The Effects of Screen Time on Adults and Children

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Negative Effects for Adults

There are many negative effects of too much screen time on Computers, TV, Phones, etc. Studies (Madhav, Sherchand and Sherhan, 2011-2012) have demonstrated that there is a strong correlation between self reported screen time and the Patient Health Questionnaire-9 (PHQ-9). The participants were 20 year old and older adults. "Depression was found to be significantly higher among females. Results showed that moderate or severe depression level was associated with higher time spent on TV watching and use of computer (2011-2012)."

Sedentary behavior can also be a risk for several other chronic diseases including type 2 diabetes and cardiovascular diseases.

Negative Effects for Children

According to Dr. Jennifer Cross, an attending Pediatric Physician at New York Presbyterian-Komansky Children's hospital and an assistant professor of clinical pediatrics at Weill Cornell Medicine, children's cognitive growth may be affected by too much screen time, especially prior to age 3. Children develop through exploring their environment and by watching and imitating the adults around them. Observing too much screen time will be imitated. As a result, they may experience, "tunnel vision" to their screens as opposed to exploring their external environment, according to Dr. Cross. Children also develop language best through interaction with adults. Screen time may hamper language development without the interaction needed. Dr. Cross also noted that children who view too much screen time prior to school age perform lower on reading tests than their peers and may also show signs of ADHD.

Negative Effects on Babies and Toddlers

A study with 24 and 36 month old toddlers in *JAMA Pediatrics* , Vol. 173, No. 3, 2019 , suggest poorer scores on behavioral, cognitive and social emotional development scales with more time spent on screen time. Parents lean on screen time to handle difficult behaviors which may impede developmental milestones.

Children also learn better from interaction than with stand alone videos

https://www.apa.org/monitor/2020/04/cover-kids-screens

If parents talk about screen time and emotions, this may be helpful for social emotional growth

Reasons to Cut Down on Screen Time

- It's bad on your health - too much sedentary behavior
- It hinders your brain's performance - kids do better in school with less screen time - adults need to be role models - plus the brain processes cognitively differently with technology
- It lowers your ability to process nonverbal cues - you can process non verbal cues when interacting socially. You miss cues when you are on screen
- It messes up your sleep - If more than 4 hours of screen time per day and right before be, more trouble falling asleep with an average of 2 hours of sleep deficit which leads to poor school performance

Reasons to Cut Down Screen Time (cont'd)

- It reduces your ability to plan ahead (goal oriented behavior) - loss of brain volume in the frontal lobes, esp. Video game players –we need a healthy frontal cortex for planning ahead
- It makes impulse control harder - you may make hasty decisions, spend money without thinking, and even overeating
- It inhibits communication skills - more screen time makes it more difficult to communicate with others in an interpersonal setting
- It can make your depressed - screen time and TV give an unrealistic portrayal of life which can cause depression as well as lonliness and isolation from others.

Studies are still new

This idea is still in it's infancy but as the growth of Screen Time use continues, we will learn more of how it affects developmental growth. Until then, it's a good idea to cut down on screen time and monitor ourselves as well as our children

Reasons to Cut Down on Screen Time (cont'd)

- It leads to antisocial behavior - Researchers believe that it inhibits prosocial development in young children leading to antisocial behavior
- Finally, it means you are always multitasking - Your brain may be overstimulated causing your to forget a lot of things.

Screen time
for Adults and Children

Pros

Screen time for children

Studies have shown that children ages 4 to 11 with their use of screen time, found that "how children use the devices, not how much time they spend on them, is the strongest predictor of emotional or social problems connected with screen addiction." As long as we ensure that our kids are actively using their screens, we can most likely avoid the problems that come with passive screen use.

Active Screen time for children Passive and Active

Passive screen time, - defined as when a child passively consumes digital content with no thought, creativity or interaction required to progress.

Screen TIme for Kids

Active Screen time involves cognitive thought and/or physical engagement

Two types of active screen use: physical and cognitive. Kids can actually get similar benefits to physical exercise when they play with active video game systems like the Nintendo Switch, XBox Kinect or Pokemon Go.

Active Screen Time

Playing active games has been proven to have similar effects to moderate walking, skipping and jogging. There are also plenty of active screen uses that spark the cognitive side of the brain.Studies show that children respond to activity-based programming when it is fun, designed for them and encourages imitation or participation. These can include learning a new skill like coding games or websites, creating music, writing and publishing stories or poetry, or simply anything else that requires them to use the creative side of their brains.

why is screen time a good thing for kids?

Reasons why screen time is good

1. It can be educational. ...
2. It may help with speech development. ...
3. It encourages immediate family relationships. ...
4. It can encourage creativity and imagination. ...
5. A break for caregivers. ...
6. Some shows can actually relax kids. ...
7. Screen time can bring the arts into your home.
8. It's 'Life-Saving' On Trips

Screen Time For Adults (Pros)

Screen Time for Adults

In the United States adults spends **3 hours and 43 minutes** a day on their mobile devices.

Screen Time for Adults

Electronic devices are a big part of our lives, and they aren't going anywhere anytime soon. But this doesn't mean we need to sacrifice our health for the sake of using screens.

Instead of pitting screens against health in an all-or-nothing game, find ways to make your screen usage more sustainable by checking in with yourself about how you are doing and what you need in the moment. Small habit changes, planning ahead and taking breaks can all help to reduce harm from screens — without requiring you to get rid of your devices.

Screen time Benefits for Adults

- Playing video games can improve motor skills and coordination.
- Internet tools, texting, and shared video games are easy and fun ways to socialize and communicate.
- You can get an education online.
- Learn a new skill or trade. (you tube)
- Participate in group activities online
  - Exercise Classes
- Cycling

References

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