



EFFECT OF DIGITAL MEDIA ON HEALTH OF CHILDREN

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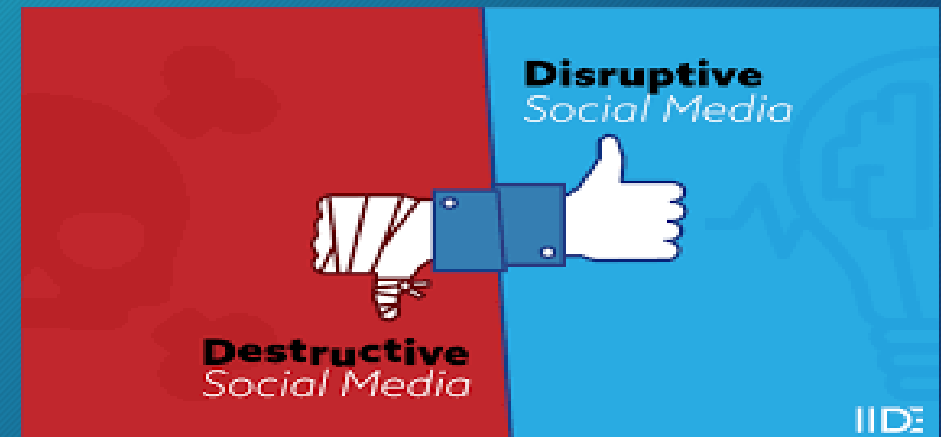
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INTRODUCTION



- **Instagram**, **Snapchat**, **TikTok**, **Facebook**, **Twitter** and other social media sites are godsend to youngsters and teens who want to get in touch and know what is going on with their friends or relatives.
- By simply commencing an app or a website, they can communicate with and analyze about all of the humans who are important to them (at least people who are signed in to the identical network).



INTRODUCTION



- But like many stuff that people are passionate about, there are detractors to social networking.
- When it comes to youngsters and teens, an Oxford University study argues that social networking has bad effects on the children's intelligence - and the harm could be long-term and irrevocable.
- On the other hand, defenders are quick to point out that children on social networking are growing their social interaction while wiring their brains to conform to new technology.

OBJECTIVE



-To identify the usage of digital media among children globally.

-To identify the effects of digital media on the health of children globally.

-To compare the effects of digital media between girls and boys.

Research Question- What are the effects of digital media on the health of children?

METHODOLOGY

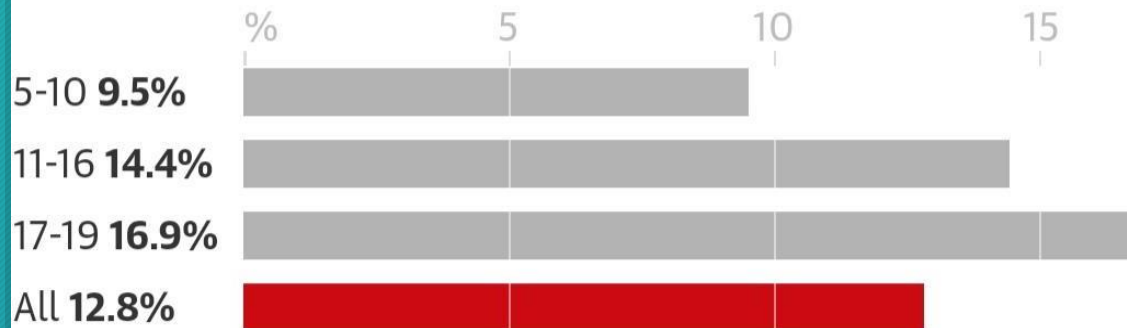


- **Study design:** Retrospective study
- **Study setting:** Delhi NCR
- **Study duration:** 3 MONTHS
- **Sampling size and technique:** Around 250 Studies were published in reviewed journals having full text available in English. By convenient sampling
- **Data collection method:** Studies published in peer-reviewed journals, Key information relevant to the studies question changed into systematically extracted and tabulated to resource evaluation and synthesis of the research. This information comprised authors, eBook date, us of a of origin, study design and facts evaluation method, relevant final results measures, pattern size, demographic information and results.
- **Data interpretation plan:** Quantitative Analysis (As outcome measures varied throughout the studies, we were unable to carry out meta-analysis).
- **Ethical consideration:** All the research process has been done considering the organizational privacy and confidentiality of all the documents used during the research.

RESULTS & DISCUSSIONS



One in eight people under the age of 19 in England have a mental health disorder



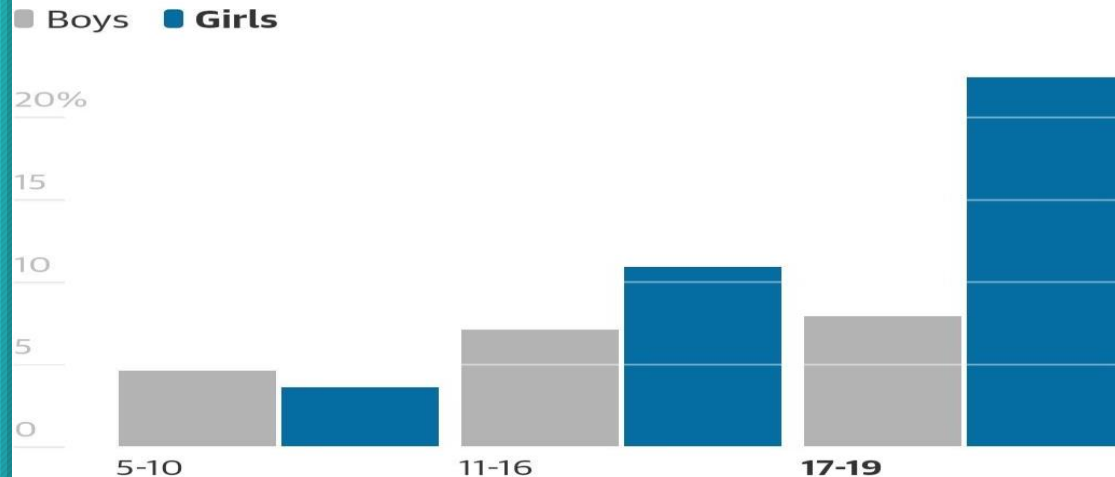
Guardian graphic | Source: Mental Health of Children and Young People Survey, NHS Digital

- In England one in eight people under the age of 19 are suffering from mental disorders, the graph shows Boys and girls in the age 17-19 are mostly challenging with the health disorder.
- Survey says that after this kids between age 11-16 globally are most vulnerable as they have high level of curiosity inside them.

RESULTS & DISCUSSIONS



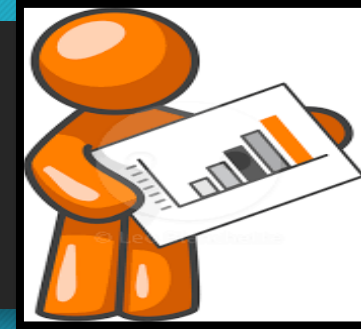
Girls and young women aged 17-19 are more than twice as likely to have a mental health disorder than boys in the same age group



Guardian graphic | Source: Mental Health of Children and Young People Survey, NHS Digital

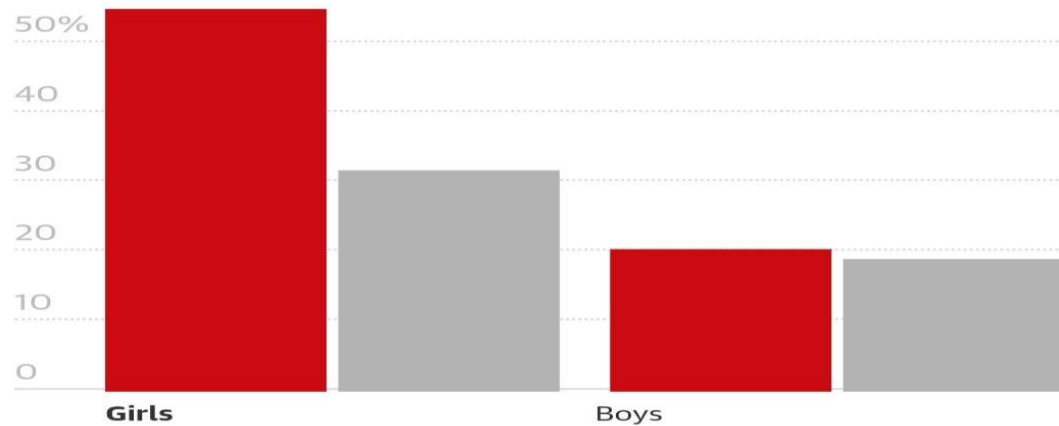
- Young girls aged between 17-19 are more than twice as liable to have an emotional well-being issue than young boys in a similar age gathering. This may mirror young girls interests about self-perception, which can be exacerbated by web based life

RESULTS & DISCUSSIONS



Half of all girls with a mental health disorder say they compare themselves to others on social media sites

■ Any disorder ■ No disorder



Guardian Graphic | Source: Mental Health of Children and Young People Survey, NHS Digital

- The fundamental purpose behind the psychological wellness issue in greater part of young girls in this age is because of the contrast themselves with others on Social media.
- You can say it the teenage effect also when more than 50 % of the girls starts comparing themselves to other kids on social sites about their lifestyles, luxuries, hobbies, adventures etc.
- They relate it to their own life which in results annoys them and makes them anxious why they don't have that kind of lifestyles, adventures etc.

Bad effects of social media on kids and teens



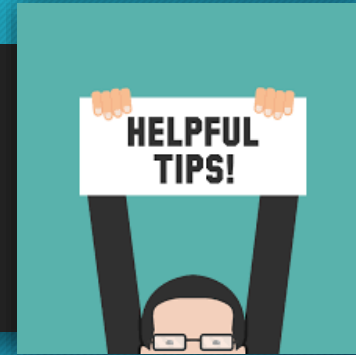
- Submersion in a virtual world may make these kids experience delay in their enthusiastic and social turn of events.
- Only one hour daily via web-based networking media can make a youngster **hopeless**.
- Facebook use prompts decrease in abstract prosperity.
- **DoSometing.org**, "probably the biggest association for youngsters and social change", record a few awful impacts of online networking, which incorporates rest issue, misery, enslavement, every minute of every day stress, detachment, instability, and dread of passing up a great opportunity (FOMO).
- Individuals utilize computerized media for social connection, they're investing less energy creating social aptitudes and figuring out how to peruse nonverbal signals.

Good effects of social media on kids and teens



- Investing energy online to get the social and specialized abilities making skillful residents in the advanced age
- Children are learning fundamental social and specialized aptitudes to completely take an interest in present day society.
- Children impart and interface like never before.
- Informal organizations really make kids more relationship-arranged, circumspect, and earnest.
- Adolescents show virtual compassion for upset Facebook friends and the sympathy is welcomed by companions, affecting their disposition.

RECOMMENDATIONS



- Enlighten kids with the **pros** and **cons** of social media and the **threats** associated with them especially in regards of oversharing personal life.
- Indulge your kids into utilizing their time and energy in genuine and **real-time** interactions rather than having long range stranger interpersonal interactions.
- Specifically aware your kids to not indulge into participating to darker aspects of communication among individuals which might lead to **cyber-bullying**, exploiting of **unethical materials** and so on.
- In cases of dispute upon watching there cellphone or gadget, do investigate about it or talk through them about it.
- It's better to indulge in personal interactions and close bonding than online kinships, it will enhance the **learning & identification** in a progressive manner.

CONCLUSION



- Internet based life makes it far simpler to associate with tragically deceased friends and family members, just as freshly discovered companions. Additionally, as a result of the chaotic pace of the cutting edge age, it's harder to see individuals face to face or reach by means of the telephone.
- Web-based social networking is an extraordinary elective approach to consistently be associated but it is critical to accentuate to your kid the contrast among composing and spelling for person to person communication and true composition. As in all things, utilize informal communication with some restraint. It can't replace genuine connections and other beneficial interests like understanding books and sports.
- A face to face interaction is deeper and warmer than online friendships

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**THANK
YOU**

