



An Analytical Study on the Relationship of the Phone Screen Time and Weight of the Grade 11 – Accountancy, Business, and Management and Humanities and Social Sciences Students of the De La Salle University - Manila

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ABSTRACT

In the emerging and proliferating age of technology, students who are mobile phone users consume long hours of screen time which inadvertently affects their overall health which includes weight. The study was conducted in order to study the relationship between the phone screen time and weight of the Grade 11 - ABM and HUMSS students. Corollary to this, the average weight and phone screen time were also determined by estimating using their respective sample means. Accordingly, to analyze the demographic of the overweight students in the respective strands, the test for proportion was executed. Moreover, the average weight and phone screen time was used to determine whether there is significant difference between the two strands in lieu of the variables at hand. It is found that the proportions of the overweight students in Grade 11 - ABM, HUMSS, and for both ABM and HUMSS who consume phone screen time are lower than that of the population in the United States. With regards to the testing of difference between the mean phone screen time and mean weight, there was no sufficient evidence adduced to prove that there is indeed the ABM students have higher mean phone screen time and weight. Furthermore, in determining the linear relationship between the phone screen time and weight of the students, the statistical technique Pearson-product moment correlation coefficient was used. For the ABM students, there was a moderate linear relationship. Conversely, the HUMSS students construed a weak linear relationship. In testing the significance of these relationships, all showed no sufficient evidence to say that there is indeed linear relationship.

Keywords: BMI, phone screen time, physical activity, students, weight