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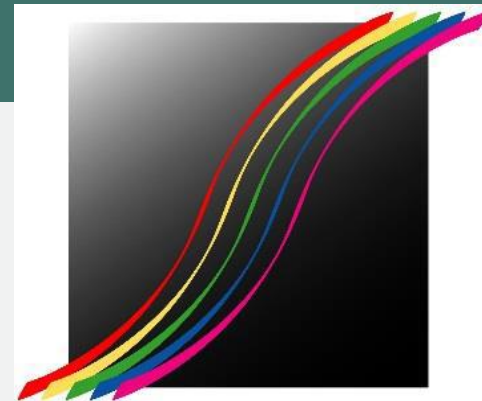
Screen Time and Sleep Condition Among Grade 12 Students of a Private Educational Institution in Tacloban City

Researchers:

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Background of the Study

- Screen time before bed can increase the time it takes to sleep, reduce sleep quality, and affect attentiveness the following day (Breus, 2022)
- Also, Monroe (2020) claims that teenagers when go to bed, they don't turn off their devices, and frequently stay up late scrolling their social media.
- As a result, screen time and sleep conditions are linked together.
- The objective of this study is to measure the relationship between screen time and the sleep condition of Grade 12 students.

Theoretical Framework

Social Learning Theory

  This theory was developed by Albert Bandura to provide a framework for the theory of social learning, in which people learn through observation, modeling, and imitation.

Research Questions

Focused on measuring the relationship between students' screen time before bedtime, this study intends to answer the following specific questions:

1. What is the demographic profile of the students, in terms of the following:
 a. Sex
 b. Age
 c. What is the commonly used gadgets of Grade 12 students?

Research Questions

2. What is the reported screen time of Grade 12 students?

3. What is the reported sleep condition of Grade 12 students?

4. Is there a relationship between screen time and the sleep condition of Grade 12 students?

Materials and Methods

Research Design

        - Descriptive- Correlational Design

Research Locale

        - A Private Educational Institution in Tacloban City

Research Respondents

        - Grade 12 Students

Research Instrument

        - Adapted Survey Questionnaire

Research Procedure

Preliminary Activity → Actual Data Collection → Data Analysis

RESULTS AND DISCUSSION

Demographic Profile of the Respondents

Table 1

Demographic Profile of the Respondents in terms of Age

Age	Frequency	Percent
17	35	33%
18	62	58.5%
19	8	7.5%
20	1	0.9%
Total	106	100%

Table 2

Demographic Profile of the Respondents in Terms of Sex

Sex	Frequency	Percent
Male	56	52.8
Female	50	47.2
Total	106	100

Table 3

Most Used Electronic Devices of the Male Respondents

Electronic Devices	Frequency	Percent
Smartphone	50	89.3
Television	0	0
Computer/Laptop	5	8.9
Gaming Console	1	1.8
Total	56	100

Table 4

Most Used Electronic Devices of the Female Respondents

Electronic Devices	Frequency	Percent
Smartphone	41	82
Television	6	12
Computer/Laptop	3	6
Gaming Console	0	0
Total	50	100

Table 5

Sleep Condition Indicator of the Respondents

Statement	Mean	Interpretation
Thinking about a typical night in the last month…..		
1. How long does it take you to fall asleep?	2.56	Low
2. How long are you awake for in total?	3.69	High
3. How many nights a week do you have a problem with your sleep?	2.25	Low

4. How would you rate your sleep quality?	2.80	Average
5. To what extent does poor sleep affected your mood, energy, or relationships?	2.75	Average
6. To what extent has poor sleep affected your concentration, productivity, or ability to stay awake?	2.90	Average
7. To what extent has poor sleep troubled you in general?	2.86	Average
8. How long have you had a problem with your sleep?	2.36	Low
Total Weighted Mean	2.77	Average

Table 6

Screen Time-Based Sedentary Behaviour of the Respondents

Statement	Mean	Interpretation
1. During weekdays, how many hours do you spend watching TV?	1.75	Very Low
2. At weekends, how many hours do you spend watching TV?	2.08	Slightly Low
3. During weekdays, how many hours do you spend playing with computer games?	2.53	Slightly Low
4. At weekend, how many hours do you spend playing computer games?	2.70	Low
5. During weekdays, how many hours do you spend playing with video games?	1.69	Very Low
6. At weekend, how many hours do you spend playing with video games?	1.64	Very Low
7. During weekdays, how many hours do you surf the internet for non-study reasons?	3.91	Slightly High

8. At weekend, how many hours do you spend surfing the internet for non-study reasons?	4.18	Slightly High
9. During weekdays, how many hours do you spend surfing the internet for study reasons?	3.05	Low
10. At weekend, how many hours do you spend surfing by internet for study reasons?	3.09	Low
11. During weekdays, how many hours do you spend studying?	2.34	Slightly Low
12. At weekend, how many hours do you spend studying?	2.23	Slightly Low
Total Weighted Mean	2.60	**Slightly Low**

Table 7

Relationship Between Screen Time and Sleep Condition

	Screen Time	Sleep Condition
Screen Time Pearson Correlation	1	.300"
Sig.	0.01	
N	106	106
Sleep Condition Pearson Correlation	.300"	1
Sig.		0.01
N	106	106

** Correlation is significant at the 0.01 level (2-tailed)

CONCLUSION AND RECOMMENDATIONS

Conclusion

- The respondents' age ranges from 17-20 years old, and most of the respondents are 18 years old.
- Most respondents are from the male population with 52.85with 52.85%, while 47.2% are female.
- The common electronic device that students use is a smartphone.
- The sleep condition of the respondents is average, which means that they get sufficient sleep even though they stay awake longer at night using electronic devices.
- The male population implied that poor sleep rarely troubled them in general, while the female population implied that poor sleep fairly troubled them in general.

6. Most respondents used the internet for non-study reasons during weekends, while occasionally during weekdays.

7. For study reasons, respondents occasionally use the internet during weekdays and weekends.

8. The relationship between screen time and the sleep conditions of the respondents is a weak positive, when the screen time increases, the longer the respondents stay awake at night but doesn't significantly affect the quality and sleep timing of the sleep.

Recommendations

Based on the findings and conclusions derived from the results of the study, the researchers the following:

- To improve the reliability and validity of the research paper, future researchers should further conduct this study by involving as many students from junior high school and senior high school to have a sufficient number of participants.
- The questionnaire may not be sufficient to fully measure the screen time and sleep condition, future researchers may add questions to provide more data related to the study.
- Although in this study, the results of screen time and sleep condition are a weak positive correlation. Students must have a complete 8-10 hours of rest, with less use of electronic devices such as smartphones, laptops/computers, and television at night.

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