

The Influence of Screen Dependence Disorder on Children's Physical and Mental Health Development

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Abstract: With the rise of smartphones, tablets, and mobile terminals, Internet tentacles are everywhere; online dating, shopping, and playing games, children who grow up with the “mobile Internet” gradually develop a “non-mobile” lifestyle, and their after-school life seems to be Switch between different screens such as TV, computer, mobile phone.

1. Introduction

The survey shows that half of urban children between the ages of 4 and 6 will go online; nearly 80% of minors use mobile terminals to go online. Experts point out that the younger age of “screen dependence” may affect the physical and mental health of children, and relevant parties should strengthen their treatment. Guidance and supervision of its online behavior. Go online at the age of four or five, and become a “screen slave” as a minor [1].

The “Sixth Survey Report on Internet Usage by Minors” released in July this year showed that up to 97% of the minors under investigation have touched the Internet, and nearly 80% of the minors have used mobile terminals to go online, and use mobile terminals to go online every day. The proportion is higher than the proportion of computer surfing. Children’s research expert Sun Hongyan pointed out that the popularity of smartphones and tablet computers has greatly advanced the age of minors’ “touching the Internet” and “touching the screen”.

“Using mobile phones and other mobile electronic devices to surf the Internet makes minors more likely to become addicted.” Sun Hongyan's survey found that minors spend longer time on the Internet to chat and play games on mobile phones. Chen Tingting, a kindergarten teacher in Chongqing City, told reporters that almost all children in the class play on smartphones and tablets. The topics of these children are often games on ipads. Instead of playing, they appear to be “unsocial”. Some elementary and middle school teachers leave homework in the online mailbox, making the Internet a must-do homework for children.

Wei Chenxi, a psychotherapist at Beijing Huilongguan Hospital, said that the touch screens of mobile phones and tablet computers are easy for young children to operate, which can stimulate children's desire to explore and meet their psychological needs. Few children can resist the

temptation; Nowadays, most families are only children. They are lonely and boring at home, and they are prone to “screen dependence”, so that they become “screen slaves.”

2. Relying Too Much on the Internet is Not Good for Physical and Mental Health

It is easy for people to obtain information and meet the needs of life through the Internet, so they don't bother to move out of the house. “House” has thus become an iconic lifestyle in the era of mobile networks, and children and adolescents who grow up in this environment are no exception.

A survey shows that one-third of children spend less than one hour outdoors every day and spend most of their time at home; more than half of the children spend more than two hours in front of various screens such as televisions and computers during holidays [2].

“The internet is a double-edged sword.” Li Luling, president of the Esso Children’s Research Consulting Company, told reporters that their research shows that the internet will increase children’s knowledge and improve their learning ability, but it will also affect children’s physical fitness, social communication skills, and even induce future development. Adults make wrong behaviors.

The Ministry of Education’s “National Student Physical Fitness and Health Survey Results” shows that the detection rate of obesity and overweight in Chinese students has increased, and the detection rate of poor eyesight has also continued to rise.

Yu Gang, director of the Department of Ophthalmology at Beijing Children's Hospital, said that the prevalence of myopia among school-age students in my country has risen by an average of 20% over the past 10 years, and 30-40% of primary school students have myopia, and the rate of high school students is as high as 80%. “In addition to congenital factors, too much exposure to electronic products too early is an important reason.”

“After being obsessed with electronic devices such as smartphones and tablet computers, real interpersonal communication will be weakened, social and language skills will be degraded, children will be immersed in the virtual world of the Internet and cannot return to real life, and it will be difficult to communicate with their parents.” China Centers for Disease Control and Prevention Jia Meixiang, a professor of pediatrics at the Center for Mental Health and Peking University Sixth Hospital, said that in recent years, the number of patients who come to see a doctor due to addiction to mobile phones and computers has increased year by year, and most of them are communication disorders.

The development of the Internet has brought about an “information explosion”, and mobile network terminals have fragmented this information. Experts from the “Sixth Internet Usage by Minors” survey team believes that fragmentation is the result of rapid social development, but for minors, it is not conducive to the formation of good habits on the one hand; on the other hand, it is not conducive to forming criticism. A sexual, rational, and systematic knowledge system poses a challenge to people’s logical thinking and judgment abilities.

The psychologist pointed out that some children who are obsessed with electronic devices have difficulty concentrating. Their points of interest are always fluctuating, and even their most addicted game is that they can’t wait to play the next one before they finish playing this one.

Li Luling believes that the Internet is an important part of modern social life. Internet access is a necessary skill for modern society. Children cannot do without the Internet whether they are studying or living now or working in the future. But she also pointed out: “The current network environment is really not suitable for children, full of temptations.”

How to help some children get rid of “screen dependence”? Experts pointed out that “moderate Internet access is the key, and family supervision is very important.”

For young parents, they should control their children's use of electronic products, and effectively manage their online behavior to restrict browsing certain content; at the same time, they should also reasonably arrange some outdoor activities to reduce their children's reliance on screens through real life.

Government departments should formulate relevant laws and regulations, classify websites and online games, and encourage the development of online application products and specific services suitable for minors.

Enterprises must bear social responsibility. For example, when computer and mobile phone manufacturers sell products to minor users, they must facilitate the supervision of minors' surfing the Internet, such as deleting functions such as Internet browsing; operators should set up green channels for children, such as special web navigation for children And search engines, etc.

Screen time refers to the time the child spends watching TV, getting on the computer, and playing on the smartphone. Screen time is divided into 4 categories:

- 1). Interactive-for Example, Playing Video Games;
- 2). No Interaction-for Example, Sitting and Watching Tv, Movies, or Videos;
- 3). Education-for Example, Doing Homework Online;
- 4). Entertainment-for Example, Playing Games or Watching Video Entertainment.

3. Great Harms to the Children's Physical and Mental Development

Too long screen time will bring great harm to the child's development, health, and safety, and parents have to pay attention to it.

3.1 The children's Development

Excessive screen time can affect children's language development and social skills, because children need real-life interactions to develop these skills. For example, it affects children's ability to talk, maintain eye contact, concentrate at school, or read body language. Long screen time can cause children to miss developing a wide range of interests, as well as friends and learning related to these interests [3].

3.2 Children's Physical Problems

Too long screen time can lead to eye pain, inflammation and dryness, headache and fatigue. Looking down at a position for a long time can make a child's neck and spine uncomfortable. Too long screen time may lead to a less active lifestyle, leading to obesity.

3.3 The Influence of Media on Children

Screen based media can influence children and their behaviors. For example, children will imitate or be influenced by negative behaviors, gender stereotypes, violent images or advertisements and other vulgar language.

3.4 Children's Safety

Children may encounter dangerous goods or people on the Internet. For example, unhealthy, pornographic content.

4. Ways to Control Children's Screen Time

4.1 Parents Should Set an Example

Parents must set an example and start by themselves. Don't let children use iPad and mobile phone, and try not to play iPad and mobile phone in front of children. Because there are children at home, family members had better not watch TV. As for the iPad, if parents reason with their children, when she can't listen because she is young, parents simply don't need it themselves. If you want to use it, you have to wait until the child is not at home or when she realizes it [4].

4.2 Parents Play More with Their Children

If parents have time, they will play more with their children and let them dilute their dependence on electronic products. Parents want to play with their children in many ways, such as playing games, doing handwork, reading, telling stories, telling jokes, telling funny things, etc.

These are better than electronic products. The key is whether parents can sacrifice their so-called social intercourse and business and spend more time with their children. If a child can get parent-child happiness from his parents and meet his family needs, he will not look for electronic products.

4.3 Three Chapters with Children

① Make an appointment. It must be stopped or even turned off when it comes to time. If it's time, the child just didn't finish watching, which requires parents to be ruthless and never be soft hearted in the face of children's crying;

② The content should be healthy and beneficial to children;

③ Arrange a good rest, encourage children to have a rest when they arrive, stand up and walk around, so that sports activities become a part of his daily life.

In fact, if you give your child the first time to export and give her the opportunity to break her promise, she will try the same way in the future. It's better to form a good habit at one time.

In a word, parents are children's first teachers, and they are also children's imitators. Parents must set an example, teach by words and examples, and set a good example. Parents should also make time to play with their children as much as possible, so as to create conditions for their children to stay away from the screen. And then there are three rules to abide by with children [5].

Only in this way can we correctly guide children to control screen time and create a good family atmosphere for their healthy growth. Only in this way can screen dependence disorder not affect children's physical and mental health.

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