices such as smartphones, computers, and social media platforms. Excessive screen time can negatively affect physical health, mental well-being, sleep patterns, and social relationships. However, the study also reveals that most respondents are aware of the concept of digital detox and believe that reducing screen time can improve concentration, productivity, and overall health.

Alternative Activities for Digital Detox Reading books –Engage in reading to relax and stimulate the mind. Going for walks – Spend time outdoors for physical

and mental well-being. Practicing yoga – Improve flexibility, focus, and reduce stress. Exercising – Maintain physical fitness and overall health. Conducting research or learning – Engage in intellectual activities to enhance knowledge. Writing poetry – Express creativity and emotions through writing. Singing songs – Enjoy music to uplift mood and relieve stress. Having discussions with others – Strengthen social connections and communication skills. Optional note: Incorporating these activities in daily life can help reduce screen time, improve mental and physical health, and foster better social interactions.

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