

THE IMPLICATIONS OF CHILDREN USING ELECTRONIC MEDIA

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ABSTRACT

Electronic media use by kids has been thoroughly investigated, and the results indicate that it has a substantial impact on their growth and welfare. Excessive exposure to electronic media, especially in preschoolers, has been linked to a number of detrimental effects, including problems with cognitive, social, and physical development. et al., Ibrahim (2022). Research has indicated the significance of comprehending the long-term relationships between media consumption and behavior in preschoolers, given that the use of electronic media has been connected to behavioral issues in kids (Poulain et al., 2018). Furthermore, studies have shown how electronic media influences kids' language and social abilities, highlighting the importance of taking into account how media usage impacts several facets of kids' development (Loquias, 2022). Additionally, children's usage of electronic media can affect their sleeping habits, which may result in shorter sleep duration and disturbed sleep patterns (Lund et al., 2021). Research has shown that children who are exposed to too much media may have trouble falling asleep and have poor quality sleep, which emphasizes the need of controlling and observing children's media consumption in order to encourage good sleep practices (Lund et al., 2021). It is imperative to acknowledge the detrimental impacts of electronic media on the welfare of children and implement measures to alleviate these consequences (Hinkley et al., 2014). In addition, study has examined the impact of electronic media on kids' social development, looking at the relationship between kids' communication outcomes and screen media usage (Ambrose et al., 2014). Given that parental media consumption might affect children's familiarity with and usage of electronic media, parental engagement in influencing their media consumption is important (Nikken, 2017). In addition, study has examined the impact of electronic media on kids' social development, looking at the relationship between kids' communication outcomes and screen media usage (Ambrose et al., 2014). Given that parental media consumption might affect children's familiarity with and usage of electronic media, parental engagement in influencing their media consumption is important (Nikken, 2017).

Keywords: Electronic media, Implications, Cognitive development, Social development, Parental supervision

1.0 INTRODUCTION

The usage of electronic media by children has drawn more attention because of the possible effects it may have on their growth and wellbeing. According to research, young children who consume excessive amounts of media may experience worse developmental results (Radesky et al., 2014). Specifically, there is a dearth of evidence to support the educational or developmental benefits of media use for children under the age of two, despite the possibility of negative health and developmental effects (Brown et al., 2011). Furthermore, the usage of

background media by parents might potentially be detrimental to young children (Brown et al., 2011). Research has indicated that kids who grow up in households with increased access to electronic media typically watch more screens (Jago et al., 2012). Additionally, it has been shown that children who use electronic media have lower levels of wellbeing (Hinkley et al., 2014). Additionally, there are links between kids' use of electronic media and behavioral issues, highlighting how crucial it is to comprehend the long-term relationships between media consumption and behavior in young children (Poulain et al., 2018). Children's sleep patterns may be impacted by the use of electronic media, which may result in later bedtimes, lower-quality sleep, and shorter sleep durations (Lund et al., 2021; Al-Anazi & Al-Harbi, 2022; Horiuchi et al., 2020). Additionally, it has been shown that preschoolers who are exposed to excessive amounts of electronic media have behavioral issues (Ibrahim et al., 2022). Given that maternal emotional status can have an impact on children's excessive use of electronic devices, it is imperative that parents understand the ramifications of their children's media use (Guo et al., 2021). The intake of electronic media by kids can have a big impact on a lot of different elements of their growth and wellbeing. In order to limit potential harmful effects and promote healthy growth and development, it is essential for parents and other caregivers to keep an eye on and guide their children's media use.

2.0 THE ADVANTAGES OF ELECTRONIC MEDIA USE FOR KIDS

Children can benefit from and be negatively impacted by electronic media. Studies have indicated that exposure to electronic media can affect children's development in a number of areas, including the social, cognitive, and behavioral domains (Ray & Jat, 2010). While some research (Ibrahim et al., 2022; Kalaivani, 2018; Ps, 1998) suggests that excessive use of electronic media can have negative effects like behavioral difficulties, speech delays, and poor well-being, other research (Ambrose et al., 2014; Isong et al., 2014) highlights potential positive effects like improved communication skills and reduced fear in specific situations. Given that excessive screen time has been linked to negative effects on sleep patterns, cognitive development, and social-emotional delays, it is imperative to take into account the kind and quantity of electronic media that children are exposed to (Horiuchi et al., 2020; Raman et al., 2017; Willis et al., 2022). However, benefits like early learning chances and social interactions can also come from moderate and supervised usage of electronic media (Freeman, 2014; Mogul et al., 2020). Children's media habits are greatly influenced by their parents, and their attitudes regarding electronic media might have an impact on how their children behave during screen time (Asplund et al., 2015). Promoting children's healthy media consumption can be accomplished in part by educating parents about the possible advantages and hazards of electronic media (Keating, 2011). Digital media integration can also improve kids' creative expression and learning experiences in classrooms (Matthews & Seow, 2007). These references collectively suggest that electronic media can have a positive impact on children. discuss how digital communication has revolutionized the way children interact and maintain social relations, indicating a positive influence of electronic media on social connections (Khan et al., 2020). highlight the potential benefits of electronic media in exposing children to new ideas and knowledge, despite challenges such as recognizing advertising in influencer posts (Alruwaily et al., 2020). introduce Kiddo, a mobile application designed for parents to oversee their children's learning activities, emphasizing how technology can contribute to children's education and growth (Alamer et al., 2022). Overall, electronic media can have significant effects on children's development, highlighting the importance of

thoughtful supervision, education, and fostering a healthy relationship with technology from a young age.

3.0 THE LIMITATIONS OF CHILDREN USING ELECTRONIC MEDIA

Children's use of electronic media might have drawbacks and adverse effects. According to Paulus et al.'s research from 2021, watching television and playing video games can cause emotional and behavioral disorders that can impact sleep, physical activity, and even obesity. According to Ambrose et al. (2014), exposure to electronic media may limit parent-child engagement possibilities, which may be harmful to kids' communication development. Furthermore, Lund et al. (2021) discovered links between children's usage of electronic media and later bedtimes as well as poorer-quality sleep, underscoring the impact of screen time on sleep patterns. Additionally, Kim et al. (2023) draw attention to the fact that early media exposure might impede children's creative play and limit their contacts with their parents, which may have a negative effect on their social development. All of these research point to the need of keeping an eye on and controlling kids' usage of electronic media in order to prevent any negative effects on their development and well-being. Children who spend too much time on screens have been linked to a number of negative effects on their physical and mental health. Long-term exposure to digital media can have negative effects on children's mental health, sleep patterns, psychosocial development, and behaviors like substance misuse, disordered eating, and suicidal thoughts, according to research (Okawa, 2022). Early digital media exposure has been associated with possible negative impacts on young children's cognitive and physical development (Durham et al., 2021). Moreover, a high level of screen time has been linked to psychosocial difficulties in elementary school pupils, emphasizing the necessity of treatments to deal with these concerns (Hu et al., 2023). High screen usage has also been linked in studies to obesity, video game addiction, and other health concerns, as well as behavioral disorders in preschoolers (Jain et al., 2023). Furthermore, it has been determined that teens who combine excessive screen time with physical inactivity run the risk of having a low self-rated health (Marco et al., 2023). The COVID-19 pandemic and the ensuing rise in screen time brought on by online learning have been connected to musculoskeletal issues in students, underscoring the significance of keeping an eye on screen time and levels of physical activity (Taskiran et al., 2023). The possible risks of excessive screen time on children's health and wellbeing must be understood by parents and other caregivers. Mitigating the adverse impacts of extended exposure to digital media requires putting processes in place to limit screen time, encourage physical activity, and make sure kids get enough sleep.

4.0 COGNITIVE DEVELOPMENT IN THE USE OF ELECTRONIC MEDIA FOR CHILDREN

Children's cognitive development can be impacted by electronic media in a number of different ways. Interactive instructional materials and learning applications have the potential to improve cognitive abilities like creativity, problem-solving, and information processing. However, excessive screen time and passive entertainment exposure can cause concentration problems, poor academic performance, and executive functioning issues. Children's cognitive development can be significantly impacted by electronic media. Studies have demonstrated the potential impact of early exposure to digital media on children's cognitive development. Organizations like the American Academy of Pediatrics have expressed worry over the

potential detrimental effects of excessive screen time on cognitive development, as studies have shown (McHarg et al., 2020). This is especially true for young children and newborns. Moreover, excessive use of electronic media in early life has been connected to negative social and health consequences, such as behavioral issues and delayed cognitive development (Hinkley et al., 2015). Although some parents think that digital media can help kids develop socially and cognitively (Kostyrka-Allchorne et al., 2017), it's important to think about the potential risks of exposing kids to too much electronic media. According to research, children's cognitive, linguistic, and social-emotional development may suffer from excessive media exposure (Schwarzer et al., 2021). Furthermore, research has indicated a potential connection between early exposure to electronic screens and attention problems and symptoms resembling autism (Hermawati et al., 2018). The effects of media on infants' neurocognitive development—including their social, linguistic, and cognitive skills—remain a topic of discussion despite the possible drawbacks (Kim et al., 2023). It is essential that schools, parents, and other caregivers understand how electronic media affects kids' cognitive development. It is possible to assist children's healthy cognitive development through establishing suitable procedures into place after learning about the possible risks and benefits of using digital media.

5.0 CHILDREN'S USAGE OF ELECTRONIC MEDIA AND SOCIAL COMMUNICATION

Children's relationships and social interactions are greatly influenced by electronic media. Digital communication tools help people connect with friends and family, but spending too much time in front of a screen can impair face-to-face communication skills and limit opportunities for socializing in person. Furthermore, children's exposure to social media and online gaming platforms may exacerbate peer pressure, cyberbully, and low self-esteem. The use of electronic media by kids can influence their social communication abilities in both positive and bad ways. Studies show that children's social interactions and relationships have changed as a result of digital communication. Khan and associates (2020). Children who use social media in an active and dynamic way have been shown to communicate meaningfully with companies and people (Jones & Glynn, 2019). On the other hand, excessive use of electronic media, especially by young children, may have a negative impact on their cognitive development and social-emotional abilities (Poulain et al., 2018). Research has indicated that a high level of media exposure may be connected to attention problems and autistic-like symptoms in preschoolers as well as behavioral issues Poulain et al. (2018). Systematic evaluations have examined the effects of screen viewing on children's social development, highlighting the significance of comprehending the connection between electronic media use and social development (Ren, 2023). While teens' use of electronic media may promote socialization, communication, and learning (Mohamed et al., 2022), overuse of social media can have detrimental effects on behavior and psychology (Durak & Seferoğlu, 2019). Additionally, it has been discovered that the use of social media affects conspicuous consumption and electronic word-of-mouth communication (ÖZHAN, 2022). Government officials, educators, and parents must recognize how electronic media affects kids' social communication skills. It is possible to maximize the positive effects of electronic media while limiting any potential harm to children's social development by encouraging children to use it responsibly and in moderation, helping them navigate online interactions, and encouraging positive offline social connections.

6.0 PSYCHOLOGICAL WELL-BEING IN USING MEDIA ELECTRONIC FOR CHILDREN

The usage of electronic media and children's psychological health have a complicated and complex interaction. Prolonged exposure to violent or incorrect data can cause desensitization, anxiety, and hostility, even while certain types of media content can encourage positive emotions and relaxation. Excessive screen usage has also been connected to emotional issues, addictive tendencies in youngsters, and sleep disruptions. The psychological well-being of children is a multifaceted notion that is impacted by a range of circumstances, including parental migration, socioeconomic situation, minority status, and family dynamics. Studies have looked at how children's psychological health is affected by parental migration abroad in places including Ghana, Nigeria, and Angola. Mazzucato (and others, 2015). Furthermore, research has investigated the significance of interethnic friendships in multicultural environments and their possible advantages for kids' mental health and adaptability (Bağcı et al., 2014). Research conducted in the Chinese setting has examined the mediating function of family social capital in the relationship between children's psychological well-being and socioeconomic level, showing the complex interaction of factors impacting children's mental health (Ge, 2017). Additionally, studies on the psychological health of kids in international families and the effects of parental migration on kids' mental health in African nations have been conducted (Mazzucato & Cebotari, 2016). Additional research has examined the psychological health of gifted kids, the effect of parental stress on kids' health in HIV/AIDS households, and the relationship between caregivers' mental health and kids with cerebral palsy's sleep quality (Kroesbergen et al., 2015; Umberson, 1989; Lang et al., 2021). Furthermore, in evaluating children's emotional and psychological well-being, the creation and validation of scales like the Psychological Well-Being Scale for Children (PWB-c) have proven essential (Opree et al., 2018). Many research investigations have examined the connection between variables such gender variation, autistic spectrum disorder, and religious coping and children's psychological well-being (Wong et al., 2023; AlGhamdi et al., 2022; Liung et al., 2019). Additionally, studies have looked into how positive psychotherapy affects divorced children's psychological wellbeing and how well-being scales can be modified for various cultural contexts to support children's mental health (Sarrami et al., 2018; Haque & Imran, 2016). As a result, these studies highlight the need of understanding the various elements that affect children's psychological health in various settings and the requirement for customized interventions to support and improve children's resilience and mental health.

7.0 CHALLENGES WITH CHILDREN'S HEALTH RELATED TO USING ELECTRONIC MEDIA

Extended screen usage coupled with sedentary behavior puts children's physical health at serious danger. Lower levels of physical exercise raise the risk of cardiovascular disease, musculoskeletal issues, and obesity. In addition, children who are exposed to bright screens prior to bedtime may have sleep patterns disruption and sleep deprivation. According to the references given, studies have indicated that children's usage of electronic media can have negative impacts on their health and wellbeing. For example, research by Poulain et al. (2018) revealed the reciprocal relationships between preschoolers' behavioral issues and their usage of electronic media, pointing to a possible detrimental effect on kids' conduct. Hinkley et al. (2014) also discovered that early exposure to electronic media, especially television, may be

associated with a lower likelihood of negative outcomes for children's well-being. Furthermore, Ibrahim et al. (2022) found that preschoolers who are exposed to excessive amounts of electronic media may experience behavioral issues that impact their social, cognitive, and physical development. The impact of preschoolers' media consumption patterns on their everyday lives and sustainability was also investigated by Akyar & Sapsağlam (2019), who proposed a link between electronic media use and psychological health. Furthermore, it has been shown by Patil et al. (2019) that children's cognitive and psychosocial development may suffer from excessive use of electronic media, including social media and video games. Horiuchi et al. (2020) have examined the effects of media use on children's sleep patterns and its correlation with psychosocial symptoms, underscoring the possible adverse effects of excessive media usage. Additionally, Modrzejewska et al. (2022) looked into how electronic media affected kids' eating habits, body image, and health-related quality of life. They emphasized the necessity for interventions to address the detrimental effects of media exposure on kids' health. Elliott et al. (2022) highlighted the significance of media literacy programs in addressing health issues by talking about the relevance of media literacy in educating and analyzing food marketing to promote healthy habits among youngsters. As a result, the references offer insightful information about the health risks associated with children's use of electronic media, emphasizing the necessity of all-encompassing strategies to encourage positive media habits and lessen the detrimental effects of excessive media exposure on kids' development.

8.0 CONCLUSIONS

In summary, there are a variety of effects both good and bad that come with kids utilizing technological media. Electronic media presents threats to children's physical, cognitive, social, and emotional well-being in addition to providing opportunities for learning, creativity, and sociability. Positively, social connections can be facilitated, educational materials can be accessed, and creativity and self-expression are encouraged by electronic media. Via digital platforms, kids can connect with friends and family, pick up new skills, and participate in interactive learning. But too much screen time, exposure to unsuitable material, and dangers like cyberbully and worries about internet safety can all be harmful to kids' mental health and development. In the current digital era, children's usage of electronic media has grown significantly, posing both opportunities and concerns for their growth and wellbeing. Studies have brought to light a number of consequences that children's use of electronic media may have on their physical, cognitive, social, and emotional well-being. Research has indicated that youngsters who use electronic media and screens too much may experience behavioral issues, psychological disorders, and cognitive decline. Poulain et al. (2018); Niiranen et al., 2021; Beyens & Nathanson, 2018). Research has looked into the reciprocal relationships between preschoolers' use of electronic media and behavioral issues, highlighting the importance of comprehending how media exposure affects behavior (Al-Anazi & Al-Harbi, 2022). Furthermore, it has been shown that using electronic media, especially right before bed, causes disturbed sleep patterns and shorter sleep duration, both of which can have an adverse effect on children's general health and wellbeing (Spina et al., 2021; McNeill et al., 2021). In addition, the COVID-19 pandemic has led to a rise in children's screen usage, which has raised worries about the possible long-term impacts on their development and health (Ambrose et al., 2014). It is crucial to monitor and control media consumption since excessive use of electronic media has been linked to psychosocial symptoms in young children (True et al., 2017). It is important

to consider the impact of media use on children's general well-being because using electronic media has also been connected to a number of negative outcomes, including decreased concentration, mental disorders, and physical discomfort (Horiuchi et al., 2020).

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