

## **Demo Research Paper**

Media screen time use and mental health in school aged children during the pandemic

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Introduction:

Media Screen time

The covid -19 pandemic has increased the time spent on devices by children and adolescents have increased up to 6 hrs a day according to the recent study conducted. Screen time is the amount of time spent on using devices like computers, television, video games, and smartphones.

Anxiety, depression, and conduct issues were the three mental health issues affecting school-aged children

most frequently prior to the epidemic.

Early research suggests that internalizing and externalizing issues may persist for kids and teenagers during the epidemic. In Canada and the United Kingdom, there were increases in both internalizing and externalizing symptoms from before the epidemic to the first lockdown.

The results of children who spend too much time on screens appear to have negative effects on their mental health.

With the development of digital technology, too much screen time is now a serious problem. This has encouraged specialists to concentrate on digital well-being. Screen time has increased even more during COVID-19 as a result of the public health regulations imposed by governments to stop the epidemic. The only way to maintain socioemotional connections while the world's civilizations were in lockdown was through digital media. We conducted this review since there aren't any in-depth empirical summaries on screen time in the COVID-19 era in the current literature. The current review makes an effort to comprehend virtual social connectedness, excessive use of digital technology, its effects, and offers suggestions for healthy usage of technology. According to the findings, screen time significantly rose during COVID-19.

Mental Health

There is no one "official" definition of mental health, according to WORLD HEALTH ORGANIZATION.

A person's psychological, emotional, and social well-being are referred to as their mental health; it has an

impact on their feelings, thoughts, and behavior. Mental health is the state of being in a healthy cognitive

and behavioral manner. 'Mental health' can also refer to the absence of mental illness.

Keeping our minds healthy is essential for mental wellness. In general, men are more concerned about maintaining their physical health. People frequently fail to consider their mental state. The greater cognition of humans makes them superior to other animals. Because of his highly evolved brain, man has been able to regulate life. Therefore, it is crucial for a guy to maintain both his body and his mind.

#### School Aged Children

Children between the ages of 6 and 12 are considered to be of school age. During this stage, children's height, weight, and build may differ noticeably from one another. Children's language abilities continue to

develop, and many behavioral changes take place as they attempt to fit in with their peers.

The capacity for social interaction and interaction with others is a crucial aspect of development. Parents will notice a change in their child during the school-age years as he or she progresses from playing alone to having a variety of friends and social groups. The child still values his or her parents and enjoys being a part of a family, even as friendships take on a greater significance.

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