

# Health\_Effects\_of\_Screen\_Time \_on\_Children.edited.docx

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## **1** **Health Effects of Screen Time on Children**

Many families use screens to keep their young kids captivated in today's technological universe while attending to several other needs. It is effective. Screens capture children's attention in ways that nothing else does, giving parents a break. Nevertheless, what effect do screens have on young children? Studies examining the impact of displays on children do not yet have all the explanations. However, everything they do can help families realize how serious it is to have children glued to the screens for prolonged periods. This paper evaluates the issues related to the topic while analyzing three articles.

### **Article 1**

Excessive exposure to display screens is hazardous to youngsters' well-being. Even so, emerging data advocates that reasonable levels of contact may not be detrimental and may even be beneficial. As a result, the goal of Sanders et al. (2019) was to see if there were any linear correlations between various types of television viewing and a variety of outcome measures, like education and healthcare. Four thousand and thirteen children in Australia were the subjects of the investigation. The type of display appears to have a moderating effect on the subtle effects of screen time on kid's results. When weighing the merits and disadvantages of screen interaction, policymakers, academics, and families must identify theirs in dealing with the issue. This source is credible because it is backed up by evidence established out of research conducted on 4013 participants. In addition to that, the article is detailed and has an abstract, introduction, a reference list, and its purpose is to report original research findings. The authors of the journal are well-known contributors in the field of research. For instance, Sanders is a well-known author in academics, having authored several journals on the health and well-being of youngsters. The article helps address the health effects of screen time on children by offering

meaningful insights that not all screen time is dangerous to children. Sanders et al. (2019) explain that prolonged screen time can be detrimental to children's health, primarily where they are engaged in watching non-informative content. The reader understands the arguments brought forward based on the evidence deduced from research, which is essential in understanding the topic in question.

### **Article 2**

In this article, the authors draw the readers' attention that many studies have primarily focused on the television as the screen of choice and the possible psychological outcomes in children. Little research is conducted on other types of screens, bearing in mind that there are different digital displays like tablets, phones, computers and others. The fact that there are numerous screen types means that the outcome of prolonged screen time on youngsters will vary accordingly, and that was the aim of Guerrero et al. (2019) when they conducted their research. In addition to that, this journal is credible because it is indexed in one of the credible databases called BioMed central. The journal has been accessed by more than twenty-one thousand people and has been cited by other scholars. The article was published in 2019, meaning that it is current. The article has an abstract, introduction, methods, discussion, and conclusion sections synonymous with credible journals. Also, the authors have published other journals in the same field of study on topics like conduct and impulsivity, family functioning, among others. This journal helpful to me in discussing my topic because it enables me to back up my arguments and assertions with relevant, current, and credible evidence.

### **Article 3**

Since excessive screen time is identified as a problem affecting the health and well-being of children, there have been different interventions suggested by experts to deal with the menace.

However, as per Madigan et al. (2020), the effectiveness of these interventions among policymakers, clinicians, researchers, and parents is ubiquitous. Consequently, the World Health Organization (WHO) and other children welfare entities have come up with procedures to help parents and caregivers deal with the problem, suggesting that kids should not exceed an hour glued to the screens. However, this approach of dealing with screen time among children is not working. It is crucial to consider a family's living environment and the availability of display devices, but according to Madigan et al. (2020), adhering to suggested guidelines is problematic for many families. This source is credible because it has been written and published in a pediatric journal by experts in the field, who are also PhD holders. It is essential also to note that the authors have also published other articles bordering on the health and well-being of children. The authors have backed their arguments with sources that the readers can easily verify. Madigan et al. (2020) have also provided sufficient background information in the article, and their research methodology is clearly defined, and the information relevant since the journal was published in 2020. While trying to understand the health effects of screen time on children, this article will help discuss the effectiveness of the interventions adopted by families and caregivers to address the problem. The article will allow me to scrutinize the effectiveness of an intervention, enabling me to develop better suggestions where the current method no longer works in addressing screen time problems with children.

To sum it up, the effects of screen time on children cannot be underscored. It is worth appreciating and addressing by looking at what experts have suggested and established through research studies. The health and well-being of children are imperative since they are the future generation. In contrast, technological advancements are appreciated, but they should not be

adopted at the expense of children's health. By understanding the problem, we can come up with better ways of addressing the menace.

### References

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