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by V B

Submission date: 15-Jun-2021 01:11PM (UTC-0500)
Submission ID: 1607045455
File name: health_effects_of_screen_time_on_children.edited.docx (15.73K)
Word count: 970
Character count: 5501

Health Effects of Screen Time on Children

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Health Effects of Screen Time on Children

Discussion 1

The topic that I am interested in researching for this course is the health effects of screen time on children. This topic interests me because most children nowadays devote most of their time to monitors, mostly playing games, without knowing the danger of spending much time on screens. Approximately half of all children who are eight years and below possess their own tablet devices in the United States and spend an average of almost two and a half hours daily on digital screens, according to Domingues-Montanari (2017), a problem I could consider addressing. Research indicates that as a result, kids who expended over two hours daily on screen time undertakings performed poorer on thinking and language assessments. In contrast, youngsters who used up over seven hours daily on screen time activities had their cortex thinning, which is the part of the brain responsible for reasoning and critically thinking. Therefore, this is an argument that I could pose since it indicates some benefits of screen time.

Additionally, the data presented by researchers cannot be ascertained; therefore, it is not clear what the information means yet. However, what can be hypothesized is the fact that screens can hinder specific characteristics of a child's growth by reducing their focus of attentiveness and restraining their other learning and exploration means. Therefore, the potential problem statement is that children spend a majority of their time engaging in smartphones, Ipads, or televisions, which are all incredibly pleasurable; it could be challenging getting them involved in undertakings that are non-electronic, like playing with their models to nurture creativity and resourcefulness, outdoor exploration, or even playing with other kids to cultivate relevant social skills. Likewise, children interacting nearly completely with screens would be like working out

their arm muscles, only meaning they would have strong arms, although at the expense of their overall fitness.

Discussion 2

The length of time that youngsters currently spend in the presence displays such as TV, computers, tablets, gaming consoles, and cellphones increases. Thus, it draws me to this topic because my generation never enjoyed such privilege while growing up. Concerns regarding the impacts of screen time on young people's wellbeing have been raised among parents, health care providers, educators, and researchers due to this widespread sedentary activity. Similarly, amplified screen time in children has remained associated with uncomplimentary body conformation, increased cardiometabolic threat, adverse behavioral demeanor, decreased fitness, and worse self-confidence. I find it fascinating because I do not imagine people have considered all these effects. Expert organizations have produced guidelines for recreational screen time based on this information, recommending no more than 2 hours per day for children and youth between five to seventeen years and no more than 1 hour per day for adults (Lissak, 2018).

The topic is relevant to the current field because the world is experiencing rapid evolution in screen-based technology. The youth and children are frequently engaging with diverse types of screens and exploring a variety of content. Therefore, researchers must comprehend the evolving environment by looking into how the different types of screens and the content related to behavioral and emotional health pointers in children. Similarly, this topic is relevant because there is a need to conduct further research to examine the probable mediators between psychological wellbeing effects and screen time. Therefore, by exploring this topic, my accomplishment would be successfully addressing and outlining the possible health issues associated with prolonged screen time among children, which are relatively unknown, creating

awareness, especially among parents. Consequently, my intended goal is to evoke change by guiding parents toward managing the time their children spend on screens by gathering factual information, which would ensure their children's wellbeing. Lastly, this goal is realistic because I believe every parent wishes the best for their children; thus, they would go beyond certain extremes to protect their children.

The major problem related to this topic is that as human beings, our production of the sleeping hormone known as melatonin and the circadian rhythms kicks when the sun goes down. However, on the other hand, the blue light from screens inhibits melatonin, which can cause sleep deprivation, and children are not spared. Therefore, when children devote so much time viewing television or playing games, their brains and bodies are kept aware and active, preventing them from falling asleep. Moreover, since the screens and the blue light, phones, and tablets are much closer to the face, phones and tablets inhibit melatonin more than televisions. This phenomenon messes up with children's sleeping patterns; thus, they cannot be proactive in schools whenever their attention is required.

Additionally, Stiglic & Viner (2019) argues that thinning the brain's cortex when children spend much time on screens is a region of the brain related to reasoning and critical thinking. Therefore, the overall beneficiaries of the solutions to these problems would be children. However, the targeted population is the grownups, especially parents, because children cannot make the correct choice in life at a tender age. Once parents are aware of the consequences of these concerns, I believe that their efforts will be more inclined towards protecting their children from screens for their wellbeing by limiting the time their children spend on electronic devices. Therefore, this would encourage healthy growth among children both physically and mentally.

References

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