

Effect of Use of Screen on Child's Development at Early Childhood Education Level

Aqsa Ali, University of the Punjab, Pakistan
Sheeza Ghaus, University of the Punjab, Pakistan

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Abstract

Screen time has become both a temptation and a popular pastime in recent years. Children are raised in an age of screen media and technology. The digital ecosystem is changing at a faster rate than studies into the impacts of screen media on young children's development, learning, and family life. This study focuses on the advantages and disadvantages of screen media in children, with an emphasis on developmental, cognitive, social, emotional, language and physical wellbeing. The study population was consisted of parents who have children of (0-8) years who met the sampling criteria and interview guide approach was used for data collection. The evidence-based recommendations for regulating and supporting children's early media experiences are: reducing, minimizing, mindfully engaging, and modeling healthy screen usage. Recommended solution is guided by understanding how young children learn and grow. In addition to the quantity of time spent on the screen, the quality of the content, parental participation, monitoring and the presence of interactive aspects are all factors that that influence the effect of screen use on early development.

Keywords: Screen Time, Cognitive Development, Social Development, Emotional Development, Language Development, Physical Development

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Introduction

Television and screen time media has become a common and popular past time for many families. Screen time is defined throughout the literature as media accessed through television, cell phones, DVDs, computers, and video games. Although television continues to be the most commonly used form of media, cell phones and tablets are quickly becoming a close second in overall usage (Barr & Lerner, 2014).

The chance to acquire or maintain developmental skills can be considerably reduced when children spend a large amount of time daily viewing screen media or viewing media that is considered unsuitable for their age. . There are 200 billion brain cells in a new infant's brain and there are 10,000 new connections created every second in infancy (Sousa, 2015). Just as extended time watching television or videos and engaging in electronic media can impact brain development. Cognitive and social skills can be impacted by repeated exposure to screen time (Sousa, 2015).

Due to continuously innovation in technology, many upgraded applications and tool are available to use for professional work, research, education, entertainment and socializing. While media use can be fun, and even educational, kids can get screen-time overload.

As per recommendation by American Academy of Pediatric in 1999, children under the age of 2 watch no television, and for children between the ages of 2 and 3, television viewing be limited (Barr, Lauricella, Zack, & Calvert, 2010). The AAP also recommended that parents limit the amount of time children spend watching television to 1 to 2 hours of quality programs per day (Barr et al., 2010). In one study, Courage and Howe (2010) found that only 32% of parents with children younger than age two complied with the AAP guidelines. Parents were encouraged to spend more quality time engaging in interactive activities with their children, such as talking, playing, singing, and reading to enhance and promote cognitive, language, and social, emotional and physical development.

The AAP did specify some early childhood activities that can promote young children's typical development in a general sense. More specifically, developmental milestones can be associated with all age spans between birth and adolescence. Children who have emotional, behavioral, learning or impulse control problems can be more easily influenced by TV violence. It is not necessary that the child's behavior shows the effects immediately.

The Research Interview

The purpose of this study was:

- To determine whether screen usage negatively or positively impacts young children's development
- To understand the parents perception of positive and negative effects on child's cognitive development through using screens
- To study the effects of screen usage on the physical development of children, in the views of parents
- To understand the relation of screen exposure and its effect on language development of children, according to their parents
- To identify the effects of screens on child's social development and to understand the pros and cons of using screens and its effects on emotional development

We created the Interview guide and asked about the effect of screen time on child. We worked with families who have the children between the ages of birth through 8 and who are going through an initial special education evaluation. We have faced lot of negative and positive situation as majority of parents are unaware of consequence of cognitive, physical, social, emotional and language development in their child.

In addition, as a secondary importance of my research, it is necessary to provide educators and parents with current and accurate information regarding the relationship between the amount and the type of screen time and the effects on child development. Disseminating accurate information is especially critical since there seem to be multiple misunderstandings in the community-at-large as to whether screen time can be beneficial or detrimental for young children's overall development. Thus, the purpose of this study was to determine whether screen time negatively or positively impacts young children's development.

The primary purpose of this research was to explore the effects of electronic media on young children's development. A total of 15 samples were interviewed. All the questions from the question guide were responded by the participants, comprehensively. When analyzing the information got through responses from parents, regarding the benefits and detriment of technology usage for children, the views and perceptions of parents were recorded and separated to make groups of samples who considered the positive impact of screen time on child's development and the ones who considered it as negatively effecting on child's development.

Conclusion

The major findings arising from the research study are; there are both positive and negative impacts of screens usage on child's development. One of the specific finding was children acquire vocabulary and expressive language skills when appropriately engaged with electronic media at right age otherwise it is detrimental at the age of less than 2 years. It is more vexatious than the promising regarding physical and emotional development.

From this research, the researchers learned all of the impacts, both positive and negative, that screen media can have on child's development. The information that researchers learned after completing this research project has been completely eye opening.

It is found that all of the benefits of screen time heavily rely on the content and the context. The researcher believed that, we should inform parents that the content of television and video games has a critical impact on their child's learning and thus, should be age appropriate. The context in which the children engage in electronic media is also an essential factor to their well-being. Children had better developmental outcomes when they were engaged in technology in the company of their parents or caregiver.

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Appendix

Questions of interview

The Interview guide was selected as an instrument for data collection.

Q1. Tell me something about using the electronic devices using habit of your child?

Q2. Please share some positive effects of using screen on the mental development of your child?

Q3. Share negative effects of using electronic devices on the cognitive development of your child?

Q4. Please share your valuable thoughts about the effects of using digital screens on physical development of your child?

Q5. Please share your observations about the effects of use of gadgets/mobiles by your kid on their social relations with others?

Q6. Kindly share your ideas about the impact of mobile and TV screens on the development of language skills of your child?

Q7. In your views, how media is effecting the emotional development of your child?

Q8. Can you share some positive aspects of using screens on the language development of your child?

Q9. Please share the disadvantages of technology on the emotional development of your child?

Q10. Please share some advantages of using technology on the social bonding/behavior of your child?

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