

Table of Contents

Abstract	i
List of Tables.....	v
List of Figures	vi
Chapter 1: Introduction	1
Background of the Study.....	1
Purpose Statement.....	3
Hypotheses	3
Significance.....	3
Limitations	4
Delimitations.....	5
Definition of Terms.....	5
Summary	6
Chapter 2: Literature Review.....	7
Search Strategy.....	7
Literature Synthesis.....	8
The Prevalence and Determinants of Excessive Digital Screen Time.....	9
The Impact of High Screen Time on Adolescents' Health and Well-Being.....	10
The Relationship Between Screen Time Exposure and Anxiety-Related Disorders	12
Contrasting Elements in the Synthesized Studies	14
Theoretical Framework.....	15
Application in the Study.....	16
Summary	18

Chapter 3: Methodology.....	20
Study Hypothesis.....	20
Study Design.....	20
Population and Sample.....	21
Sampling Procedures.....	21
Study Setting.....	22
Data Collection Procedures.....	23
Instrumentation.....	23
Data Analysis.....	23
Ethical Considerations.....	24
Summary.....	24
Chapter 4: Results.....	26
Data Analysis Procedures.....	27
Demographic Statistics.....	27
The Statistical Results.....	29
Spearman’s Rank Correlation Results.....	32
Summary.....	32
Chapter 5: Discussion.....	34
Major Findings.....	35
Interpretation and Discussion.....	35
Implications for Practice.....	37
Implications for Future Research.....	37
Summary.....	38

Chapter 6: Conclusion.....	40
Recommendations.....	40
Contributions to Practice.....	41
Conclusion.....	42
References.....	44
Appendix A.....	53
Appendix B.....	58
Appendix C.....	59
Appendix D.....	75
Appendix E.....	76



List of Tables

Table 128

Table 232



List of Figures

Figure 1	18
Figure 2	22
Figure 3	30
Figure 4	31
Figure 5	31

