



# Correlation Between Binge Watching, Social Anxiety And Fatigue Among Physiotherapy Students

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**Abstract:** The technique of watching several episodes at once on online streaming platforms is known as binge watching and it has become very popular among students. The need to understand the effects of binge watching and its associated factor is expanding. According to preliminary data, excessive screen usage is associated with greater social withdrawal and tiredness, which may have an impact on mental health and academic performance. This study aims to raise awareness about the impacts of binge watching on student well-being and promote healthier habits. The objective of this study explores the correlation between binge watching, social anxiety and fatigue among physiotherapy students.

A sample of 100 physiotherapy students, aged 18 to 25 participated in the study. Data was collected using self reported questionnaires through google forms capturing viewing habits, anxiety levels and fatigue symptoms. The research analyses the data to identify relationships. Binge watching, social anxiety and fatigue level measured by Binge Watching Addiction Questionnaire, Social Interaction Anxiety Scale (SIAS) and Chalder Fatigue Scale respectively. In the result, Binge watching and social anxiety ( $r=0.39, p<0.01$ ), Binge watching and fatigue ( $r=0.21, p<0.01$ ), Social anxiety and fatigue ( $r=0.23, p<0.01$ ) all 3 have showed weak positive correlation. The study concluded weak positive correlation among all 3, Binge watching and Social anxiety, Binge watching and fatigue, Social Anxiety and Fatigue among physiotherapy students.

**Index Terms** - Binge watching, Social anxiety, fatigue, physiotherapy students

## I. INTRODUCTION

Binge-watching, a phenomenon defined as watching multiple episodes of television (TV) series in a single session over an extended period.<sup>(1)</sup> Social interaction anxiety refers to the distress experienced when interacting with other people in a social environment, which stems from worry or nervousness about what to say or how to respond in social interactions.<sup>(2)</sup> Fatigue has been characterized as a general sensation and lack of energy to engage in a particular activity.<sup>(3)</sup> According to recent estimates, 40% of people worldwide have access to the internet, and demand for mobile phone use is rising. Sometimes people are out of control and excessively spend their valuable time on smartphones.<sup>(4)</sup>

The popularity of online video streaming services like Amazon Prime, Netflix, and others, which let users watch TV shows and movies whenever they want, has led to an increase in the practice of binge watching in recent years.<sup>(5)</sup> During 2011 and 2015, it became more significant among young adults and it covered much more popular and became a new normal mainstream.<sup>(6)</sup>

Those who binge-watch a lot are more likely to suffer from negative outcomes like depression, misery, excessive anxiety, a decreased ability to handle stress, low self-esteem, and a propensity to criticize oneself.<sup>(7)</sup> In a highly technocratic world, it is unsurprising that more casual leisure time is occupied with the use of technology. The current college student population, named "Generation Next" is known for being more digitally active than previous generations as they use various forms of electronic media.

They frequently watch movies and TV shows, play electronic games, use social networking sites, and interact via smartphones.<sup>(8)</sup> Students encounter a number of obstacles as they adjust to college life, such as loneliness and interpersonal issues, for which many turn to television in order to meet their needs for social connection.<sup>(9)</sup> Specifically, fear of missing out plays a role in the viewing pace of drama series wherein viewers binge watch to catch up with the current narrative and therefore be able to belatedly join the cultural conversations. The fear of missing out, which arises from this demand for relatedness, is the worry that young viewers and college students would be left out of cultural discourse if they haven't watched a certain program.<sup>(10)</sup>

Contributing factors are recommendations and feedback on television series from others, thus exemplifying the interaction influence involved.<sup>(11)</sup> Some researchers are concerned that binge watching has deleterious effects on long term social skills. For college students, watching television is frequently a solitary activity that takes up time that could be spent with friends, going out, or engaging in other socially engaging activities.<sup>(12)</sup> A person's motivation and enthusiasm for particular jobs would decline when they are overly tired.<sup>(13)</sup> Sometimes it is considered a result of lifestyle choices, such as a lack of exercise or a poor diet. There are numerous potential causes of weariness. They are classified into three broad categories: lifestyle elements/ physical health issues/ problems with mental health.<sup>(14)</sup>

The time of internet use each day affected participants' weariness and discomfort levels. A significant difference in the level of mental and physical fatigue between those who are addicted to the internet and those who are not. Given that both mental and physical weariness is likely to have a detrimental influence on academic performance.<sup>(15)</sup>

## II. MATERIALS AND METHODOLOGY

**STUDY DESIGN:** Correlational study

**STUDY SETTING:** Various colleges located in Gujarat

**STUDY POPULATION:** Adults from 18-25 age of undergraduate and postgraduate physiotherapy

**SAMPLE TECHNIQUE:** Convenient sampling

**SAMPLE SIZE:** 100 emerging adults

**STUDY DURATION:** 1 month

**OUTCOME MEASURES:**

Binge-Watching Addiction Questionnaire (Forte et al., 2021). It is a five-point rating scale with a total of 20 items on a self-report questionnaire. It has four dimensions; they are (1) Cravings, (2) dependency, (3) anticipation, and (4) avoidance. The never, rarely, sometimes, often, and almost. The numerical weights are 0,1,2,3,4 were 0 for never and 4 for almost. A higher score indicates higher severity.

Social Interaction Anxiety Scale. It is a five point rating scale with a total of 20 items on a self report questionnaire. The not at all, slightly, moderately, very, extremely. The numerical weights are 0,1,2,3,4. Higher score indicates higher anxiety

Chalder Fatigue Scale (Jackson, 2015): It consists of 11 items. Item number 1- 7 for physical fatigue and 8-11 for mental fatigue. The scale is indicated by split-half reliability of 0.85 and a Cronbach alpha that ranges between 0.86 and 0.92. It is a four-point rating scale which is less than usual, no more than usual, more than usual, and much more than usual. The numeric weight of 0, 1, 2, and 3 were 3 for much more than usual and 0 for less than usual.

## III. SELECTION CRITERIA

**INCLUSION CRITERIA:**

Both male and female of age between 18-25 years. Willingness to participate in the study. Students pursuing undergraduate and postgraduate. Watched TV episodes in one go more than for 2-3 hours.

**EXCLUSION CRITERIA:**

Not watching TV episodes. Watching TV episodes less than 2 hours. Having diagnosed any mental illness.

## IV. PROCEDURE:

The questionnaire technique is adopted in the survey. All participants gave their informed consent to take part in the study. The questionnaires are presented by Google form to the participants. They were well-informed about the three questionnaires altogether, including personal data. The information they provide will not be shared with anybody and will not be used for any other purposes. Correlation and regression analysis were done using software SPSS-20 version.

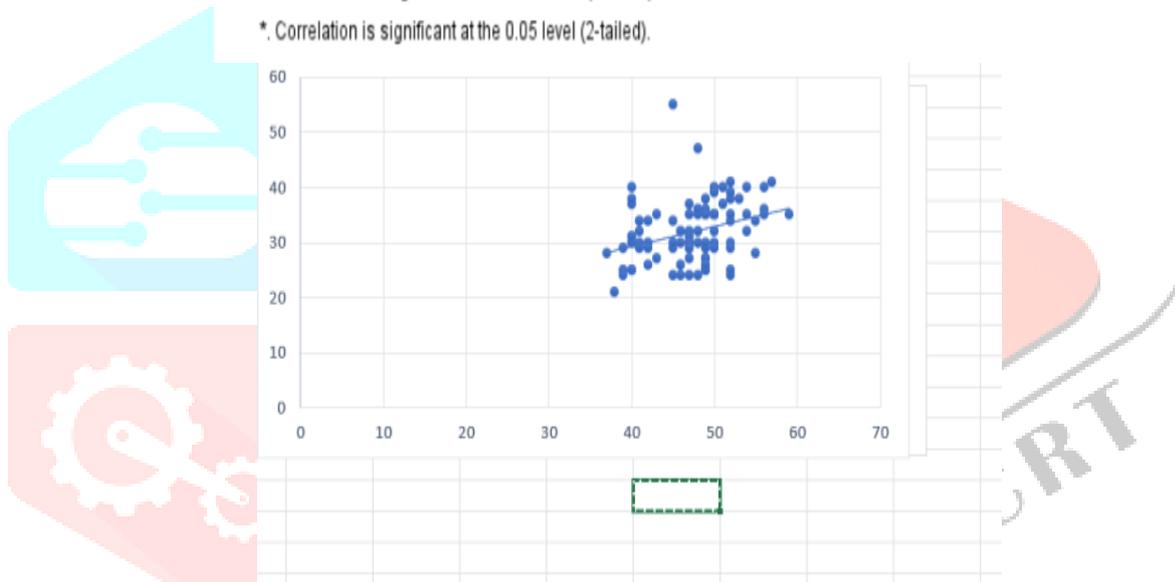
V. STATISTICAL ANALYSIS:

TABLE 1: showing correlational values between binge watching, social anxiety and fatigue.

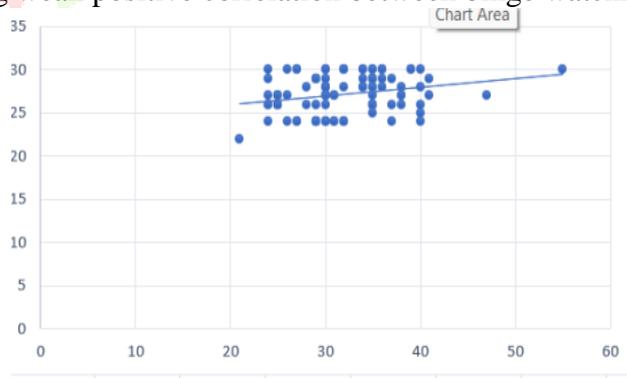
			Bingewatch	Socialanxiety	Fatigue
Spearman's rho	Bingewatch	Correlation Coefficient	1.000	.395**	.214
		Sig. (2-tailed)	.	.000	.033
		N	100	100	100
Socialanxiety	Correlation Coefficient		.395**	1.000	.237*
	Sig. (2-tailed)		.000	.	.018
	N		100	100	100
Fatigue	Correlation Coefficient		.214	.237*	1.000
	Sig. (2-tailed)		.033	.018	.
	N		100	100	100

\*\* . Correlation is significant at the 0.01 level (2-tailed).

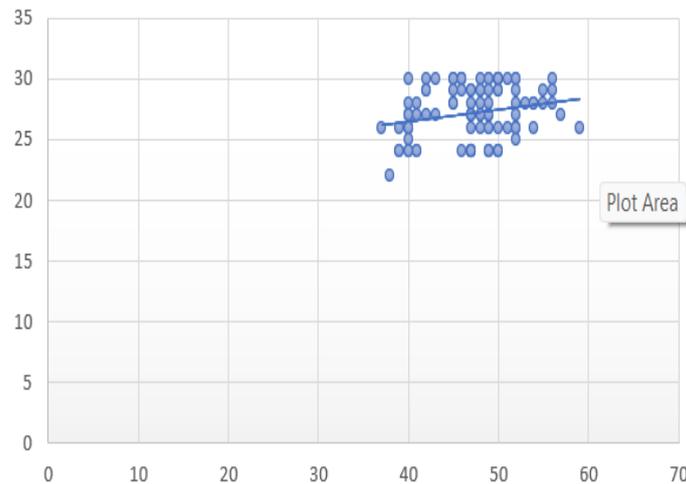
\*. Correlation is significant at the 0.05 level (2-tailed).



graph 1: showing weak positive correlation between binge watching and social anxiety



graph 2: showing weak positive correlation between social anxiety and fatigue



graph 3: showing weak positive correlation between binge watching and fatigue

## VI. RESULTS

There was weak positive correlation between Binge watching and Social Anxiety( $r=0.39, p<0.01$ )

There was weak positive correlation between Binge watching and Fatigue ( $r=0.21, p<0.01$ )

There was weak positive correlation between Social Anxiety and Fatigue ( $r=0.23, p<0.01$ )

## VII. DISCUSSION

The present study aims to understand the relationship between binge-watching, social anxiety and fatigue among physiotherapy students. The current study has a population of 100 undergraduate and postgraduate physiotherapy students. The objective was to find out relationship between binge watching, social anxiety and fatigue. The result indicates that there is weak positive correlation between Binge watching and Social Anxiety. One possible explanation is that binge-watching acts as an avoidance strategy for students struggling with social anxiety.

For those who find face-to-face interaction distressing, immersing themselves in extended viewing sessions may provide temporary relief or distraction. However, this coping method could reinforce avoidant behaviors, potentially worsening social anxiety over time. The results also show that there is a significant positive correlation between binge watching and fatigue. It explains that the dimensions of binge-watching are directly related to fatigue. If the person is engaged in more binge watching, then it can lead to chronic fatigue and other health problems. Watching TV can serve as a means of relaxation for individuals affected by anxiety. Individuals with higher attachment anxiety may be more likely to watch an excessive amount of TV because of a sense of closeness to the characters on TV.

Moreover, watching TV may help viewers participate in virtual social interactions. Hence, individuals feeling anxious regarding social interactions may seek virtual social interactions or relationships through binge-watching. When students feel mentally or physically drained, they may be less likely to engage in active or social leisure activities, opting instead for low-effort screen-based entertainment. Rebisz and Sikora (2016) revealed that the intensity of internet usage and screen addiction can lead to severe physiological dysfunctions and can cause chronic fatigue. Cain and Gradisar (2010) also reported that internet addiction can cause changes in sleep quality and that can directly lead to more fatigue and other physiological symptoms. Spending long hours watching content—especially late at night—can interfere with sleep patterns and reduce overall rest quality.

For physiotherapy students, who often juggle academic pressure and clinical responsibilities, poor sleep may result in increased fatigue, reduced concentration, and diminished productivity. There is also a weak positive correlation social anxiety and fatigue. Students with higher anxiety levels may turn to binge-watching as a form of emotional relief, which then contributes to disrupted sleep schedules and heightened fatigue. Social anxiety and fatigue are closely linked through both psychological and physiological mechanisms. Individuals with social anxiety often experience excessive worry, fear of judgment, and stress in social situations.

This constant mental tension can lead to mental exhaustion, which over time may manifest as physical fatigue. Excessive tiredness, poor mental ability, inattention, and physical exhaustion can all result from fatigue. Binge

watching can make it harder to develop a particular talent and make student less interested in their social, intellectual, and personal lives.g. Binge viewing, on the other hand, makes it simple to disengage from other people. With several streaming accounts and methods to watch a program, it's simple to escape to your favorite corner of the house and zone out for hours on end.

## VIII. CONCLUSION

Binge-watching refers to the watching of several episodes of a TV series or program in rapid succession. The connection between binge-watching and mental health problems might be explained by considering binge-watching as an emotion-focused coping strategy. It was suggested that binge-watching might serve as an easy way to escape reality and avoid negative emotions. Social anxiety appears to contribute to the link between binge-watching and fatigue, as students dealing with high levels of anxiety may use screen time as a form of avoidance or stress relief. However, this behavior may lead to irregular sleep and reduced rest, further contributing to fatigue.

These findings reflect the complex relationship between lifestyle choices and mental well-being within student populations. People who binge watch instead of exercising, socializing, or resting is increasing their risk for a variety of significant health disorders, including cardiovascular disease, depression, sleep difficulties, and behavioral addictions. The results indicate that there is weak positive correlation between binge watching, social anxiety and fatigue among physiotherapy students.

## IX. LIMITATION AND RECOMMENDATION

### LIMITATIONS

1. The study has been conducted on small sample size.
2. The study uses self reported data.

### RECOMMENDATION

1. A similar study can be extended with large sample size.
2. Further research for longitudinal or experimental studies.

## X. REFERENCES

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