

Association Between Screen Time, and Depression Among Undergraduate Students in Lead City University Ibadan

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Being a MPH Post Field Presentation to the Department of Public Health, Faculty of Basic Medical & Applied Sciences, Lead City University Ibadan, Oyo State, Nigeria

In Partial Fulfillment of the Requirements for the Award of Master of Public Health Degree (MPH) in Public Health

2023

Certification

This is to certify that this research project titled “Association between screen time and depression among undergraduate students in lead city University Ibadan” was conducted by **Oluwafifunmi Evelyn KARUNWI** bearing matriculation number LCU/PG/002173 under the guidance of Dr. D.A Oladele. This research has been submitted to the Department of Public Health Lead City University Ibadan, in fulfilment of the requirements for the attainment of a Master's Degree in Public Health.

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Dedication

I offer this research work to God. I also dedicate this research work to my family for their endless love, support, and encouragement throughout my educational pursuit. I dedicate this research work to all the lecturers in the Department of Public Health, Lead City University Ibadan, for their tireless and selfless efforts in contributing to who I am today and, finally, to any researcher who may find this work useful.

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Acknowledgment

I acknowledge the Department of Public Health at Lead City University and the university's library which provided the necessary books, materials, and links that facilitated the progress of this research work. I also acknowledge my dedicated supervisor, Dr. D.A. Oladele, for his unwavering support, valuable advice, and expert guidance. His wealth of knowledge has been instrumental in shaping my research journey, as he consistently provided me with relevant materials and links, ensuring I stayed on the right path throughout this study. Furthermore, I am also profoundly thankful to the undergraduate students of Lead City University for their cooperation and support during the data collection process for this thesis. I appreciate my colleagues, whose contributions aided me during my research period. Lastly, I want to convey my profound gratitude to my supportive family for their unwavering encouragement and understanding. Even though the above-mentioned institutions and persons have assisted in the process of this research work, I alone stand responsible for the errors, if any, found in the work.

Abstract

The research investigation focused on exploring the "Relationship Between Screen Time and Depression Among Undergraduate Students at Lead City University, Ibadan." The study utilized a meticulously designed, validated, and reliable questionnaire to gather data from 420 participants. The distribution of questionnaires employed a cluster sampling approach. The research adopted a cross-sectional methodology, and data analysis was conducted using the statistical package for social sciences. When assessing the prevalence of depression among undergraduate students at Lead City University, the findings revealed that 45% of the respondents exhibited mild depressive symptoms, 41% experienced moderate depressive symptoms, while 4% reported severe depressive symptoms. Only 10% of the participants showed no signs of depressive symptoms. Moreover, the study disclosed that 85.5% of the participants spent less than 4 hours using screen devices for relaxation or leisure on weekdays, whereas only 14.2% exceeded the 4-hour threshold. Importantly, the research did not identify any significant association between screen time and depression among the students. In conclusion, to proactively address the potential escalation of depressive symptoms among undergraduate students, it is advisable to incorporate a screen time threshold and encourage the adoption of other healthy lifestyle habits into their daily routines. Additionally, there is a pressing need to enhance awareness regarding the prevention and management of depression among students, especially considering the presence of severe depressive symptoms among some undergraduate students.

Keywords: Screen time, Depression, Symptom, Cluster Sampling Method, Cross-sectional Technique

Word Count – 235

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List of Acronyms

Abbreviation	Meaning
MDD	Major Depressive Disorder
WHO	World Health Organization
BD	Bipolar Disorder
SUDS	Subjective Units of Distress Scale
US	United States
TV	Television
IG	Instagram
SM	Social Media
SSCE	Secondary School Certificate Examination
CCD	Computing-Communication Devices
M-learning	Mobile Learning
SMS	Short Message Service
IT	Information Technology
EUA	European Union Area
VoIP	Voice over Internet Protocol
GPS	Global Positioning System
UN	United Nations
NCC	Nigerian Communications Commission
X Box	Xbox (a gaming console)
PES	Pro Evolution Soccer (a video game)
	BMI Body Mass Index
DSM-5	Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition
SMR	Sensorimotor Rhythm
PPD	Postpartum Depression

PMS	Premenstrual Syndrome
PMDD	Premenstrual Dysphoric Disorder
LLDD	Late Luteal Dysphoric Disorder
MAOIs	Monoamine Oxidase Inhibitors
TCAs	Tricyclic Antidepressants
CES-D-R-10	Center for Epidemiologic Studies Short-Depression Scale with 10 items
COVID-19	Coronavirus Disease 2019
ST	Screen Time
ISP	Internet Service Provider
CDC	Centers for Disease Control and Prevention

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