



Health to meet you

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Health dimension: Screen use

Name of activity: Self-assessment of time spent on a cell phone screen

Description of the topic:

The goal of the activity is to make students aware of how much time they actually spend on their cell phone screen (how much they thought they were spending, and how much they actually spend) and to recognize a possible dependence on technology. They responsibly choose the different programs they use (select the appropriate applications). They monitor terms of use and adjust settings (manage application permissions) to protect personal information for their own security.

Initial assessment:

Students will find that they spend less time on the cell phone screen than they actually spend.

Objectives of the activity:

Use a survey to prove that the time spent on the mobile phone screen (social networks) is higher than the students' self-assessments.

Target group: Students (16 – 18 years)

Activity process structure, implementation:

- 100 students filled out the survey, they performed an initial self-assessment of the time spent on a mobile phone
- after self-assessment, they installed the application on the mobile phone (Screen Time - Restrain yourself & parent)
- applications had to allow access to data
- after that they could read the time they spent on the social networks on the last seven days (time spent every day and total time for seven days)

Equipment, aids, tools: survey, mobile phone

Expected results, assessment:

The data will be statistically processed.

We expect that the real time that students spend on the Internet will be greater than what students thought they were spending in the initial self-assessment. We will present an analysis of an experiment in February on mobility in Croatia.

References:

[1] Budite u toku: Aplikacije popularne među djecom i mladima,
<https://www.medijskapismenost.hr/budite-u-toku-aplikacije-popularne-medu-djecom-i-mladima/>

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