

BALANCING SCREENS AND LIFE

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Today, technology is a constant companion. Smartphones, laptops, tablets, and social media platforms keep students connected to the world, but they also blur the boundaries between work, study, and leisure. While technology provides numerous benefits, such as instant communication, access to information, and online learning. It also poses challenges to mental, emotional, and physical well-being. Developing digital well-being and cultivating healthy tech habits has therefore become essential for learners of the 21st century.

Digital well-being refers to maintaining a healthy relationship with technology, ensuring that digital devices support rather than disrupt life. Students often face the temptation of endless scrolling, notifications, and multitasking, which can lead to stress, anxiety, and reduced focus. Studies show that excessive screen time is linked to sleep problems, eye strain, and even decreased academic performance. Recognizing these risks is the first step toward building balanced tech habits.

Healthy tech habits involve intentional and mindful use of devices. Setting boundaries, such as scheduling tech-free times or limiting social media use, can help students focus on important tasks while preventing digital burnout. Tools such as screen time trackers, app usage monitors, and “Do Not Disturb” modes empower learners to take control of their digital consumption. Additionally, prioritizing face-to-face interactions, outdoor activities, and hobbies ensures that technology complements rather than dominates life.

Digital well-being also requires cultivating mindful online behavior. Students must learn to engage with social media responsibly, avoid comparing themselves to

curated online content, and recognize the emotional impact of digital interactions. Schools can support this by integrating lessons on digital citizenship, mental health, and media literacy into the curriculum. Encouraging discussions about online behavior and self-care helps students develop resilience in an always-connected world.

Moreover, promoting digital well-being is not only an individual responsibility but a shared one. Families, teachers, and peers play a crucial role in modeling healthy tech use. By creating supportive environments both at home and in school. Students can learn to use technology as a tool for growth, creativity, and learning, rather than as a source of distraction or stress.

In conclusion, digital well-being and healthy tech habits are essential skills for navigating the digital landscape responsibly. By balancing screen time, setting boundaries, and practicing mindful engagement, learners can utilize the benefits of technology without compromising their mental, emotional, or physical health. Education that prioritizes digital wellness equips students not only to succeed academically but also to thrive as healthy, mindful participants in the modern technological world.

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