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by S N

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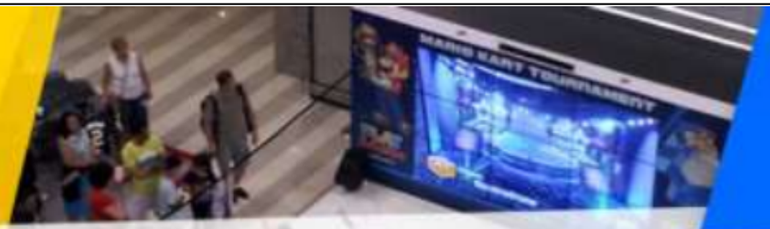
Health Effects of Screen Time on Children

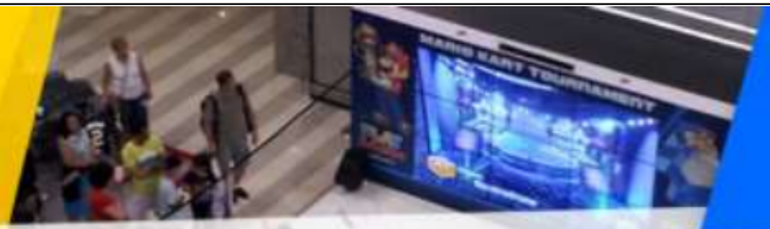


Introduction

- Internet-connected devices are used by an entire generation of juveniles
- Initial considerations; Anatomical, Physiological, Statistical Significance, Ethical and Cultural concerns
- Scientific and quantitative data analysis
- Examination of financial and legislation concerns regulating the issues in this topic

Cont.

- Initial studies cover body systems affected by excess screen time on children
- Rise in overweight cases among children (Mayo Clinic Health Clinic, 2021)
- Development of unhealthy food consumption habits
- Difficulties in falling and staying asleep



Cont.

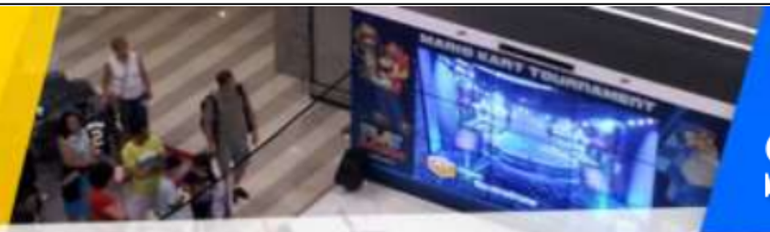
- Most parents utilize screens to keep children amused and interested
- When on-screen study information has a large public impact, it is generally displayed in an open manner
- On-screen study time has been less than decisive due to a lack of good systematic research (unicef, n.d.)
- Researchers are growing increasingly interested in the types of digital content that children consume

Scientific Inquiry

- Qualitative method, Content Analysis, and Case Study Research (Stiglic & Viner, 2019)

The body systems affected by excess screen time on children

- The nervous system
  - vitamin D and melatonin insufficiency
  - regulation of dopamine receptors in the brain
  - disruption of neurotransmission



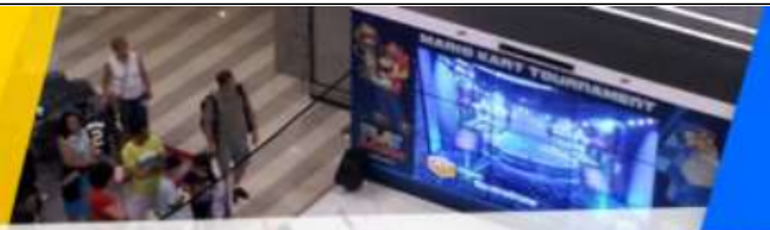
Scientific Inquiry Cont.

- –The sleep-wake cycle and the immunological response of the entire body are controlled by serotonin neurotransmitter pathways (Nightingale et al., 2017)
- The optical system
  - –Excessive screen time in children has a negative impact on the visual system
  - –The result is Myopia and Early Blindness

Scientific Inquiry Cont.

- Axial Myopia is the most familiar type of the disorder

- Children obesity has been linked to the following systems malfunction;
  - Respiratory System
  - Cardiovascular System
  - Digestive System
  - Immunological and Musculoskeletal Systems

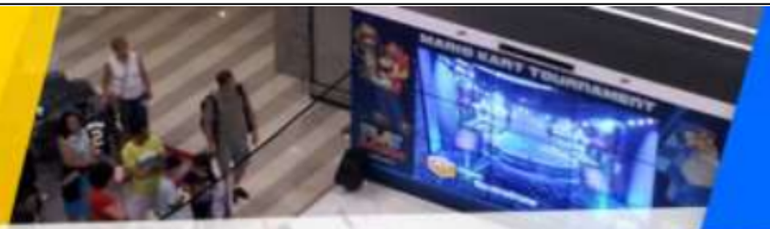


Scientific Inquiry Cont.

- Neuroplasticity
- Anything that keeps the brain active for three hours or more each day might cause the brain's wiring to reorganize.
- To adapt to the evolving cyber environment, the brain will fundamentally establish new neural connections
- Epidemiological research findings

Mathematical Inquiry

- Economic issues are the main concerns
- Children's wellbeing is associated with their family's economic positions (Hankonen et al., 2017
- Comparison of children between high and low-income families (Krist et al., 2017)
- Education levels

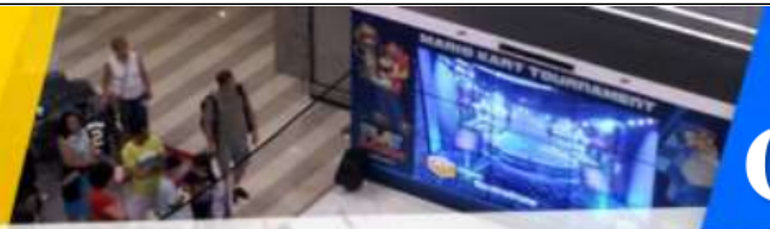


Mathematical Inquiry Cont.

- Intensive marketing of digital devices
- Parental engagement and other long-term socioeconomic factors
- There is an inverse link between socioeconomic status, inactivity, and screen usage
- Neurodevelopment long term effects on children performance

Cultural Inquiry

- The influence of cultural norms and values
- Development of the cognitive, intellectual, social, and intellectual faculties
- Hindrances in learning
- Role of cultural instructors in a child's cognitive development
- Screen time habituation

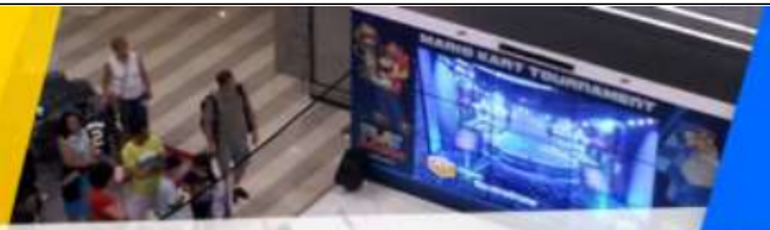


Cultural Inquiry Cont.

- The development of telegraph
- Technological transformation has endorsed screen time as a cultural norm
- Some cultures encourage providing children with anything they desire
- Children exposure to violent material
- Unhealthy diet advertising campaigns

Cultural Inquiry Cont.

- Capacity to interpret visual information
- Social acceptance of all the behaviors
- Different cultures have different views on televisions and other forms of entertainment media
- Characteristics like family cohesion, connection, and respect influence family decision-making

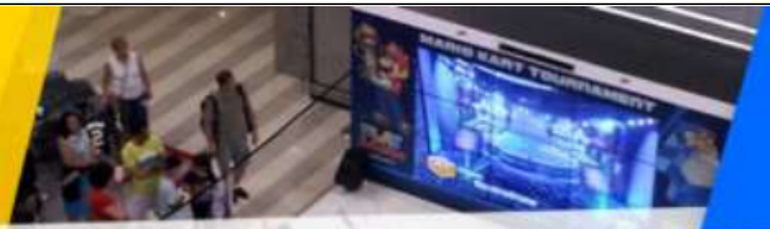


Ethical Inquiry

- Ethical theories that apply to the topic
  - Deontological ethical theory
  - Practical ethical theory
- Moral panic (Amer, 2019)
- Emphasis's on the distinctions among several media customs
- Expectance of positive outcomes

Ethical Inquiry Cont.

- Digital media currently is a source of education for youngsters
- For young people, technology has grown into a tremendous tool for combating prejudice and discrimination
- An approach to children's digital technology that is founded on their rights is essential
- Parents screen time

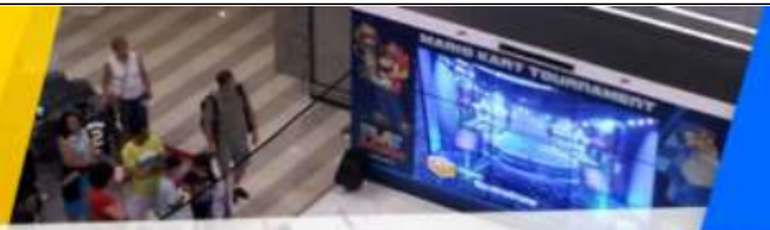


Conclusion

- Children's cognitive development is likely to be jeopardized if they spend more time online at home
- Fast juvenile Myopia development
- Regulatory center functions in the brain are becoming deregulated (Holenko, n.d.)
- Excessive screen time is a hazardous illusion for children and families

Recommendations

- Restricting screen time to the suggested period by experts
- Parents should view programs with children if necessary
- The big three should be encouraged by parents: sleep, exercise, and a balanced diet (Krist et al., 2017)
- Parents should limit their screen time

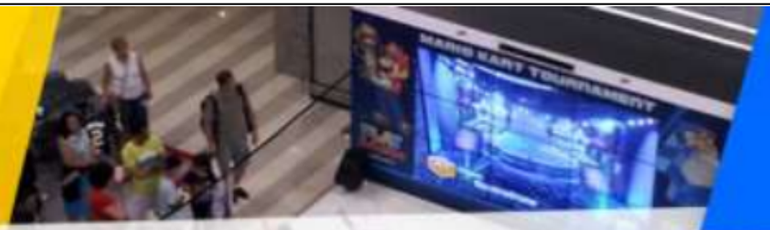


Recommendations Cont.

- Parents should only use car screens during lengthy trips
- The importance of striking a balance amongst online and offline time
- Parents must look for recommendations of age-appropriate applications, electronic games, and activities online
- Enforcing new household rules and gradually changing children's habits

Recommendations Cont.

- Parents should keep up with the latest technology to handle this issue (Tang et al., 2018)
- Finally, according to Unicef (n.d.), parents ought to explain the reasons why they limit their children's screen usage



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