

Decreasing the Screen Time on Social Media using Time Limitations

**Prof. Himanshu Taiwade¹, Aman Yerwarkar², Gaurav Sewatkar³,
Mayur Mandape⁴, Milind Patle⁵, Sagar Koli⁶**

Assistant Professor, Department of Computer Science and Engineering¹

BE Scholar, Department of Computer Science and Engineering^{2,3,4,5,6}

Priyadarshini College of Engineering, Nagpur, Maharashtra, India

Abstract: *Overgrown technology spoils audiences with current features, such as social networking, which is a component of today's technical advancements. In recent years, social networking applications have had a significant impact on individuals' health and most of them are students. Many platforms include elements that encourage people to share their impressive routines on these networks. One of the issues that arise as a result of abuse and inadequate use is the rising rate of depression. In addition, Excessive screen time has become a major issue as digital technology has advanced. As a result, researchers and practitioners have turned their attention to digital well-being. The purpose of this study is to reduce the screen time for we proposed the possible approach.*

Keywords: Social Media, Online Social Network (OSN), Time Limitation, Physical Health issues, Screen time, Battery usage, Power consumption.

REFERENCES

- [1]. [https://datareportal.com/global-digital-overview#:~:text=The re%20are%204.95%20billion%20internet,500%2C000%20new w%20users%20each%20day](https://datareportal.com/global-digital-overview#:~:text=The%20are%204.95%20billion%20internet,500%2C000%20new%20users%20each%20day). Internet use around the world (Digital 2022 global overview report).
- [2]. <https://backlinko.com/social-media-users>“Social Network Usage & Growth Statistics.”
- [3]. Agata Blachnio a, Aneta Przepiorka a, Igor Pantic b, “Association between Facebook addiction, self-esteem and life satisfaction: A cross-sectional study.”
- [4]. David S. Lee, Ph.D.,¹ Tao Jiang, MA,² Jennifer Crocker, Ph.D.,² and Baldwin M. Way, Ph. “Social Media Use and Its Link to Physical Health Indicators.”
- [5]. Cain N, Gradisar M. “Electronic media use and sleep in school-aged children and adolescents: a review. Sleep Medicine 2010.”
- [6]. Thome's S, Ha`renstam A, Hagberg M. “Mobile phone use and stress, sleep disturbances, and symptoms of depression among young adults-a prospective cohort study. BMC Public Health.”
- [7]. Jenaro C, Flores N, Gomez-Vela, M, et al. Problematic internet and cell-phone use: psychological, behavioral, and health correlates. Addiction Research & Theory 2007;”
- [8]. Woods HC, Scott H. “Sleepy teens: social media use in adolescence is associated with poor sleep quality, anxiety, depression, and low self-esteem. Journal of Adolescence 2016.”
- [9]. <https://www.kantar.com/inspiration/coronavirus/covid-19-barometer-consumer-attitudes-media-habits-and-expectations> “COVID-19 Barometer: Consumer attitudes, media habits, and expectations.”
- [10]. Bahkir, F., and Grandee, S. (2020). Impact of the COVID-19 Lockdown on Digital Device-Related Ocular Health. Indian J. Ophthalmol. 68 (11), 2378. doi:10.4103/ijo.IJO_2306_20
- [11]. Computer vision syndrome (CVS). American Optometric Association. [Online]. Available from: <http://www.aoa.org/x5374.xml>. [Last cited on 2020 Aug 24].
- [12]. Chang AM, Aeschbach D, Duffy JF, Czeisler CA. Evening use of light-emitting eReaders negatively affects sleep, circadian timing, and next-morning alertness. Proc Natl Acad Sci USA 2015
- [13]. Zaremohzzabieh Z, Samah BA, Omar SZ, Bolong J, Kamarudin NA. Addictive Facebook use among

- university students. arXiv preprint arXiv:150801669. 2015
- [14]. Sadock BJ, Sadock VA. Kaplan and Sadock's synopsis of psychiatry: behavioral sciences/clinical psychiatry: Lippincott
- [15]. Williams & Wilkins; 2011
- [16]. Young KS, Rogers RC. The relationship between depression and internet addiction. *Cyberpsychology & behavior*. 1998;1(1):25–8.
- [17]. Beard KW. Internet addiction: a review of current assessment techniques and potential assessment questions. *CyberPsychology & Behavior*. 2005;8(1): 7–14
- [18]. YKraut, R., Kiesler, S., Boneva, B., Cummings, J., Helgeson, V., & Crawford, A. (2002). Internet paradox revisited. *Journal of Social Issues*, 58(1), 49e74. <http://dx.doi.org/10.1111/1540-4560.00248>.
- [19]. Armstrong, L., Phillips, J. G., & Saling, L. L. (2000). Potential determinants of heavier Internet usage. *International Journal of Human-Computer Studies*, 53(4), 537e550
- [20]. Grieve, R., Indian, M., Witteveen, K., Anne Tolan, G., & Marrington, J.(2013). <http://dx.doi.org/10.1016/j.chb.2012.11.017>
- [21]. Valenzuela, S., Park, N., & Kee, K. F. (2009). Is there social capital in a social network site?: Facebook use and college students' life satisfaction, trust, and participation? *Journal of Computer-Mediated Communication*, 14(4), 875e901
- [22]. Ahmadi j, Zeinali A. The impact of social network addiction on academic achievement of Students: the mediating role of sleep quality, academic procrastination, and academic stress. *Research in School and Virtual Learning* 2018;6(2):21–32
- [23]. M. Salahuddin, K. Alam, Information and Communication Technology, electricity consumption and economic growth in OECD countries: a panel data analysis, *Int. J. Electr. Power Energy Syst.* 76 (2016) 185–193.
- [24]. Cisco, The Zettabyte Era: Trends and Analysis, (2017) Available from <https://www.cisco.com/c/en/us/solutions/collateral/service-provider/visual-networking-index-vni/complete-white-paper-c11-481360.html>
- [25]. Ariella Christ Maharani, "The influence of excessive use of social media". <http://dx.doi.org/10.20473/ijss.v13i1.26351>.