

## Impact of Media use on Children and Youth

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### Abstract

*Research and theories on mental well-being support the notion of a wide idea as well as emotional stability, positive interpersonal relationships, self-control, and signs of thriving along with diagnoses of mood disorders such as tension or depression. Higher mortality and morbidity have been linked to minimal mental stability, strained relationships, and poor self-control. Emotional health problems such as B. Mood disorders are, in fact, significant risk factors for morbidity and mortality, including non-suicide suicidal behavior, attempted suicide, and attempted suicide. For preventive purposes, it is important to identify possible causes of the effects of poor mental health in children and adolescents. Half of all mental health problems begin to appear in adolescence. Almost all medical histories (trauma, genetic predisposition, poverty, etc.) are persistent or difficult to change, so it is highly desirable to identify factors related to mental health problems in this population susceptible to intervention increase.*

### Introduction

Children's psychosocial development is heavily influenced by the media. Therefore, it is important that doctors talk to their parents about their children's exposure to the media and provide advice on the age-appropriate use of all forms of media, including television, radio, music, the Internet, and online games. Television: Much research has been done on the impact of television on society, especially children and adolescents, and television can have both

positive and negative impacts. The developmental stage of a particular child is, in fact, an important factor in determining whether moderation has a negative or beneficial effect. Although only a small portion of television shows can be harmful, studies that show the negative effects of violence, abusive language, and inappropriate sexuality are actually compelling. However, healthcare professionals must continue to encourage research into the positive and detrimental effects of media coverage on children and adolescents. Current research suggests that:

- Doctors have the power to improve and change kids' television viewing habits.
- Kids in Canada watch far too much television.
- There is a connection between children's increased use of violent behavior and exposure to graphic television.
- The higher incidence of childhood obesity is attributed in part to excessive television viewing.
- Too much television can have a negative impact on learning and academic performance.
- The reputation of a particular programmer can encourage dangerous sexual behavior.
- Advertising on TV is a great way to reach children of all ages.

The average Canadian child watches TV almost 14 hours a week. The average teenager would spend more time in front of the TV than at school after graduating from high school. Surveys show how viewing habits differ by culture and age group. This is especially important when learning about the effects of excessive television exposure on underprivileged people. The amount of time young North American children are watching TV today has not decreased significantly. Compared to expert recommendations, a significant proportion of children start watching TV sooner and longer. Studies show that the time children and teens spend watching TV actually affects their response to TV. As a result, the world shown on TV becomes the real world by watching it many times. Children watching TV can play, read, learn to speak, spend time with family and friends, tell stories, exercise regularly, develop other important physical, social and mental skills, etc. Often less time is spent on important activities in the child. Other factors that affect the time a child spends in front of television are the child's developmental stage, personal sensitivity, and watching television alone or with parents. Do you see it in?

- **Learning:**

Television can be an effective teacher. Sesame Street is about how toddlers can benefit from watching educational television shows by learning important lessons on kindness, cooperation, racial harmony, the alphabet, and basic math. Is a good example of. Many public television shows encourage visits to zoos, libraries, bookstores, museums and other active entertainment venues, and educational films can undoubtedly serve as an efficient prosocial training tool. The educational value of Sesame Street has been found to improve the reading and learning skills of the audience. Good TV habits may be a practical educational tool in some difficult situations. However, watching TV diverts time from studying and reading. According to an additional new and controlled study, one to two hours of unsupervised television viewing per day adversely affects school-age children's academic performance, especially reading.

**Violence:**

Violence on television is becoming more prevalent. The average child watches 12,000 violent acts on television each year, including many rapes and murders. Numerous studies (more than 1000) show that watching a lot of violent television makes people, especially boys, more aggressive. According to some other scientific studies, the risk of suicide increases when suicide is reported on television or perhaps in newspapers. Children in the following age groups can be much more vulnerable to television violence.

- Youth in immigrant and minority groups.
- Kids who have emotional disturbances;
- youngsters with learning difficulties;
- Youngsters whose parents abuse them; and
- Children from distressed families.

When a child with a history of aggressive behavior visits the doctor, the doctor must ask if the child has ever seen violence on television.

### **Nutrition:**

Children who watch a lot of TV are sick and are more likely to eat greasy, high-calorie treats because they have less time to play and do physical activity. Watching TV can have a significant impact on obesity, as prime-time TV ads promote an unhealthy diet. In fact, the majority of food advertisements are related to high-calorie foods such as fast foods, candies, and sweetened cereals, and the body fat content of the advertised products is the current average Canadian diet and food guidelines is exceeded. Only 4% of food ads aired during children's television shows are related to health foods. The relative risk of high cholesterol in children also correlates with the number of hours spent in front of the television. A girl in her teens who emulates a slender role model on television can develop eating disorders as a result of watching television. Eating while watching TV is not recommended as it makes conversation less meaningful and can lead to poor eating habits.

### **Sexuality:**

In Canada Today, television has become an important source of sex education. Between 1976 and 1996, sexual interactions increased by 270 percent between 2000 and 2100 hours of family time. Television presents these behaviors as safe and normal, and because they are in fact consistent, they use techniques to convey the message that everyone is engaged in these behaviors to bring children into adults. Expose to sexual behavior. Sexually transmitted diseases and unwanted pregnancies are rarely mentioned, but sex between unmarried partners is portrayed 24 times more often than sex between spouses. Only school sex educators have gained a higher position from young people as a source of sexual information. Many scientific studies show how vulnerable adolescents are to their influence on media sexual attitudes, beliefs and values. Other peer-reviewed publications provide in-depth guidance on explicit sexual content in music, movies, and television. Some people believe that the media can influence sexual behavior by promoting contraception. B. Use of condoms. This particular idea is not currently supported by empirical research and is expected to continue discussion.

### **Smoking as well as alcohol:**

The two biggest breweries in Canada invest \$200 million yearly in advertising. Teenagers are exposed to between 1000 and 2000 beer advertisements per year that promote beer consumption among "real" males. Persuasive evidence suggests that beer advertising increases beer consumption, and in nations like Sweden, A ban on alcohol advertising has led to a decline in alcohol consumption. In Canada, tobacco products are not advertised directly on television. Passive advertising, however, can be seen as, for example, a soap opera star lighting a cigarette in a "macho" gesture, a cigarette ad being placed on an F1 racing car, or the name of a tobacco company being displayed at a sporting event. Occurs when There is evidence that passive advertising promoting smoking has increased in recent years. The problem is that the effects of behavior are not accurately represented on television. But television is not the only way children learn about alcohol and tobacco use. In addition to many music videos, half of the protected animated feature films available on videocassettes describe the use of alcohol and tobacco as normal behavior, but about the long-term effects of such behavior Does not explain.

### **Advertising:**

Advertising can have a positive impact on your child's behavior. For example, some alcohol makers allocate 10% of their budget to ads that warn consumers about the dangers of drunk driving. In addition, milk consumption is increasing due to printed and radio advertising, despite disagreements among some health professionals about the health benefits of proper milk consumption. The impact of commercials depends on the child's developmental stage. Toddlers do not understand the concept of selling products. They tend to believe what they are told and may even find it disadvantageous without the advertised items.

Most preschoolers cannot distinguish between applications created for entertainment purposes and businesses created for promotional purposes. According to many studies, children under the age of 8 are developmentally indistinguishable from regular programs and commercials. Every year, the average child sees over 20,000 commercials. Over 60% of commercials promote toys, candies, fatty foods and sweet cereals. Toy-based cartoon plans are especially appealing. Advertising to teenagers is very important, especially when it comes to tobacco consumption. Children's vulnerability to the effects of television is a frequently discussed topic. Almost all studies show that the longer children watch TV, the more affected they are.

According to previous research, boys may be slightly more vulnerable to television violence than girls.

### **Parental involvement as well as education:**

High school plans promoting media recognition were proven to be advantageous. They give students a much better understanding of how the media can influence them socially. Canada's Media Awareness Network has a variety of resources that both professionals and the general public can use to promote media literacy. Her resources are comprehensive and up-to-date, especially related to Canadian culture. Parents can print the test results, but they should be used with caution. Currently, there is no agreement on the most efficient rating system. The best option is for parents to work together on an attractive program. Parents need to monitor and control their children's viewing behavior. According to research, parents are an important part of public education for their children. However, if the parent's opinion is not explicitly discussed with the child, moderation can give direction and influence by default. Children's eating, training, buying, and psychological health and habits may also be influenced by other media, such as magazines, radio, the Internet, and online games. These media could have the same negative effects as television if children are exposed to them without adult supervision.

### **Music video:**

By making viewers less sensitive to violence and increasing the likelihood that teenagers will approve of premarital sex, Music video clips can have a significant impact on behavior. More than half of the video tutorials feature violence that is commonly committed against women, and about 75% of them contain sexually explicit content. Children's perceptions of gender roles are often influenced by despised depictions of women. A fascinating role model is the perpetrator of over 80% of violence in music videos. In fact, the attacker is more than three times more likely to be a man. Blacks were overvalued and whites were undervalued. Music videos can support incorrect stereotypes. Through a detailed analysis of this genre, there is growing concern about the impact of music videos on race, male-female relationships, and youth normative expectations of conflict resolution. The lyrics of the music become more and more vivid, especially when they hint at sex, violence and drugs. Research is underway to determine if there is a causal link between explicit text and the consequences of unwanted

behavior. Pediatricians need to address the potential harm of explicit musical lyrics in active support conversations between teens and their parents, alerting parents and increasing vigilance. At the very least, parents need to be actively involved in managing the music that their children are actually exposed to.

### **Video games:**

While some online games help develop coordination and fine motor skills, overexposure to online games can also have adverse effects such as inactivity, antisocial behavior, and violence. Violent online games can affect a child's psychological development and should be avoided. Parents should be familiar with various online game rating systems and encourage them to use this knowledge in their decision making.

The negative effects of bad video games on children have been a public health concern for many years. Before 2001, there had been no quantitative analysis of the content of video games deemed to be suitable for the majority of audiences. The study found that many online games that were recommended for most audiences had a lot of violence in them (sixty-four percent contained intentional violence as well as sixty percent rewarded players for injuring a character). As a result, there is much room for improvement in the current ratings of online games.

### **Internet:**

Parents may be afraid or fooled by their children's computer and internet skills. Alternatively, you may not like the fact that the "new medium" is actually an integral part of brand new literacy and that children need to become proficient. Don't let your sense of helplessness or potential insufficiency prevent you from enjoying the benefits of the Internet. The risks associated with living in this relatively unregulated "wired" community are numerous, diverse and usually hidden. These dangers need to be clarified. Smart parents learn the best ways to protect their children by delving into common sense and seeking advice from a myriad of resources aimed at protecting their children while overcoming many benefits in a safe environment. Physicians are in a great position to encourage children and parents to learn about the Internet and use it responsibly. The Internet, which can be likened to a huge home library,

has great potential to provide young people and children with access to educational information. However, the reliability of the Internet as a source of information is limited by the lack of editorial standards. There are other problems as well.

The time a child spends watching TV or relaxing in front of a computer can affect postural development. Excessive time on a laptop can lead to obesity, underdeveloped social skills, and addictive behavior. Seizures due to flickering on the screen of a television or computer are rare, but children with seizure disorders are more prone to seizures. There is no evidence that television causes eye weakness. There is no concrete evidence to support this, but children are often repeatedly exposed to laptop screens.

Another problem is pedophiles that use the Internet to invite young people into relationships. Children may also be exposed to pornographic content. Technology that blocks access to online pornography and sex chat is available to parents, but it should be noted that this is not a substitute for their supervision and guidance. There is a lot of good and bad information about how to handle the vast amount of information on the web. Above all, parents need to be encouraged to understand that there is more than a bad possibility if they have the knowledge to distinguish between the two. The internet, according to Canadian youth, is a crucial part of their daily lives and a defining aspect of their culture.

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