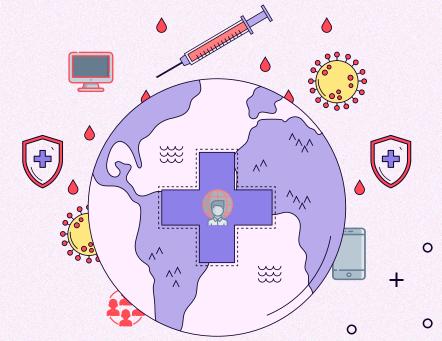
IMPACT OF EXCESS SCREEN TIME ON THE HUMAN BODY IN THE

PANDEMIC

Eyinade Olugbadehan









01

MOTIVATING RESEARCH IN ISSUE

I propose further research done about the pandemic linked to the prolonged usage of devices affecting our health. It could advance modern science by figuring out the vulnerability of the human mind during isolation and the treatments.

The excess use of devices in the pandemic has negatively affected our physical and mental health.





WHY SHOULD YOU CARE?





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The issue of isolation and phone dependency affects youth (15-24) the most and even younger people in extreme cases. It prevails heavily among youth who frequent social media causing mental distress and poor physical health.

Multiple studies showed that students were the ones that displayed poorer mental health. The pandemic affected their education, personal lives and work.

o In the age we currently live in, the use of technological devices has skyrocketed.

Society has gotten dependent on them, making them embedded in our day-to-day activities.

Despite all the benefits we get from it, recent studies have shown that the overuse of our devices is affecting our minds and body.

The effects are now creating problems preventing us from functioning well in doing our usual tasks and routine.







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outside world has also taken a toll on human health. Lockdown has forced people to be stationary and into a sedentary lifestyle for an extensive period.

Lack of physical inactivity has harmful health consequences in causing diseases. Among children, studies show that their physical activities decreased a lot.











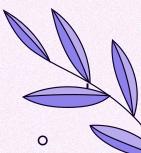
Table 3. Multivariate	logistic regression for meeting	ng the physical activity and	screen time recommendation.

All OR (95% CI)	Severely affected countries		Mildly affected countries			
Affected (mildly vs severely) ⁺ 1.35 (0.92-1.97) NA	12–18 years OR (95% CI) n = 1672					
Restrictions (low level vs high level) Quarantine order or self- isolation (being vs not being) Structured daily schedule (mainly or every day vs rarely or not) Online P.E. (sometimes, often or always vs hardly or less) Quarantine order or self- isolation (being vs not being) 1.27(1.12-1.44) 1.27 (1.01-1.59) 1.24 (1.03-1.49) 1.33 (0.89-1.99) 1.33 (0.89-1.99) 1.33 (0.89-1.99) 1.34 (1.03-1.49) 1.35 (1.12-2.06) 1.30 (0.96-4.34) 1.37 (1.01-1.59) 1.24 (1.03-1.49) 1.33 (0.89-1.99) 1.34 (1.03-1.49) 1.35 (1.09-2.274) 2.04 (0.96-4.34) 1.27 (1.01-1.59) 1.28 (1.03-1.49) 1.29 (1.92-2.74) 2.04 (0.96-4.34) 1.07 (0.96-4.34) 1.08 (0.96-4.34) 1.09 (0.96-4.34) 1.09 (0.96-4.34) 1.09 (0.96-4.34) 1.00 (0.96-4.34) 1.00 (0.96-4.30) 1.00 (0.96-4.30) 1.00 (0.96-4.30) 1.00 (0.96-4.30) 1.00 (0.96-4.30) 1.00 (0.96-4.30) 1.00 (0.96-4.30) 1.00 (0.96-4.30) 1.33 (0.89-1.99) 1.34 (1.34-3.40) 1.35 (1.34-3.40) 1.36 (1.34-3.40) 1.37 (0.96-4.31) 1.38 (0.96-4.34) 1.39 (0.96-4.34) 1.39 (0.96-4.34) 1.30 (0.96-4.34) 1.30 (0.96-4.34) 1.31 (0.96-4.34) 1.32 (0.96-4.34) 1.33 (0.89-1.99) 1.34 (1.34-3.40) 1.35 (1.34-3.40) 1.36 (0.96-4.34) 1.37 (0.96-4.34) 1.38 (0.96-1.31) 1.39 (0.96-2.64) 1.30 (0.96-1.31) 1.30 (0.69-1.31) 1.30 (0.69-1.31) 1.30 (0.69-1.31) 1.30 (0.69-1.31) 1.30 (0.69-1.31) 1.30 (0.69-1.31) 1.30 (0.69-1.31) 1.30 (0.69-1.31) 1.30 (0.69-1.31) 1.30 (0.69-1.33) 1.30 (0.69-1.33) 1.30 (0.69-1.33) 1.30 (0.69-1.33) 1.30 (0.69-1.33) 1.30 (0.69-1.33) 1.30 (0.69-1.33) 1.30 (0.69-1.33) 1.30 (0.69-1.33) 1.30 (0.69-1.33)						Meeting PA recommendation
level Quarantine order or self- 1.09 (0.91-1.29) 1.66 (1.01-2.73) 0.98 (0.74-1.30) 1.17 (0.77-1.78)	NA	NA	NA	NA	1.35 (0.92-1.97)	
isolation (being vs not being) Structured daily schedule (mainly or every day vs rarely or not) Online P.E. (sometimes, often or self-lisolation (being vs not being) Structured daily schedule (mainly or every day vs rarely or not) Online P.E. (sometimes, often or l.27(1.12-1.44) 1.27 (1.01-1.59) 1.24 (1.03-1.49) 1.33 (0.89-1.99) or always vs hardly or never) Outside play (more than 2 h/d 2.56 (1.98-3.32) 2.75 (1.94-3.90) 2.29 (1.92-2.74) 2.04 (0.96-4.34) vs 2 h/d or less) Meeting ST recommendation during the week Affected (mildly vs severely) ⁺ 3.25 (2.38-4.45) NA NA NA NA NA NA Restrictions (low level vs high level) Quarantine order or self- 1.07 (0.92-1.24) 1.59 (0.96-2.64) 1.02 (0.79-1.31) 0.82 (0.60-1.13) isolation (being vs not being) Structured daily schedule 1.57 (1.23-2.00) 1.84 (1.21-2.77) 1.55 (1.08-2.23) 1.27 (0.67-2.40) (mainly or every day vs rarely or not) Online P.E. (sometimes, often 1.20 (1.08-1.34) 1.46 (1.18-1.81) 1.17 (0.99-1.37) 1.42 (1.05-1.91) or always vs hardly or never) Outside play (more than 2 h/d 1.26 (0.99-1.60) 1.56 (1.15-2.12) 1.50 (0.94-2.39) 1.03 (0.69-1.53) vs 2 h/d or less) Meeting ST recommendation on weekend Affected (mildly vs severely) ⁺ 1.48 (1.05-2.10) NA NA NA Restrictions (low level vs high 1.74 (1.28-2.37) 2.43 (1.87-3.16) 2.46 (1.63-3.70) 1.64 (1.23-2.19) level)	0.80 (0.44-1.46)	0.61 (0.26-1.42)	1.00 (0.66-1.51)	1.05 (0.80-1.38)	1.02 (0.60-1.71)	
(mainly or every day vs rarely or not) Online P.E. (sometimes, often or always vs hardly or never) Outside play (more than 2 h/d vs 2 h/d or less) Meeting ST recommendation during the week Affected (mildly vs severely) ⁺ 3.25 (2.38-4.45) Restrictions (low level vs high loging) Structured daily schedule (nainly or every day vs rarely or not) Online P.E. (sometimes, often or always vs hardly or never) Outside play (more than 2 h/d vs 2 (2.38-4.45) NA NA NA Restrictions (low level vs high loging) NA NA NA Restrictions (low level vs high loging) Structured daily schedule (nainly or every day vs rarely or not) Online P.E. (sometimes, often or always vs hardly or never) Outside play (more than 2 h/d vs 2 h/d or less) Meeting ST recommendation on weekend Affected (mildly vs severely) ⁺ 1.48 (1.05-2.10) Restrictions (low level vs high loging) NA NA NA NA NA Restrictions (low level vs high loging) NA NA NA NA NA Restrictions (low level vs high loging) NA NA NA NA NA Restrictions (low level vs high loging) NA NA Restrictions (low level vs high loging) NA NA Restrictions (low level vs high loging) NA NA Restrictions (low level vs high low level vs high loging) NA NA Restrictions (low level vs high loging)	1.00 (0.73-1.37)	1.17 (0.77-1.78)	0.98 (0.74-1.30)	1.66 (1.01-2.73)	1.09 (0.91-1.29)	isolation (being vs not
Outside play (more than 2 h/d 2.56 (1.98-3.32) 2.75 (1.94-3.90) 2.29 (1.92-2.74) 2.04 (0.96-4.34) vs 2 h/d or less) Meeting ST recommendation during the week Affected (mildly vs severely)† 3.25 (2.38-4.45) NA	1.85 (0.94-3.67)	1.50 (0.74-3.03)	1.52 (1.12-2.06)	1.71 (1.24-2.36)	1.62 (1.24-2.13)	(mainly or every day vs
vs 2 h/d or less) Meeting ST recommendation during the week Affected (mildly vs severely)† 3.25 (2.38-4.45) NA NA NA Restrictions (low level vs high level) 1.42 (1.07-1.90) 2.59 (1.74-3.86) 2.03 (0.62-6.69) 2.14 (1.34-3.40) level) Quarantine order or self-isolation (being vs not being) 1.07 (0.92-1.24) 1.59 (0.96-2.64) 1.02 (0.79-1.31) 0.82 (0.60-1.13) Structured daily schedule (mainly or every day vs rarely or not) 1.57 (1.23-2.00) 1.84 (1.21-2.77) 1.55 (1.08-2.23) 1.27 (0.67-2.40) Online P.E. (sometimes, often or always vs hardly or never) 1.20 (1.08-1.34) 1.46 (1.18-1.81) 1.17 (0.99-1.37) 1.42 (1.05-1.91) Outside play (more than 2 h/d or less) 1.26 (0.99-1.60) 1.56 (1.15-2.12) 1.50 (0.94-2.39) 1.03 (0.69-1.53) Meeting ST recommendation on weekend Affected (mildly vs severely)† 1.48 (1.05-2.10) NA NA NA Restrictions (low level vs high 1.74 (1.28-2.37) 2.43 (1.87-3.16) 2.46 (1.63-3.70) 1.64 (1.23-2.19)	1.55 (1.13-2.14)	1.33 (0.89-1.99)	1.24 (1.03-1.49)	1.27 (1.01-1.59)	1.27(1.12-1.44)	
Affected (mildly vs severely) ⁺ Restrictions (low level vs high level) Quarantine order or self- isolation (being vs not being) Structured daily schedule (mainly or every day vs rarely or not) Online P.E. (sometimes, often or always vs hardly or never) Outside play (more than 2 h/d vs 2 h/d or less) Meeting ST recommendation on weekend Affected (mildly vs severely) ⁺ 1.82 (2.38-4.45) 1.42 (1.07-1.90) 2.59 (1.74-3.86) 2.03 (0.62-6.69) 2.14 (1.34-3.40) 2.08 (0.60-1.13) 2.08 (0.60-1.13) 2.08 (0.60-1.13) 2.19 (0.67-2.40) 2.19 (1.08-2.23) 2.10 (1.08-2.23) 2.10 (1.08-2.23) 2.11 (1.05-1.21) 2.12 (0.67-2.40) 2.13 (0.69-1.37) 2.14 (1.05-1.91) 2.15 (1.18-1.81) 2.17 (0.99-1.37) 2.19 (0.94-2.39) 2.19 (0.94-2.39) 2.19 (0.69-1.53) 2.19 (0.94-2.39) 2.19 (0.69-1.53) 2.1	2.53 (1.37-4.68)	2.04 (0.96-4.34)	2.29 (1.92-2.74)	2.75 (1.94-3.90)	2000 Mg 2020 1008 15)	vs 2 h/d or less)
Restrictions (low level vs high level) Quarantine order or self- isolation (being vs not being) Structured daily schedule (mainly or every day vs rarely or not) Online P.E. (sometimes, often 1.20 (1.08-1.34) or always vs hardly or never) Outside play (more than 2 h/d vs 2 h/d or less) Meeting ST recommendation on weekend Affected (mildly vs severely) ⁺ 1.42 (1.05-2.10)						
level) Quarantine order or self- isolation (being vs not being) Structured daily schedule (mainly or every day vs rarely or not) Online P.E. (sometimes, often or always vs hardly or never) Outside play (more than 2 h/d or less) Meeting ST recommendation on weekend Affected (mildly vs severely) ⁺ 1.48 (1.05-2.10) Restrictions (low level vs high 1.74 (1.28-2.37) level) 1.59 (0.96-2.64) 1.59 (0.96-2.64) 1.50 (0.96-2.64) 1.50 (0.79-1.31) 1.50 (1.08-2.23) 1.27 (0.67-2.40) 1.50 (1.18-1.81) 1.17 (0.99-1.37) 1.42 (1.05-1.91) 1.50 (0.94-2.39) 1.03 (0.69-1.53) 1.03 (0.69-1.53) 1.04 (1.18-1.81) 1.05 (0.94-2.39) 1.05 (0.94-2.39) 1.06 (1.18-1.81) 1.19 (0.99-1.37) 1.40 (1.18-1.31) 1.40 (1.18-1.31) 1.41 (1.18-1.31) 1.42 (1.05-1.91) 1.43 (1.18-1.31) 1.44 (1.18-1.31) 1.45 (1.18-1.31) 1.46 (1.18-1.31) 1.47 (0.99-1.37) 1.48 (1.09-1.37) 1.49 (1.09-1.31) 1.49 (1.09-1.31) 1.49 (1.09-1.31) 1.40 (1.18-1.31) 1.40 (1.18-1.31) 1.41 (1.18-1.31) 1.42 (1.09-1.31) 1.43 (1.09-1.31) 1.44 (1.18-1.31) 1.45 (1.18-1.31) 1.46 (1.18-1.31) 1.47 (0.99-1.37) 1.49 (1.09-1.31) 1.49 (1.09-1.31) 1.49 (1.09-1.31) 1.49 (1.09-1.31) 1.49 (1.09-1.31) 1.49 (1.09-1.31) 1.49 (1.09-1.31) 1.49 (1.09-1.31) 1.49 (1.09-1.31) 1.49 (1.09-1.31) 1.49 (1.09-1.31) 1.49 (1.09-1.31) 1.49 (1.09-1.31) 1.49 (1.09-1.31) 1.40 (1.18-1.31) 1.40 (1	NA					
isolation (being vs not being) Structured daily schedule 1.57 (1.23-2.00) 1.84 (1.21-2.77) 1.55 (1.08-2.23) 1.27 (0.67-2.40) (mainly or every day vs rarely or not) Online P.E. (sometimes, often 1.20 (1.08-1.34) 1.46 (1.18-1.81) 1.17 (0.99-1.37) 1.42 (1.05-1.91) or always vs hardly or never) Outside play (more than 2 h/d 1.26 (0.99-1.60) 1.56 (1.15-2.12) 1.50 (0.94-2.39) 1.03 (0.69-1.53) vs 2 h/d or less) Meeting ST recommendation on weekend Affected (mildly vs severely) ⁺ 1.48 (1.05-2.10) NA NA NA Restrictions (low level vs high 1.74 (1.28-2.37) 2.43 (1.87-3.16) 2.46 (1.63-3.70) 1.64 (1.23-2.19)	0.73 (0.42-1.27)	2.14 (1.34-3.40)	2.03 (0.62-6.69)	2.59 (1.74-3.86)	1.42 (1.07-1.90)	
(mainly or every day vs rarely or not) Online P.E. (sometimes, often 1.20 (1.08-1.34) 1.46 (1.18-1.81) 1.17 (0.99-1.37) 1.42 (1.05-1.91) or always vs hardly or never) Outside play (more than 2 h/d 1.26 (0.99-1.60) 1.56 (1.15-2.12) 1.50 (0.94-2.39) 1.03 (0.69-1.53) vs 2 h/d or less) Meeting ST recommendation on weekend Affected (mildly vs severely) 1.48 (1.05-2.10) NA NA NA Restrictions (low level vs high 1.74 (1.28-2.37) 2.43 (1.87-3.16) 2.46 (1.63-3.70) 1.64 (1.23-2.19) level)	1.22 (0.93-1.61)	0.82 (0.60-1.13)	1.02 (0.79-1.31)	1.59 (0.96-2.64)	1.07 (0.92-1.24)	isolation (being vs not
or always vs hardly or never) Outside play (more than 2 h/d	1.61 (0.79-3.27)	1.27 (0.67-2.40)	1.55 (1.08-2.23)	1.84 (1.21-2.77)	1.57 (1.23-2.00)	(mainly or every day vs
Outside play (more than 2 h/d 1.26 (0.99-1.60) 1.56 (1.15-2.12) 1.50 (0.94-2.39) 1.03 (0.69-1.53) vs 2 h/d or less) Meeting ST recommendation on weekend Affected (mildly vs severely) ⁺ 1.48 (1.05-2.10) NA NA NA Restrictions (low level vs high 1.74 (1.28-2.37) 2.43 (1.87-3.16) 2.46 (1.63-3.70) 1.64 (1.23-2.19) level)	1.15 (0.87-1.53)	1.42 (1.05-1.91)	1.17 (0.99-1.37)	1.46 (1.18-1.81)	1.20 (1.08-1.34)	Online P.E. (sometimes, often
Affected (mildly vs severely)+ 1.48 (1.05-2.10) NA NA NA NA Restrictions (low level vs high 1.74 (1.28-2.37) 2.43 (1.87-3.16) 2.46 (1.63-3.70) 1.64 (1.23-2.19) level)	0.67 (0.40-1.13)	1.03 (0.69-1.53)	1.50 (0.94-2.39)	1.56 (1.15-2.12)	1.26 (0.99-1.60)	Outside play (more than 2 h/d
Restrictions (low level vs high 1.74 (1.28-2.37) 2.43 (1.87-3.16) 2.46 (1.63-3.70) 1.64 (1.23-2.19) level)					on weekend	
level)	NA					
Quarantine order or self- 1.01 (0.88-1.17) 1.36 (0.84-2.20) 1.00 (0.79-1.28) 0.81 (0.60-1.09)	1.30 (0.69-2.47)	1.64 (1.23-2.19)	2.46 (1.63-3.70)	2.43 (1.87-3.16)	1.74 (1.28-2.37)	level)
isolation (being vs not being)	1.10 (0.85-1.42)	7-00-00-00-00-00-00-00-00-00-00-00-00-00	55 77 \$555 55 55 55	0000 40000 0000		isolation (being vs not being)
Structured daily schedule 1.64 (1.38-1.95) 1.55 (1.15-2.08) 1.60 (1.24-2.05) 1.56 (0.94-2.61) (mainly or every day vs rarely or not)	1.41 (0.93-2.14)	1.56 (0.94-2.61)	1.60 (1.24-2.05)	1.55 (1.15-2.08)	1.64 (1.38-1.95)	(mainly or every day vs
Online P.E. (sometimes, often 1.21 (1.09-1.34) 1.30 (1.06-1.59) 1.26 (1.07-1.47) 1.04 (0.79-1.36)	1.30 (1.01-1.68)	1.04 (0.79-1.36)	1.26 (1.07-1.47)	1.30 (1.06-1.59)	1.21 (1.09-1.34)	



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https://doi.org/10.1080/17461391.2021.1897166



Variable	Total
Age, Mean (SD)	24.7 (2.0)
Gender, n (%)	
Male	263 (36.5)
Female	447 (62.1)
Different identity	10 (1.4)
Ethnicity/Race, n (%)	
White	213 (29.6)
Asian American	172 (23.9)
Black or African American	130 (18.2)
Hispanic or Latino	119 (16.6)
Other ^a	85 (11.8)
Socioeconomic Status, n (%)	
Low	231 (32.7)
Low-middle	146 (20.6)
Middle	119 (17.0)
Upper-Middle	131 (18.5)
High	79 (11.2)
Perceived Influence of COVID-19 on media	
use, n (%) Yes, very much	360 (50.3)
Yes, somewhat	185 (25.8)
No	171 (23.9)
Weekly Recreational Screen Time, Mean hours	
EAT 2018	25.9 (11.9)
C-EAT	28.5 (11.6) *
Change in Weekly Screen Time from EAT 2018	==== (2210)
to C-EAT, Mean hours (SD) b	
Increase $(n = 348)$	13.1 (8.3)
Decrease (n = 229)	12.4 (8.6)
No Change (n = 139)	n/a



Wagner, B. E., Folk, A. L., Hahn, S. L., Barr-Anderson, D. J., Larson, N., & Neumark-Sztainer, D. (2021). Recreational screen time behaviors during the COVID-19 pandemic in the U.S.: A mixed-methods study among a diverse population-based sample of emerging adults. International Journal of Environmental Research and Public Health, 18(9), 4613.

https://doi.org/10.3390/ijerph18094613



Overall Increase in Screen Reasons for Changes in Time Screen Time Theme 1: Theme 1: TV shows, streaming services, Boredom and movies Theme 2: Theme 2: Social media Physical distancing Theme 3: Theme 3: Smartphones Staying informed of news Theme 4: Theme 4: Gaming Connecting with others Theme 5: Mental health



Wagner, B. E., Folk, A. L., Hahn, S. L., Barr-Anderson, D. J., Larson, N., & Neumark-Sztainer, D. (2021). Recreational screen time behaviors during the COVID-19 pandemic in the U.S.: A mixed-methods study among a diverse population-based sample of emerging adults. *International Journal of Environmental Research and Public Health*, 18(9), 4613.

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CONCLUSION

+ + References

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