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**Health Effects of Screen Time on Children**

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## **Abstract Draft**

### **Part 1**

Whether on computers, smartphones, tablets, or televisions, the screen is an emblem of the modern day. Screen time is a key aspect of contemporary life for children, the digital natives growing up immersed in digital content and pleasure on screens. Nevertheless, concerns about the influence of screens on children's health are rising. There is evidence that screen time is linked to obesity, with proposed causes including an increase in caloric intake, the shifting of time allocated for physical exercise, or, more practically, a decrease in metabolic rate.

### **Part 2**

Because the major goal is to determine what bodily systems are impacted by excessive screen time in children and the economic concerns associated with the issue. The qualitative technique was employed in the research. As a result, case study research was crucial since it gave insights into already-existing data that was considered relevant. Similarly, content analysis was used in this research method because there was plenty of material on the subject; hence, it was necessary to evaluate the data.

### **Part 3**

The major takeaway from the scientific inquiry was that prolonged screen time in youngsters harmed the optical system, resulting in Myopia and blindness at a young age. In addition, a lack of exposure to sunlight caused childhood myopia. Furthermore, axial Myopia, a kind of early Myopia in youngsters triggered by increased eye development in the longitudinal bearing due to increased screen time, was the most common condition. Likewise, the key takeaway from the mathematical inquiry was that children's health effects were related to their families' economic

position. Diverse socioeconomic reputations variables like income and education dictated the number of electronic devices available in households.

#### **Part 4**

To conclude, higher amounts of screen time were linked to a range of health problems in children and adolescents, with the greatest evidence for obesity, an unbalanced lifestyle, symptoms of depression, and poor quality of life. Therefore, the probable solution to this issue would be limiting screen time for children by the margins that professionals have recommended.

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