

The Impact of Smartphone Usage and Screen Time on Children's Development

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Abstract

Advancement technology has both positive and negative effects especially in children's. the various digital devices uses by the children now a days with maximum hours like smartphones, computers, video game and smart gadgets etc. this editorial paper provide a review of effect of smartphones & screening time on child development. Both the positive and negative result occurs with the use of smartphones and screening time. It is advices to all children to minimize the use smartphone whenever necessary and limit screening time as much as possible.¹

Keywords : Media; engagement; child growth

How to cite this article : Swami OP. The impact of smartphone usage and screen time on children's development. Glob. Nurs. J. India 2023; 6:II: 519-520.

Submitted: 12/08/2023, Accepted: 31/08/2023, Published: 04/09/2023

Introduction

More uses of smartphones may affect young children's. as per survey the youngest children believed they engage more time on their smartphones. Both result occurs when children's uses smartphone more for better or worse. As per the common sense media research reported by NPR, children's under the age of 11 years have samrtphones.²

For positive and negative result of smartphone's parents must aware of children's development.

Positive Effect : as per survey research many believe smartphones in classroom setting can develop more benefit in their children developments.

▼ **Self independency :** Children's get guidance with parents and teachers about use and self regulate the time limit of smartphones.

▼ **Digital literacy :** Correct education of uses of smartphones can prepare to connect with future technological development. Online knowledge of smartphones is important to navigate resources.

▼ **Uses in emergency services :** Through the use of smartphones we can get help more easily during emergency. We can assure sense of security during emergency services which will makeable growth children.

Negative Effect : Adverse effects of smartphones can develop from anywhere which lead negative effects of young children.

▼ Health problems like headache, earache, tinnitus, painful fingers and restlessness etc., were found to be positively associated with mobile phone usage.³

▼ Study shown that due to smartphones screen at bedtime will lead to sleeping disturbance in an

individual. Disturbed sleeping lead to lack of energy at morning.⁴

Conclusion

More uses of smartphones can lead to disturbed thought process in growing children.

Financial support and sponsorship : No

Conflict of Interest :

There are no conflicts of interest

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