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Health Effects of Screen Time on Children

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Abstract

Whether on computers, smartphones, tablets, or televisions, the screen is an emblem of the modern day. 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. 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. 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 (Stiglic & Viner, 2019). 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 (Hankonen et al., 2017). 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. I have learned that the thinning of the cortex is the most prevalent and hazardous health effect of prolonged screen time on children if the concern is not addressed early enough.

Introduction

Development happens quickly in young children, especially those under the age of three. Children learn through exploring their surroundings and observing and copying the grownups in their life. However, prolonged screen time can impair children's capacity to see and experience the usual daily activities they will have to participate in and learn and grow, resulting in tunnel vision that can harm their growth and development and harm other body systems (Morin, n.d.). Young people have grown up with an abundance of technological gadgets at their disposal. They are unable to envision a future without cellphones, tablets, or access to the internet. Therefore, digital technology is less beneficial to a young child's growing brain than unstructured activity. Rather than a film, a live presentation is more likely to teach and recall knowledge to children under two. Some forms of screen time, such as coding with music, dance, and storytelling, can help youngsters as young as two years old.

Excessive screen time has been frequently addressed in recent decades, particularly concerning children and the youth. As a result, parents are encouraged to restrict their children's digital devices such as smartphones, tablets, and laptops. In addition, there are various applications available to help parents monitor and manage their children's screen time (Amer, 2019). This aspect conforms with the deontological class of ethical theories that applies to this issue. Therefore, this means that parents ought to follow their obligations to their children in terms of regulating screen time since upholding their duties is considered ethically accurate. Fears of addiction, sadness, and other health concerns, on the other hand, are among the arguments for not spending too much time in front of various screens. Nonetheless, there is a

rising awareness of the undesirable effects of excessive display time and constant connection on social and cognitive abilities. Furthermore, it is believed that requiring individuals to utilize internet technology makes them oblivious, easily unfocused, and unresponsive to whatever is happening in the actual world.

When on-screen research media influences the general community, it's frequently portrayed openly: rules establishing severe time restrictions or news pieces like "Are Screens Harmful for Children?" However, on-screen research time has been less than conclusive, owing to a scarcity of solid systematic reviews too far. This fact is gradually changing as psychologists and other childhood development specialists examine youngsters' and adolescents' utilization of phones, tablets, and many other displays in greater depth and subtlety. Researchers are increasingly paying particular attention to the types of digital information that children consume. They are observing the factors that influence display time, comprising parental involvement and economic level. And they are on it for the extensive drag, developing an innovative statistical design to solve complicated issues regarding children, teenagers, and screens. Particularly, they look into both the possible advantages of screens if they could be utilized as learning aids and the possible negative effects on physical and mental health (Pappas, 2020).

An entire generation of children is using smartphones, tablets, and other internet-connected electronic gadgets. So naturally, many parents are concerned about this issue. However, it has also provided academics with an opportunity to answer how screen time affects the development of children's brains. Based on early data from the Adolescent Brain Cognitive Development (ABCD) project, scholars from the National Institutes of Health gave a peek at the solution (Radcliffe, 2018). The study conducted by ABCD monitored more than 11,000 10 and 9-year-olds at approximately 21 positions all over the U.S. The major takeaway from this study

was that MRI scans revealed substantial changes in the brains of certain youngsters who reported spending more than seven hours a day on cellphones, iPads, and video games. In addition, on cognitive and language exams, youngsters who recorded more than 2 hours of screen use each day scored worse. Finally, brain scans revealed that children who spent so much time in front of the television had a premature thinning of the cortex.

Even though some screen time may be instructive, particularly during the COVID-19 epidemic, Mayo Clinic Health Clinic (2021) suggests that the chances of children getting overweight increase as they watch more television and play video games. The presence of a television or other electronic devices in a children's room further raises the danger. Children might also develop a taste for unhealthy food shown in advertisements and overeat while watching television. Similarly, children who spend more time in front of a screen are much more likely to experience difficulties falling and staying asleep or even have an erratic sleep routine. Sleep deprivation can cause tiredness and an increase in feeding. Likewise, elementary kids who spend too much time a day watching television, playing computer games, or using a smartphone or tablet are more likely to experience emotional, psychosocial, or attention issues. In addition, video game exposure has been related to an increased risk of attention difficulties in youngsters.

Natural grass has indeed been substituted by smartphones for many children, replacing images of ideal childhoods spent playing in fields and roaming in grasslands. However, according to a recent study, 63 percent of youngsters in the U.S. spend close to 2 hours per daily on recreation display period. This phenomenon goes against the American Academy of Pediatrics' official guidelines, which suggest not more than an hour of display period daily for youngsters between 2 to 5 years, and consistent constraints on screen time for older kids, as well as prioritizing sleep, physical exercise, and perhaps other health habits over media use. In

addition, the World Health Organization has released guiding principles on the matter, stating that youngsters aged 2 to 4 should spend no more than one hour each day in front of a screen (Reichel, 2019). Therefore, there have been publications about the lack of social media and smartphone preparation for parents drawing concerns and criticism.

Nowadays, it's difficult to escape displays tablets, TVs, computers, mobiles, you mention it. We have been exposed to technological changes at all times, and also newborns are subjected to online content. Nevertheless, in a universe that is becoming progressively more computerized, how is it affecting children's life? This phenomenon has been broken down for us by experts from Johns Hopkins All Children's Hospital. In his years of performing medical work, Gregory Hahn, M.D., the orthopedic surgical procedure division chair at Johns Hopkins All Children's Hospital, has observed a rising trend in back and neck discomfort in youngsters (Roberts, 2019). The most likely suspects are technology and heavy backpacks. Additionally, Hahn suggests that when you go around nowadays, you will notice that no one looks straight ahead or make eye contact; instead, everyone is strolling while staring at their phone. He mentions that this is how civilization has progressed, and children are embracing this norm.

Most parents employ screens to keep children engaged or occupied as they manage extra requirements in today's digital and media-driven environment. It's effective. Screens hold teenagers' attention in a manner that practically nothing could distract them, giving parents a break. But what effect do screens have on developing minds, and how much display period should children be allowed? Researchers studying the effects of excess screen time on children's brains do not yet possess all the solutions. However, whatever they know may assist parents in realizing the need to provide off-screen activities for their children (Unicef, n.d.). Only then can youngsters learn, develop social and cognitive abilities, and grow up to be happier and healthier.

Screen time has been found to impair children's capacity to read expressions and learn social abilities, both of which are necessary for empathy development. Facial connections are the only method for toddlers to acquire, recognize, and comprehend nonverbal clues. Most communications with children are non-verbal until they develop language; thus, it is important to monitor screen time.

Conclusion

Far too much screen time is a hazardous trap for children and their families. Obesity, hypertension, and other health issues can result from a sedentary lifestyle. Furthermore, screen time might take away time that children could spend sleeping, reading, doing homework, or engaging in active play (Holenko, n.d.). The majority of parents, of course, believe that restricting screen time is a good idea. However, making things happen is the difficult part. As a result, the most likely remedy to this problem would be to limit children's screen time to the advised limits by specialists. Because of technological advancements, parents today are the initial generation to find out the most suitable methods of limiting their children's screen period. Whereas digital gadgets may give hours of pleasure and instructive information, having too much screen time can be detrimental. Similarly, parents should set a fair limit on media and entertainment, according to the American Academy of Pediatrics (Mayo Clinic Health Clinic, 2021). To do this, parents can set up household rules like abolishing digital devices in family meals, discouraging the use of electronics during household fun nights, not allowing screen time in cars, and removing screens from children's bedrooms will help in improving children’s participation towards their well-being (Rubin, 2020).

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