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*by* J N

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**Health <sup>1</sup> Effects of Screen Time on Children**

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

Children's physical health is harmed by extraordinary degrees of engagement with digital screens. Guidelines that propose reducing screen time for children are based on a body of evidence. Recent research, for example, discovered that screen usage is negatively related to obesity and cardiorespiratory health. Additionally, there exists evidence that screen period is linked to detrimental psychosomatic and educational effects, like sadness and inferior academic accomplishment. Consequently, guidelines recommend that children should spend less time in front of the television. However, even though Children's health is harmed by excessive use of digital devices, current evidence suggests that modest levels of exposure are not dangerous and may even be beneficial. Therefore, it is also essential to determine any curvilinear correlations between diverse screen usage and other consequences, such as wellbeing and education. Accordingly, this determination would guide parents on the appropriate time limit they should put in place for their children's protection.

### **First Article**

Chronic sensory stimulation from excessive screen time has been shown to have a deleterious impact on brain development. Excessive smartphone use in teenagers and young adults may increase the risk of cognitive, behavioral, and emotional issues, as well as the chance of early-onset dementia in later life (Lissak, 2018). This source is credible because it is reputable and provides information on an original study conducted concerning this subject. Additionally, the source is current to the topic and provides an in-depth understanding of the topic, thus making it reliable and credible. Lastly, this article will help address the health effects screen time has on children because theoretical and empirical data regarding the links between extreme screen time, learning and remembrance, neurodevelopment, mental health, substance use

ailments, and neurodegeneration have been assessed the articles scoping review. Similarly, the article expounds on scientific bodily concerns that arise from prolonged screen time on children making it helpful in addressing the problem.

### **Second Article**

Statistically, current guidelines contradict evidence that moderate screen usage may be better than abstinence or excessive use. According to a study of the literacy development literature, moderate quantities of television viewing were connected with improved reading than minimal or greater rates of watching. Psychosocial consequences have similarly been linked to curvilinear relationships. Stiglic and Viner (2019) showed that modest amounts of automated screen time remained related to improved mental health than minimal or excessive levels in a study of almost 120,000 teenagers. Therefore this source is credible and reliable because it is an open educational resource licensed for unrestricted use and has a creative commons license; thus, it can be shared and reused. Similarly, the source is backed up with evidence and is also unbiased. Lastly, this article will be beneficial in addressing my topic because it focuses on a more comprehensive outcome concerning this topic, unlike previous studies that tended to narrow their range of variables and focus on a single outcome.

### **Third Article**

Whereas the screen manufacturers are looking to develop the devices that can compete in the evolving technological market to enhance their economies and grow their GDP, there are health implication concerns of these devices, which are apparent, especially on children who prolong their viewing (Nobre et al., 2021). Therefore, economists argue that the technological transformation that has been experienced in the world cannot be ignored, and children are part of

it since education has also been transformed. Therefore, these screens have much more benefits than adverse effects if used correctly. Additionally, he argues that screen time in children can be limited to avoid the concerns healthcare practitioners have addressed. The source is credible because it provides information that is specific to the economic objectives of a nation. Similarly, the article is essential in addressing the issue because it outlines another concern that would not have been addressed. In addition, although the concerns are genuine in children, adults have the majority share of control; thus, they can quickly put limits to children's screen time to curb the health concerns raised.

In conclusion, previous research has revealed that moderate quantities of screen broadcasting use may help youngsters' mental health compared to extremely less or extreme amounts of screen time. Other findings disagree with this concept and have minimal support across an extensive range of psychological, physical, and educational consequences. Children are at a higher risk of developing health complications as a result of prolonged screen time. Additionally, findings imply that politicians, experts, and parents should evaluate the sort of screen time children receive rather than merely the amount of time they spend on it. However, extreme screen time levels have been connected with several health problems in children, having most substantial affirmation for obesity, an unhealthy diet, quality of life and depressive symptoms. There is a scarcity of evidence to inform policy on children's safe screen time exposure.

### References

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