P-ISSN: 2709-6254	Journal of Development and Social Sciences	Jul-Sep 2024, Vol. 5, No. 3
O-ISSN:2709-6262	https://doi.org/10.47205/jdss.2024(5-III)45	[515-526]

Journal of Development and Social Sciences
www.jdss.org.pk

RESEARCH PAPER

Understanding the Dynamics of Screen Time, Quality of Relationships, Happiness, Physical Health and Sleep Quality

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ABSTRACT

This study aimed to explore the relationships among screen time, quality of relationships, happiness, physical health, and sleep quality, addressing concerns about digital engagement's impact on well-being. With rising screen time in contemporary society, understanding its effects on interpersonal dynamics and mental health has become essential, as existing literature highlights its negative consequences. A quantitative survey of *n=300* participants from diverse demographics utilized validated questionnaires, with data analysis involving correlation, regression, and mediation analyses to examine sleep quality's role. Results indicated that higher screen time significantly correlated with lower relationship quality and decreased happiness, with sleep quality mediating the relationship between screen time and happiness. To enhance personal relationships and overall quality of life, interventions should promote healthy screen habits and improve sleep quality, while future research should focus on longitudinal effects and effective strategies to mitigate the negative outcomes of excessive screen time.

KEYWORDS Happiness, physical health, quality of relationships, screen time, sleep quality

Introduction

In an increasingly digital world, screen time has become a central aspect of daily life, influencing various facets of human experience. As technology evolves, it reshapes not only how we communicate but also how we perceive ourselves and our relationships with others. The omnipresence of screens in our lives from smartphones and laptops to televisions invites a critical examination of its implications on mental and emotional well-being (Lissak, 2018). While technology offers unparalleled connectivity, facilitating relationships across vast distances, it also raises important questions about the quality of those relationships and the extent to which digital interactions can substitute for face-to-face connections. Understanding these dynamics is essential for promoting well-being in contemporary society, especially as digital engagement continues to rise (Lanca et al., 2020).

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The proliferation of digital devices has transformed how individuals interact, learn, and engage with the world. Recent studies indicate that excessive screen time can lead to negative outcomes, including diminished face-to-face interactions and adverse effects on mental health. For instance, research has linked high screen time to increased feelings of loneliness and depression, suggesting that while screens connect us to others, they can also create barriers to meaningful connections (Kickbusch, 2021). Additionally, the rise of social media has introduced new dimensions to relationships, blurring the lines between online and offline interactions. The consequences of this shift extend beyond social dynamics; they touch upon aspects of physical health, sleep quality, and overall happiness. However, the relationship between screen time and well-being is complex, necessitating a comprehensive exploration of how it affects social connections and individual quality of life (Madigan et al., 2019).

The Impact of Screen Time on Mental Health

As screen time increases, its implications for mental health become increasingly significant. Research indicates that high levels of screen exposure are correlated with heightened anxiety and stress levels. For instance, individuals who frequently engage with social media may experience a phenomenon known as "social comparison," leading to feelings of inadequacy and decreased self-esteem. Furthermore, the blue light emitted from screens can disrupt circadian rhythms, contributing to sleep disorders that exacerbate mental health issues. Thus, the interplay between screen time and mental health highlights the need for an in-depth investigation into how these factors interconnect and influence overall well-being (Twenge, 2018).

Quality of Relationships in the Digital Age

While digital communication platforms offer convenience and accessibility, they can also detract from the quality of interactions. Face-to-face communication fosters deeper emotional connections, whereas digital interactions often lack nonverbal cues that enrich human communication. Moreover, the phenomenon of "phubbing," or snubbing someone in favor of a device, can lead to feelings of neglect and resentment in relationships. Consequently, it becomes crucial to explore how various forms of digital communication impact relationship satisfaction and emotional intimacy, as well as the potential long-term effects on individuals' social well-being (Boers, 2019).

The Role of Screen Time in Physical Health

Beyond mental health and relationships, excessive screen time can have significant repercussions for physical health. Prolonged periods of inactivity associated with screen use contribute to a sedentary lifestyle, increasing the risk of obesity, cardiovascular disease, and other health issues. Furthermore, excessive screen time can lead to poor posture, eye strain, and chronic pain, impacting overall physical well-being (Akulwar-Tajane et al., 2020). Understanding these physical health implications is vital, as they intertwine with mental and emotional factors to create a holistic picture of how screen time affects individuals. Addressing these concerns may necessitate a multi-faceted approach, incorporating both lifestyle changes and technological interventions aimed at promoting healthier screen habits (Arafa, 2024).

The Need for Balanced Digital Engagement

As society navigates the complexities of digital engagement, it is essential to promote a balanced approach to screen time. Encouraging mindfulness in technology use can help individuals develop healthier habits that prioritize both digital connectivity and well-being. Interventions such as digital detoxes, time management strategies, and promoting outdoor activities can mitigate the adverse effects of excessive screen time (Greene & McKenna,

2018). Moreover, fostering a culture that values quality over quantity in digital interactions may enhance relationship satisfaction and emotional resilience. Ultimately, understanding the dynamics of screen time, quality of relationships, and overall well-being is critical for cultivating a healthier, more connected society in our digital age (Simon, 2017).

The proliferation of digital devices has transformed how individuals interact, learn, and engage with the world. Recent studies indicate that excessive screen time can lead to negative outcomes, including diminished face-to-face interactions and adverse effects on mental health. For instance, research has linked high screen time to increased feelings of loneliness and depression, suggesting that while screens connect us to others, they can also create barriers to meaningful connections (Wessels, et al., 2024). Additionally, the rise of social media has introduced new dimensions to relationships, blurring the lines between online and offline interactions. The consequences of this shift extend beyond social dynamics; they touch upon aspects of physical health, sleep quality, and overall happiness. However, the relationship between screen time and well-being is complex, necessitating a comprehensive exploration of how it affects social connections and individual quality of life (Robards et al.,2018).

Despite growing awareness of the potential negative impacts of excessive screen time, there remains a lack of clarity regarding its specific effects on the quality of interpersonal relationships, happiness levels, physical health, and sleep quality. This gap in understanding poses challenges for individuals seeking to balance digital engagement with their overall well-being. As people increasingly rely on screens for communication, work, and entertainment, discerning the fine line between beneficial and harmful screen use becomes paramount (LeBlanc, 2017). Moreover, the pandemic has exacerbated reliance on digital communication tools, making it even more crucial to investigate how these changes affect mental health and social dynamics. This study aims to bridge the gap in existing literature by providing a nuanced analysis of these interconnected variables (Van Rooij, 2017).

Literature Review

To address this research question, a comprehensive literature search was conducted across several academic databases, including PsycINFO, PubMed, and Google Scholar. Keywords such as "screen time," "mental health," "interpersonal relationships," "happiness," "physical health," and "digital communication" were utilized to identify relevant studies. This search strategy yielded a wide array of articles ranging from empirical research to theoretical discussions. Particular attention was given to studies published within the last decade to ensure the relevance and timeliness of the findings, as the digital landscape evolves rapidly. The selection process focused on peer-reviewed journal articles, books, and credible reports that provided insights into the relationships among screen time, health, and well-being. Initially, over 200 sources were identified; however, after applying inclusion criteria such as the relevance to the core research question, methodological rigor, and recent publication dates the list was narrowed to approximately 50 key sources. Studies were screened for quality based on sample size, research design, and the clarity of results. Additionally, only studies with robust methodologies that directly addressed the variables of interest were included (Ellemers, 2019).

The selected literature was organized thematically into categories reflecting the key aspects of the research question. These categories included the impact of screen time on mental health, the effects on physical health, the influence on relationship quality, and the overarching connection to overall happiness. This thematic organization facilitated a clearer understanding of how different studies interrelate and allowed for a more coherent synthesis of findings across various domains. The analysis of the literature revealed several notable trends. Many studies indicated a negative correlation between excessive screen time and mental health outcomes, with increased screen exposure linked to anxiety, depression,

and loneliness. For instance, a study by Twenge et al. (2019) found that adolescents who spent more than three hours per day on screens reported higher levels of depressive symptoms (Velte, & Stawinoga, 2017). Conversely, other research suggested that moderate screen use, particularly for social interaction, could foster connections and enhance well-being. Regarding physical health, excessive screen time was frequently associated with sedentary behavior, leading to obesity and other chronic health issues. Studies such as those by Tremblay et al. (2017) emphasized the need for balance, highlighting that digital engagement should not replace physical activity. Lastly, the literature consistently pointed to a complex relationship between screen time and relationship quality; while digital communication can help maintain connections, it may also detract from the depth of face-to-face interactions (Davidsson & Wiklund, 2017).

Despite the wealth of research available, several gaps were identified. Notably, there is a lack of longitudinal studies that examine the long-term effects of screen time on interpersonal relationships and health outcomes. Additionally, many studies primarily focus on specific populations, such as adolescents or college students, leaving a gap in understanding how screen time impacts different age groups or cultural backgrounds. Furthermore, while existing literature explores the negative aspects of screen time, less attention has been paid to the potential positive effects, such as the role of digital platforms in facilitating support networks and enhancing social capital (Miles, 2017).

The literature review synthesizes the findings from the selected studies while critically analyzing the existing body of knowledge. It highlights the intricate relationships between screen time, mental and physical health, interpersonal relationships, and overall happiness. The review emphasizes the necessity for a balanced approach to screen use, acknowledging both its benefits and drawbacks. By framing the discussion within the context of contemporary digital culture, this review provides a nuanced understanding of how screen time can be managed to promote well-being. Numerous studies have underscored the detrimental effects of excessive screen time on mental health. Research by Keles et al. (2020) indicates a strong link between increased screen time and heightened anxiety and depressive symptoms, particularly among adolescents. This demographic is particularly vulnerable due to their developmental stage, where peer relationships and self-image are crucial. The digital realm often exacerbates feelings of inadequacy and comparison, as social media platforms present idealized versions of life that can lead to negative self-perception. Additionally, studies suggest that the nature of screen engagement matters; for instance, passive consumption of content (e.g., scrolling through social media feeds) has been shown to correlate more strongly with negative mental health outcomes than active engagement, such as video calling or direct messaging (Verduyn et al., 2015). These findings highlight the need for critical evaluation of how different forms of screen interaction affect psychological well-being.

The implications of screen time extend beyond mental health to physical well-being, with research revealing significant associations between prolonged screen exposure and adverse health outcomes. Excessive screen time has been linked to a sedentary lifestyle, which is a major risk factor for obesity and related chronic conditions, such as diabetes and cardiovascular disease (Owen et al., 2010). Furthermore, studies indicate that screen time disrupts sleep quality, which is crucial for overall health and emotional regulation. According to a meta-analysis by Hale and Guan (2015), increased screen time, particularly before bedtime, is correlated with poor sleep quality and shorter sleep duration. The resulting fatigue can exacerbate mental health issues, creating a vicious cycle where poor physical health further contributes to psychological distress. These insights stress the importance of addressing physical health in discussions about screen time and well-being.

The shift towards digital communication has transformed interpersonal relationships, leading to both positive and negative outcomes. While digital platforms allow for maintaining connections across distances, they can also hinder the quality of these

interactions. Research by Przybylski and Weinstein (2019) found that face-to-face communication fosters deeper emotional connections compared to digital interactions, which often lack the nuances of non-verbal cues. Additionally, the reliance on digital communication can lead to feelings of isolation, even in socially connected individuals. This paradox is further complicated by the phenomenon of "phubbing," where individuals engage with their devices during social interactions, which can diminish relationship satisfaction (Roberts & David, 2016). Understanding how these dynamics play out in both personal and professional relationships is essential for comprehending the broader implications of screen time on quality of life.

By examining these dimensions' mental health, physical health, and the quality of relationships this literature review reveals the complex interplay between screen time and well-being. It underscores the necessity for a holistic understanding of how digital engagement shapes human experience in the modern world, guiding future research and practical applications in promoting healthier screen habits.

Hypotheses

HI: Increased screen time negatively impacts the quality of interpersonal relationships, leading to diminished social satisfaction.
HI: Higher screen time is associated with lower overall happiness levels, potentially due to reduced face-to-face interactions.
HI: Excessive screen time adversely affects physical health by contributing to a sedentary lifestyle and poor sleep quality.
HI: The effects of screen time on relationships and happiness are moderated by factors such as age, gender, and the specific context of screen use.

Theoretical Framework

This study is informed by several theoretical frameworks, including the Social Presence Theory and the Uses and Gratifications Theory. Social Presence Theory posits that the level of social presence in digital interactions can significantly influence relationship quality and emotional connection. Uses and Gratifications Theory suggests that individuals engage with media to fulfill specific needs, such as social interaction or emotional support, which is particularly relevant in the context of screen time and well-being (Yeboah, et al., 2023).

Material and Methods

This study employed a quantitative research approach to systematically explore the relationships among screen time, quality of relationships, happiness, physical health, and sleep quality. This approach facilitated the collection of numerical data, allowing for statistical analyses to draw meaningful conclusions about the interconnections among these variables.

Research Design

A cross-sectional design was utilized, which enabled the simultaneous collection of data from a diverse sample of participants. This design is particularly effective for identifying patterns and associations between variables at a specific point in time, making it suitable for the study's objectives.

Population and Sample

The target population included individuals aged 18 and older, encompassing a wide range of demographics. A sample of 300 participants was recruited through various online

platforms, social media, and community outreach efforts, ensuring a broad representation across age, gender, and socioeconomic status. This diverse sampling enhances the generalizability of the findings and allows for a more comprehensive understanding of the issues at hand.

Data Collection Methods

Data were collected using validated questionnaires designed to assess screen time, quality of relationships, happiness, physical health, and sleep quality. Participants completed the questionnaires via an online survey platform, ensuring anonymity and encouraging honest responses. The use of established instruments helps to enhance the reliability and validity of the data collected.

Data Analysis Procedures

Data analysis involved several statistical techniques, including descriptive statistics, correlation matrices, regression analyses, and mediation analyses, conducted using statistical software such as SPSS. Correlation matrices were employed to assess the relationships among variables, while regression analyses explored predictors of happiness in relation to screen time and other factors. Mediation analyses specifically examined the role of sleep quality as a mediator in the relationship between screen time and happiness, providing deeper insights into the underlying mechanisms at play.

Ethical Considerations

Ethical approval for the study was obtained from the institutional review board prior to data collection, ensuring adherence to ethical research standards. Participants were informed about the study's purpose, procedures, potential risks, and their right to withdraw from the study at any time without penalty. Informed consent was secured from all participants, and confidentiality was strictly maintained throughout the research process, ensuring that individual responses were anonymized and data were securely stored. These measures were taken to protect participants' rights and promote ethical integrity in research.

Results and Discussion

The study aimed to investigate the relationships among screen time, quality of relationships, happiness, physical health, and sleep quality. The analysis included descriptive statistics, correlation matrices, and regression analyses to uncover the dynamics between these variables. The results are presented in tables that reflect the objectives of the study.

Table 1
Demographic Characteristics of Participants

Demographic Variable	Frequency (n)	Percentage (%)
Age		
18-24	75	25.0
25-34	100	33.3
35-50	80	26.7
51 and above	45	15.0
Gender		
Male	90	30.0
Female	150	50.0
Non-Binary	60	20.0
Socioeconomic Status		
Low	85	28.3
Middle	150	50.0
High	65	21.7

Table 1 presents the demographic characteristics of the study participants, revealing a diverse sample that enhances the generalizability of the findings. The age distribution shows a predominance of respondents aged 25-34 (33.3%), followed by 35-50 (26.7%), indicating that most participants are within the working age group. Gender representation is balanced, with females comprising 50.0% of the sample, males at 30.0%, and non-binary individuals at 20.0%. Additionally, socioeconomic status is predominantly middle class (50.0%), with 28.3% of participants from low socioeconomic backgrounds and 21.7% from high socioeconomic status. This demographic diversity is crucial for understanding the interplay between screen time, interpersonal relationships, and overall well-being.

Table 2
Correlation Matrix among Variables

Variable	1	2	3	4	5
Screen Time	-				
Quality of Relationships	-0.64*	-			
Happiness	-0.64*	0.55*	-		
Physical Health	-0.89***	0.67*	0.78**	-	
Sleep Quality	-0.57*	0.89***	0.67**	0.69*	-

Table 2 The correlation matrix revealed the relationships among screen time, quality of relationships, happiness, physical health, and sleep quality. Higher screen time was negatively correlated with quality of relationships (r = -0.64), happiness (r = -0.64), and physical health (r = -0.89), suggesting that excessive screen use adversely affected these areas. Quality of relationships positively correlated with both happiness (r = 0.55) and physical health (r = 0.67), indicating that stronger relationships were associated with greater well-being. Additionally, sleep quality positively correlated with quality of relationships (r = 0.89) and happiness (r = 0.67), highlighting its importance in fostering interpersonal connections and overall life satisfaction. Conversely, sleep quality was negatively correlated with screen time (r = -0.57), suggesting that increased screen usage contributed to poorer sleep outcomes. These findings emphasized the need to manage screen time to improve emotional and physical well-being and enhance relationship quality.

Table 3
Regression Analysis Summary

Predictor Variable	B (Standard Error)	β (Beta)	p-value	Confidence Interval (95%)
Screen Time	-0.25 (0.05)	-0.35	< 0.001	[-0.35, -0.15]
Quality of Relationships	0.30 (0.06)	0.40	< 0.001	[0.18, 0.42]
Happiness	0.20 (0.04)	0.25	< 0.01	[0.10, 0.30]
Physical Health	0.15 (0.05)	0.20	< 0.01	[0.07, 0.23]
Sleep Quality	0.22 (0.06)	0.30	< 0.01	[0.10, 0.34]

Table 3, The regression analysis results presented in the table indicate significant predictors of well-being outcomes related to screen time, quality of relationships, happiness, physical health, and sleep quality. Screen time is shown to have a negative impact on well-being, with a standardized beta coefficient (β) of -0.35 ($p < 0.001$), suggesting that increased screen time is associated with lower overall well-being. In contrast, quality of relationships emerged as a strong positive predictor, with a beta of 0.40 ($p < 0.001$), indicating that better relationships significantly enhance well-being. Additionally, happiness ($\beta = 0.25$, $p < 0.01$), physical health ($\beta = 0.20$, $p < 0.01$), and sleep quality ($\beta = 0.30$, $p < 0.01$) also demonstrated positive associations with overall well-being, reinforcing the importance of these factors in contributing to a healthier, more fulfilling life. The confidence intervals for each predictor further support their reliability and significance in the analysis.

Table 4
Summary of Key Findings

Variable	M (SD)	Implications
Screen Time (hours/day)	6.5 (2.0)	Excessive screen time linked to lower well-being.

Quality of Relationships	3.8 (0.9)	Stronger relationships correlate with higher happiness.
Happiness	4.0 (0.8)	Higher happiness associated with better physical health.
Physical Health	4.2 (0.7)	Better physical health improves sleep quality.
Sleep Quality	3.5 (0.9)	Poor sleep quality negatively impacts overall happiness.

Table 4 summarizes the key findings of the study, providing mean values and standard deviations for critical variables related to well-being. The average screen time was found to be 6.5 hours per day (SD = 2.0), indicating that excessive screen time is associated with lower overall well-being. Quality of relationships had a mean score of 3.8 (SD = 0.9), suggesting that stronger interpersonal connections significantly correlate with higher levels of happiness. The happiness variable averaged 4.0 (SD = 0.8), emphasizing that greater happiness is associated with improved physical health, which had a mean score of 4.2 (SD = 0.7). Finally, sleep quality was reported at a mean of 3.5 (SD = 0.9), highlighting that poor sleep quality negatively impacts overall happiness. These findings collectively underscore the interconnectedness of screen time, relationships, happiness, physical health, and sleep quality in determining individual well-being.

Table 5
Impact of Screen Time on Quality of Life Variables

Variable	Low Screen Time (M, SD)	High Screen Time (M, SD)	Difference (p-value)
Quality of Relationships	4.5 (0.8)	2.9 (0.7)	< 0.001
Happiness	4.8 (0.6)	3.2 (0.9)	< 0.001
Physical Health	4.6 (0.7)	3.5 (0.8)	< 0.01
Sleep Quality	4.2 (0.8)	2.8 (0.7)	< 0.001

Table 5 illustrated the impact of screen time on various quality of life variables, revealing stark contrasts between individuals with low and high screen time. For quality of relationships, those with low screen time reported a mean score of 4.5 (SD = 0.8), while those with high screen time had a significantly lower mean of 2.9 (SD = 0.7), with a difference that is statistically significant ($p < 0.001$). Similarly, happiness levels were markedly higher in the low screen time group (mean = 4.8, SD = 0.6) compared to the high screen time group (mean = 3.2, SD = 0.9), again demonstrating a significant difference ($p < 0.001$). In terms of physical health, participants with low screen time reported a mean of 4.6 (SD = 0.7), in contrast to a mean of 3.5 (SD = 0.8) for those with high screen time ($p < 0.01$). Finally, sleep quality scores further highlight the disparity, with the low screen time group averaging 4.2 (SD = 0.8) versus 2.8 (SD = 0.7) for the high screen time group ($p < 0.001$). These findings underscore the detrimental effects of excessive screen time on interpersonal relationships, happiness, physical health, and sleep quality, emphasizing the need for mindful management of screen usage to enhance overall quality of life.

Table 6
Mediation Analysis of Sleep Quality on the Relationship Between Screen Time and Happiness

Mediation Variable	Effect Size (Standard Error)	p-value
Direct Effect	-0.35 (0.05)	< 0.001
Indirect Effect (via Sleep Quality)	-0.15 (0.04)	< 0.01
Total Effect	-0.50	< 0.001

Table 6 presents the results of the mediation analysis examining the role of sleep quality in the relationship between screen time and happiness. The direct effect of screen time on happiness was found to be significant, with an effect size of -0.35 (Standard Error = 0.05, $p < 0.001$), indicating that increased screen time is associated with decreased happiness. Additionally, the analysis reveals an indirect effect of -0.15 (Standard Error = 0.04, $p < 0.01$), suggesting that sleep quality mediates the relationship between screen time and happiness. This means that higher screen time not only directly reduces happiness but also negatively affects sleep quality, which in turn further diminishes happiness levels. The total effect of screen time on happiness was calculated to be -0.50 ($p < 0.001$), reinforcing the notion that both direct and indirect pathways significantly contribute to the overall

impact of screen time on individual happiness. These findings underscore the importance of addressing sleep quality as a critical factor in mitigating the negative effects of excessive screen time on well-being.

Discussion

The findings of this study highlight the intricate relationships among screen time, quality of relationships, happiness, physical health, and sleep quality. Notably, the negative correlation between screen time and quality of relationships indicates that excessive digital engagement can detract from face-to-face interactions and meaningful connections. This aligns with previous research suggesting that high screen time can lead to feelings of loneliness and social isolation. Furthermore, the regression analyses revealed that both quality of relationships and sleep quality significantly predict levels of happiness, underscoring the importance of interpersonal connections and restorative sleep in fostering overall well-being. The mediation analysis demonstrated that sleep quality acts as a critical mediator in the relationship between screen time and happiness, indicating that high screen time not only directly impacts happiness but also adversely affects sleep, which in turn diminishes overall life satisfaction. The findings of this study reveal several nuanced aspects of the relationship between screen time and well-being. Specifically, the significant negative correlation between excessive screen time and the quality of interpersonal relationships suggests that as individuals increase their engagement with digital devices, they may inadvertently sacrifice meaningful face-to-face interactions. This is particularly concerning in a world where social connections are vital for emotional support and overall happiness. Moreover, the analysis indicates that high levels of screen time can lead to increased feelings of loneliness, reinforcing the idea that virtual interactions cannot fully substitute for in-person connections. These results suggest a pressing need for individuals to cultivate awareness about their screen usage and its potential impacts on their social lives.

Additionally, the analysis of sleep quality as a mediator in the relationship between screen time and happiness provides critical insights. The data indicate that individuals who reported high screen time also experienced poorer sleep quality, which subsequently correlated with lower levels of happiness. This finding aligns with existing literature highlighting the detrimental effects of blue light exposure from screens on sleep patterns. Poor sleep can exacerbate feelings of fatigue and irritability, further contributing to a negative cycle where reduced happiness may lead to increased screen use as a coping mechanism, ultimately diminishing sleep quality. Thus, it becomes essential to address both screen time and sleep hygiene in interventions aimed at enhancing well-being.

Furthermore, the positive correlation between quality of relationships and happiness underscores the importance of fostering strong social ties in a digital age. Participants who reported higher quality relationships also experienced greater overall happiness, indicating that nurturing these connections can act as a protective factor against the adverse effects of excessive screen time. This finding highlights the need for individuals to prioritize relationship-building activities, even amidst growing digital distractions. By emphasizing the importance of personal interactions, this study advocates for a balanced approach to technology use that prioritizes human connections, ultimately contributing to a more fulfilling and happier life.

These findings resonate with the broader literature on screen time and its psychological and social ramifications. Previous studies have documented the adverse effects of excessive screen exposure on mental health, including anxiety and depression. For example, a meta-analysis found that increased screen time is linked to poorer mental health outcomes, echoing the results of this study. Similarly, the negative impact of screen time on sleep quality corroborates findings from studies indicating that blue light exposure from screens interferes with circadian rhythms, leading to sleep disturbances. Moreover, the positive correlation between quality of relationships and happiness aligns with the well-

established concept in positive psychology that strong social connections contribute significantly to subjective well-being.

Conclusion

In conclusion, this study has illuminated the intricate relationships among screen time, quality of interpersonal relationships, overall happiness, physical health, and sleep quality. As we navigate an increasingly digital landscape, understanding how these variables interact is crucial for promoting holistic well-being. The results underscore a significant concern while technology provides unparalleled opportunities for connection, excessive screen time can negatively impact the quality of our relationships and, consequently, our happiness. This duality highlights the importance of fostering digital mindfulness, where individuals are encouraged to reflect on their screen usage and its effects on their lives. The findings also indicate that sleep quality serves as a critical mediator in the relationship between screen time and happiness. Poor sleep, exacerbated by excessive screen engagement, can lead to a cascade of negative effects on emotional well-being, further compounding feelings of loneliness and dissatisfaction. This relationship calls for a multifaceted approach to well-being that prioritizes not only reducing screen time but also enhancing sleep hygiene. By cultivating healthier sleep habits, individuals can mitigate some of the adverse effects of prolonged screen exposure, thereby improving their overall quality of life. Moreover, the positive correlation between high-quality interpersonal relationships and increased happiness reinforces the need to nurture these connections in our daily lives. In an era where digital interactions often overshadow face-to-face engagement, it is essential to emphasize the value of personal relationships. Encouraging practices that foster genuine connections such as regular in-person gatherings, meaningful conversations, and shared activities can significantly enhance both individual and collective well-being. As this study has shown, the complexity of the interplay between screen time and well-being necessitates further research to explore these dynamics in diverse contexts. Future studies could investigate the long-term effects of screen time on various demographic groups and the efficacy of specific interventions designed to promote healthier technology use. Additionally, understanding the role of different types of screen interactions such as passive consumption versus active engagement could yield valuable insights into their varying impacts on mental health and social connectivity.

Recommendations

This study recommends a comprehensive approach to enhancing well-being in our digital age. Individuals should practice digital mindfulness by actively reflecting on their screen time and its impacts on their interpersonal relationships, happiness, and overall health. Establishing boundaries around technology use, particularly before bedtime, can significantly improve sleep quality and emotional well-being. Additionally, prioritizing face-to-face interactions is crucial; individuals are encouraged to engage in regular in-person gatherings, meaningful conversations, and shared activities to nurture high-quality relationships. Organizations and communities could benefit from initiatives that promote healthy technology use, such as workshops on digital literacy and the importance of sleep hygiene. Lastly, future research should focus on the long-term effects of different screen interactions on various demographic groups to inform tailored interventions that foster healthier technology habits and enhance overall life satisfaction.

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