

FROM SCREEN TIME TO GREEN TIME: ENCOURAGING OUTDOOR ACTIVITIES AMONG GEN Z STUDENTS

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In the digital age, Generation Z (Gen Z) students are often immersed in screen-based activities, spending significant amounts of time indoors engaged with smartphones, computers, and other electronic devices. However, research indicates that excessive screen time can have detrimental effects on their physical health, mental well-being, and overall development.

This article explores the importance of striking a balance between screen time and outdoor activities, advocating for the promotion of green time among Gen Z students. By encouraging outdoor experiences, such as nature walks, hiking, gardening, and outdoor sports, educators, parents, and policymakers can help Gen Z students reap the numerous benefits associated with outdoor recreation and environmental engagement. From improved physical fitness and mental resilience to enhanced creativity and social skills, green time offers a myriad of advantages that complement and enrich the digital lives of Gen Z students. Through innovative initiatives, such as outdoor education programs, nature-based learning experiences, and community gardening projects, schools and communities can provide opportunities for Gen Z students to connect with nature, foster a sense of stewardship for the environment, and cultivate a lifelong appreciation for the natural world.

By prioritizing green time alongside screen time, we can empower Gen Z students to lead healthier, more balanced lifestyles and develop the skills and values necessary to thrive in an increasingly digital and interconnected world.

References:

Sladek, S. and Grabinger, A. (2014). Gen Z: The first generation of the 21st Century has arrived! Retrieved May 5, 2016, from http://xyzuniversity.com/wp-content/uploads/2014/02/GenZ_Final.pdf