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"BEHAVIOURAL AND HEALTH PROBLEMS DUE TO EFFECT OF EXCESSIVE SCREEN TIME ON CHILDREN."

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ABSTRACT-

Children and youth's time spent in front of screens – such as televisions, computers, tablets, gaming consoles, and smartphones – continues to increase screentime and new technology has shaped our daily life, with both positive and negative aspects. This pervasive sedentary behaviour has raised concerns among parents, health care professionals, educators, and researchers about the effects of screen time on young people's well-being. Increased screen time (ST) has been linked with unfavourable body composition, higher cardiometabolic risk, unfavourable behavioural conduct, lower fitness, and lower self-esteem in children . Further studies required to investigate more in depth the psychological aspects of excessive use of screen and to provide a standardized and operational definition. Improvement of child behaviour is not completely depending on classroom educational teaching but mostly relies on good conduct, practical wisdom which is safe, can use long-term and of nonpharmacological approach, thereby apt to behave properly and tackle day to day problems with ease. The results indicate that high screen

time on all three screen types (smartphone, computer, and TV) was associated with an increased probability of mental health problems among girls.

KEYWORDS- ***Child Health Problems, Screen Time, Multiple Devices, Behavioural Issue.***

INTRODUCTION-

Previous studies have examined associations between ST and a broad array of psychological health indicators (e.g., anxiety, depression, aggression, attention problems) among children and youth, yet results from these works have yielded mixed findings. In a recent systematic review of reviews, [5] moderately strong evidence was found for associations between ST and depressive symptoms and weak evidence for associations of ST with problem behaviours, anxiety, hyperactivity, inattention, and poor sleep. Conclusions of this review highlight that a major limitation of the existing research is the primary focus on one type of ST – television watching – and that very little is known regarding the mechanisms by which ST is related to psychological health indicators.Children and youth's time spent in front of screens – such as televisions, computers, tablets, gaming consoles, and smartphones – continues to increase [1]. This pervasive sedentary behavioural has raised concerns among parents, health care professionals, educators, and researchers about the effects of screen time on young people's well-being. Increased screen time (ST) has been linked with unfavourable body composition, higher cardiometabolic risk, unfavourable behavioural conduct, lower fitness, and lower self-esteem in children [2, 3]. Considering this evidence, expert groups (e.g., the Canadian Society for Exercise Physiology) [4] have issued guidelines on recreational ST that recommend no more than 2 h per day for children and youth (5–17 years), no more than 1 h for pre-schoolers (3–4 years) and older toddlers (2–3 years), and avoiding all screens for young toddlers and infants (< 2 years). Previous studies have examined associations between ST and a broad array of psychological health indicators (e.g., anxiety, depression, aggression, attention problems) among children and youth, yet results from these works have yielded mixed findings. In a recent systematic review of reviews, [5] moderately strong evidence was found for associations between ST and depressive symptoms and weak evidence for associations of ST with problem behavioural, anxiety, hyperactivity, inattention, and poor sleep. Conclusions of this review highlight that a major limitation of the existing research is the primary focus on one type of ST – television watching – and that very little is known regarding the mechanisms by which ST is related to psychological health indicators. Screen-based technology is rapidly evolving, with children and youth frequently engaging with different types of screens and exploring diverse content. Thus, it is imperative that researchers

acknowledge this landscape by examining how the different types of screens and screen content relate to emotional and behavioural health indicators. Additionally, several researchers have called for more studies examining potential mediators for the relationship between ST and psychological health outcomes [5, 6] One potential explanation is that time spent engaging in ST might replace time spent sleeping. Few studies have tested this proposal. In two independent studies with adolescents (15-year-olds), sleep duration mediated the relationship between computer use and health symptoms (e.g., nervousness, headache), [7] and sleep onset difficulties mediated the relationship between computer use and psychological symptoms (e.g., feeling low, irritability) [8]. Other research has shown that adolescents' (11- to 15-year-olds) sleep onset difficulties and sleep duration mediated the relationship between ST and psychological distress [9].

MATERIAL AND METHODS-

Children's heavy reliance on screen media has raised serious public health issues since it might harm their cognitive, linguistic, and social-emotional growth. This study examines the effects of screen time on many developmental domains and covers management and limitation techniques for kids' screen usage. Screen media has a wide range of cognitive consequences, with both beneficial and detrimental effects noted. Screens can improve education and learning; however, too much time spent in front of a screen and multitasking with other media has been related to worse executive functioning and academic performance. As screen time reduces the amount and quality of interactions between children and their caregivers, it can also have an impact on language development. Contextual elements like co-viewing and topic appropriateness are key in determining how language development is impacted. Additionally, excessive screen usage has detrimental effects on social and emotional growth, including a rise in the likelihood of obesity, sleep disorders, and mental health conditions including depression and anxiety. It can obstruct the ability to interpret emotions, fuel aggressive conduct, and harm one's psychological health in general. Setting boundaries, utilizing parental controls, and demonstrating good screen behaviour are all techniques that parents may use to manage children's screen usage. We can reduce the possible negative impacts of excessive screen time and promote children's healthy development and well-being by increasing knowledge and encouraging alternative activities that stimulate development.A British study revealed that children who spent more than two hour a day watching television or using computers were at an increased risk of psychological difficulties. In younger children exposure to excessive screen time is associated with problems in later childhood,

including lower school achievement, reduced physical activity and victimization by classmates. Social media is considered as the growing monster among teenagers. More than half of teenagers log on to social media sites more than once a day and 22% log on to their favourite social media site more than 10 times per day. Therefore, all these findings suggest that screen time has a remarkable impact on children. The aim of this study was to develop and evaluate a parent-reported standardized questionnaire to assess 2-16-year-old children's multiple screen media use and habits, their screen media environment, and its plausible proximal correlates based on a suggested socioecological model.

The characteristics of the screen media environment in a typical household now often include multiple devices; TV, gaming console, smartphone, tablet, and personal computer including multiple applications with passive or interactive abilities. Thus, today's screen media are now more multifaceted and complex in nature than just a few years ago. "SCREEN TIME" is a term used for activities done in front of a screen, such as watching TV, working on a computer, playing video games on a console game player (such as Xbox, play-station), playing on a handheld game console (such as Gameboy, PSP), using tablet computer (such as iPod), using a Smartphone for playing games, watching videos or surfing the internet. Communication is the base of all relationships. The mobile phone is becoming the primary personal communication mechanism. Nomophobia is a term describing a growing fear in today's world — the fear of being without a mobile device, or beyond mobile phone contact. Nomophobia, a form of behaviour addiction towards mobile phones and manifested as symptoms of psychological as well as physical dependency considering the ill effects of chronic use mobile phones. Communication is the base of all relationships. From time immemorial human being were in a quest of finding new ways of effective communication techniques. As the advent of science and technology, communication has evolved into a form which would have been unthinkable just few decades ago. Today is an era of wireless communication through mobile phones. Now it is necessary for everyone to keep in touch with family, business associates and access to e-mail and internet. Advance in technology changed the trend in communication and entertainment completely in addition to communicating mobile phone also used as storage for data, camera, music and video player and also as a gaming device.[10]

Table no.4: Do's and Don'ts for parents:

Sr. No.	Do's	Don't
1	Remove the bad habits by soft words time to time	Punishment in front of others or be scolded them for their mistakes
2	Try to excuse them for their mistakes. First listen to them and then guide	Rude or over excited, so strict or over disciplined.
3	Give affirmative instructions than negative one.	Stick so much with your principles.
4	Be relax and flexible according to situation	Anticipate many task/ ambitions at a time
5	Motivate as per the child's capability	Compare with one child to another
6	Avoid pampering, explain the reason of deny.	Fulfil their all desires otherwise they will become impulsive.

DISCUSSION –

➢ New technologies, such as mobile and interactive screen media, are now ingrained in a young child's daily life. Children today are "digital natives," having been born into an ever-changing digital ecosystem augmented by mobile media. The age at which kids engage with media on a regular basis has fallen from four years in 1970 to four months in the present day . Electronic devices have revolutionized learning, communication, and information dissemination, but recent research indicates that screen media use may have serious adverse effects on children's health over the long term, making this a pressing public health concern. It has raised the likelihood that children will become obese, experience behavioral problems, sleep irregularities, poor academic performance, etc. [1-3].

➢ Screen time affects children behavior and capacity to pay attentionby several ways as it causes sleep disturbances and adversely impacts brain development.

➢ Research studies have proven that strong child-parent relationship, friendly family environment, good faith and understanding among family members, peers and teachers are key factors in the development of children's personality.

➢ Some interventions have been advised such as *Sadvritta*, *Achar-Rasayan AR* (right conduct) and *Satvavajaya Chikitsa SC*(mindcontrol therapy) which can be applied in the prevention of psychological disorders including behavioural problems.

➢ A good counselling helps in preventing psychosomatic or psychiatric illnesses. Counselling has other advantages such as, it boosts the self-respect and confidence of client or parents, it corrects the method of parenting, it is the basic intervention to rule out the causes of psychological illness and planning of therapy accordingly.

➢ Improvement of child behaviour is not completely depending on classroom educational teaching but mostly relies on good conduct, practical wisdom which is safe, can use long-term and of nonpharmacological approach, thereby apt to behave properly and tackle day to day problems with ease. Ayurveda can act as an excellent adjuvant in advanced stage or alone capable to deal with PD and BD with the help of *Satvavajay*, *Acharrasayan, Sadvritta, Yog* and nootropic medicines with *Panchkarma* and its preprocedures. It is imperative to direct them through elders to prevent behavioural and conduct problems with adoption of Ayurveda. Present study may prove as torchbearer for focusing the importance of Ayurveda in defeating the behavioural problems in children.

➢ Having a bedroom TV and TV viewing time were related to high waist circumference, fat mass, and abdominal subcutaneous adiposity. TV viewing time was related to visceral adiposity, and bedroom TV was related to cardiometabolic risk in children, controlling for moderate-to-vigorous physical activity and an unhealthy diet.

CONCLUSION-

❖ It concludes that screentime and new technology has shaped our daily life, with both positive and negative aspects. Further studies required to investigate more in depth the psychological aspects of excessive use of screen and to provide a standardized and operational definition.

❖ Screen media use may have both beneficial and detrimental effects on a kid's cognitive results. Media devices with screens have the potential to improve education and learning. For instance, research has suggested that electronic books and learning-to-read applications may improve young children's early reading skills and creative thinking capacities. However, studies have also demonstrated the negative effects of screen media use on a number of cognitive areas such as executive functioning,

sensorimotor development, and academic outcomes. Media multitasking was found to have a negative impact on executive functioning in teenagers, notably on working memory, inhibition, and the capacity to switch between tasks .

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