

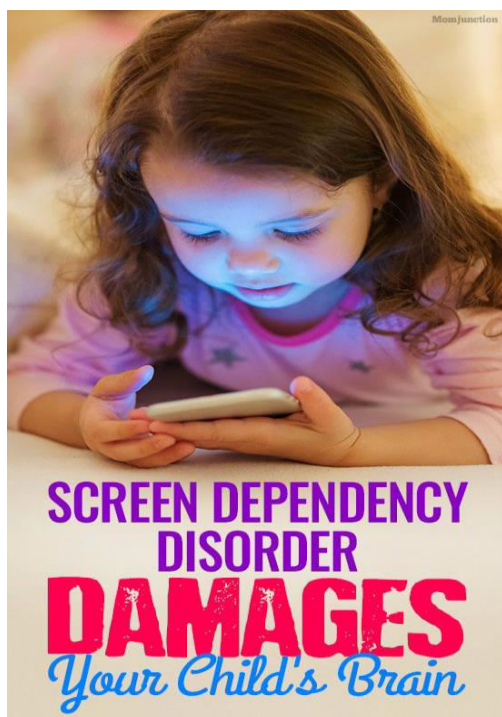
## SCREEN DEPENDENCY: HERE IS SOMETHING TO THINK ABOUT

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***“TECHNOLOGY IS A USEFUL SRVANT BUT ADANGEROUS MASTER”***



Screen Dependency Disorder, refers to screen-related “addictive” behavior. Those children who are dependent to screens exhibit abdicant, problematic behavior, including withdrawal symptoms, high tolerance (for screen use), failure to reduce or stop screen activities, lying about the extent use, loss of or lack of outside interests, and continuation of screen use despite adverse outcome.<sup>1</sup>Screen addicted Disorder can potentially cause insomnia, backaches, weight gain or weight loss, eyesight problems, anxiety, dishonesty, feelings of guilt, loneliness and headaches. It can even lead to poor nutrition.<sup>1</sup>

Screen dependency is current challenge for children as well as parents also. Screen dependent child have shown up with problematic behaviour like withdrawal symptoms including no interest and lack of intrust in outdoor or indoor activities.<sup>2</sup>

Although, it isn't without a disadvantage that called “screen time” can lead tobehavioral and mental consequences which may even have a fatal outcome later in your kid's life. No matter if children are browsing through YouTube or playing video games, children nowadays love tospending their own time on tablet or androidphone, and parents are allowing it.<sup>3</sup>

With over 460 million internet users, India is the secondmost largest online market, ranked only next to China. By 2021, there will be about 635.8 million internet users in India. Despite the large base of the Indian population accessed the internet in 2015. This is a significant raised in comparison to the past years, considering the internet penetration rate in India stood at about 10% in 2011. Moreover, men

controlled internet usage in India with 71% to women's 29%<sup>4</sup> So, keeping toddlers apart from mobile phone is giving to be a daunting task, as the withdrawal symptoms include banishment of food and irrational temper tantrums. Parents should know that somewhere they are the reason for their toddler's addiction to android phones.<sup>5</sup>

Working parents are expected to be always in hurry, and so it can be assumed that working parents continuously provide smart phone to their kid for feeding. As the rate of women workforce participation in India, 2017 is 30.98 percentage in rural area, 11.55 percentage in urban area and 25.68 percentage combined.<sup>6</sup> This behaviour of not being able to disconnect from their smartphone may also beast into other aspects of their lives and it results to a severe addiction. Children learn to eat food in accordance with these external distracting cues. They tend to eat more slowly, lazily, and in no interested manner than if they concentrated on the food.<sup>7</sup> With a view to prevent the children from screen dependency syndromes in the community and to obtain the maximum level of growth and development at the delicate age of toddler child. As it's already at glance that children are major part of the Nation.

- Preoccupation
- Failure to decrease or stop screen activities
- High tolerance
- Withdrawal symptoms
- Loss of or lack of outside interests
- Lying about extent of use
- Continuation despite negative consequences
- Use to escape adverse moods<sup>8</sup>

Children's neurological development is affected by what they do and do not experience. Previous experiences and the environments in which they occur can alter gene expression and affect long-term neural growth. Today, discretionary screen time (DST), rarely involving multiple devices, is the single main experience and environment of kids. Different screen activities are noted to induce structural and functional brain plasticity in adults.<sup>9</sup>

The following limits on screen time are provide for young children:

- No screen time for kids younger than 2 years (except for video-calling with friends and family).
- Less than one hour per day of routine or regular screen time for children two to five years old.
- Avoid screens for at least one hour before bedtime.
- Maintain daily "screen-free" times, especially for family meals and reading books.<sup>10</sup>

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