

SCREEN TIME, ARE THERE DIFFERENCE WHEN IT COMES TO DURATION?

by:

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Children nowadays spend more time in front of the screen whether it is on television, computer, gaming consoles, tablets, and smartphone. According to Common Sense Media, nearly half of children under 8 years old spend most of their time on a digital screen.

Screen time duration for students has different effects both physical and mental. As the internet grows and becomes a necessity, in every household, children, and adults are getting hooked up and dependent on the internet. Longer screen time spent affects the body like obesity, physical activity, learning ability, and dry eye disease, especially the students. There's also a growing concern that electronic exposure may have a negative impact on their behavior.

Early significant results from National Institutes of Health (NIH) study show that children who engaged in screen-related activities for more than two hours per day performed worse on language and thinking tests, and some who engaged in screen-related activities for more than seven hours per day had their cortex, the part of the brain associated with critical thinking and reasoning, thin.

Since we are all guilty of indulging to social media, however with these researches done, we need to limit and help the kids detached or even just shortened their screen time for their health. We should take small steps to build long term changes, try cutting back at least one hour each week to start until we can cut at least an hour a day. Remove any forms of screen devices in the bedroom. Perhaps create an area where we can better

monitor the time spent on them, we should also know what the children are viewing. Violence in media has been related to aggression and other behavioral problems in children, according to research.

Assign the time schedule once we have established the limit, prohibiting screens during meals and at least one hour before bedtime and we should show an example to our kids and honor the agreement. As an adult, we should set an example and create activities we can do with our students, making them excited in other activities like card games or board games.

Since we all admit that we are all hooked up with the internet it would be more with the students, it might cause conflicts, tantrums, etc. We need to stay calm; and remind ourselves that the debates are worthwhile. When screen time is restricted and regulated, your student may not like it, especially at first, but keep in mind that there are numerous long-term advantages for them, including more time spent with you. As we slowly established the new norms, we need to be consistent.

Yes, the duration of the screen time does make a difference, we need to limit the exposure to screens for the overall health, especially of our students.

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