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Health ¹ Effects of Screen Time on Children

Cultural Inquiry

A

Barroso et al. (2020) ascertain that parental beliefs and attitudes about media effects on early childhood development are among the cultures being surveyed in this paper because it may help explain the rising racial. Ethnic differences in child media viewing or habits; however, further study must fully comprehend the cultural implications of the observed discrepancies. The other culture is examined in this paper is the playing culture characterized by children because interactive media and mobile access have dramatically transformed play for children.

B

Excess screen time on children makes them more susceptible to health issues like brain development and myopia. If conditions like myopia are not detected and treated early, then it may lead to blindness. Therefore, families with low socioeconomic status might find treating these ailments very difficult. Similarly, there are scenarios where affected families cannot seek treatment because specialized hospitals capable of handling such cases are located far from their current residence. Thus, the transportations funds are unbearable, leaving the hospital bills they incur (Zhao et al., 2018).

C

A study conducted by Barroso et al. (2020) examines the cultural issue concerning the societal and cultural circumstances that form display time usage in Latinos residing on the Mexican and United States boundary about the topic health effects of screen time on children because there was the need for examining the gaps of understudied cultural and social routines,

beliefs, practices, and rules that shaped the screen time use among children in the sample size off Latino migrants residing on the united states and Mexico border.

D

This study was done because it was shown that there was an increasing trend in electronic devices among these families, particularly because parents believed that screen time permitted them to nurture family bonding, respect, and cohesiveness. Further, they believed that a strong equilibrium of electronic use is essential; however, a wider social perspective tested the implementation of household screen time regulations and parents remained repeatedly tolerant.

E

- Children's physical activities have reduced due to screen time, thus expressing the transformations experienced in children's playing culture.
- A healthy balance of media use fosters family cohesion, cultural and social practices.
- Excessive screen time correlates to a rise in childhood obesity, placing children at risk for health problems.

Barroso et al. (2020) suggest that whether or not you are a parent, making time to switch off your gadgets, disconnect from the wired world, and engage with the actual people who are all around you is one of the finest presents you can give yourself and the people you care about.

F

Mukherjee (2020) argues that with moderation, screen time can benefit children in school-related research and homework, thus enhancing their educational value. Similarly, he argues that playing electronic games could increase synchronization and motor abilities. Lastly,

texting, internet outfits, and collective electronic games are fun and easy communication and socializing methods.

G

One issue that has been neglected maternal rejection as a consequence of excessive screen time in children. Hartshorne et al. (2021) maintain that this issue is of major concern because children become drawn to whatever they view and forget their parents; thus, it is equally important to mention it. Therefore, it is possible to locate research material that supports this issue conclusively.

H

Children who spend too much time in front of the television may have a strained connection with their mothers. Therefore, the parent-child connection should be evaluated, and remedial measures should be implemented (Hartshorne et al., 2021).

Ethical Inquiry

A

An example of law about this issue is the Washington State law on the use of video, television, and computers [WSR 18-15-001, remodified as § 110-300-0155, filed on 7/5/18, and was effective since that time]. This law states that if a childcare provider allows children in their care to watch television:

1. The amount of screen time allowed to each youngster is as follows:
 - It should be instructive, age-appropriate and developmentally, peaceful, ethnically sensitive, and engage with the personnel.
1. Children should not be forced to engage in screen-based activities. When screen time is offered to children in care, alternative activities must be available.

2. Screen time is not permitted between meals and snacks.
3. For any child over the age of twenty-four months in full-day care, the total amount of time spent in front of a screen each week should not surpass two to three hours.
 4. Screen time in the case of school-aged teenagers should be restricted to half an hour a week per kid, except if mainframe use is necessary for assignments or as a portion of the program.
 5. Children under the age of twenty-four months should not be exposed to screen time on purpose. A baby or toddler must be steered away from a screen time display area (Washington State Legislature, n.d.).

B

I believe that the law that should be implemented is the second law suggesting that children should not be forced to engage in screen-based activities. When screen time is offered to those in care, alternative activities must be provided. Even though adults have the mandate of making choices on behalf of children, they should always provide healthy alternatives to their table conditions.

C

The irony that enters into the equation when parenting to promote screen-free childhoods or proper screen use is one of the most difficult aspects of the job. We, as adults, feel justified and right in using our gadgets, but giving children that much time is harmful and unwise, thus the ethical concern (Douglas of Baltimore, n.d.).

D

This study was conducted because it was shown that most people currently spend almost three-quarters of their time stuck on their phones, laptops, computers, etc. This trend is worrying

because children are slowly embracing the habit because they look up to adults. Ironically, adults want to limit their screen time while clearly, they spend most of their time stuck on screens.

E

- As grownups, more of the operations we utilize as private and personal services move to a smart device for simpler, quicker, and more rapid contact.
- Parents, though, are frequently cautioned about the hazards of screen usage for children.
- It is known that the allure and enchantment of childhood are that when children are free to play, their imaginations and curiosities soar.

BMC Public Health (2016) suggests that adults believe that the more they respect authority, the more they think children no longer respect their elders, translating to ethical concern.

F

McKee (2021) agrees with the above findings suggesting that most grownups believe that it is suitable to limit teenagers' screen time, however, few of them adhere to the screen time limit, which is unethical. Therefore, he suggests that the strategies used in reducing screen time in children should also be employed in adults.

G

One contrasting view, in this case, is that the restrictions put into place to regulate screen time in children may be met with some form of rebellion from adults. Thus, this can have major influences on the children's behavior. Therefore, it is important to mention that there are instances that the regulations implementation process might be hectic; thus, the intended outcomes might not be achieved (McKee, 2021).

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