

IMPACT OF SCREEN MEDIA USAGE ON EARLY CHILDHOOD DEVELOPMENT

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Objective:

To see the impact of screen media usage on early childhood development

Study Design

Case control study

Place and duration of study

Developmental-behavioural Paediatrics department, The Children's Hospital and The Institute of Child Health, Lahore and filter clinic of outpatient department at the Children's hospital, Lahore from October 2020 to December 2020.

Methodology

This study included a total of 100 children, chosen through purposive sampling with age range between 15-36 months and divided in two groups, Group 1 was children with communication behaviour disorders (CBD) (n=50) and Group 2 was typically developing (TD) children (n=50). ShaMaq Developmental Screening Tool (SDST) was administered to children to screen their development. Childhood behaviours were rated on a scale of 0-10 on a Behaviour rating scale.

Results:

children with CBD had poor eye contact, response to name, poor imitation, poor pointing and poor one-step command following ($p<0.001$) as compared to typically developing children. Children with CBD had poor eating habits ($p<0.01$), they were more restless ($p<0.001$) and had developmental delay ($p<0.001$) on SDST as compared to the other group. In children with CBD, extent of screen media exposure (M=6 hours/day) was significantly correlated with restlessness ($p<0.05$) and poor pointing ($p<0.01$).

Conclusion:

Exposure to screen media at an early age and prolonged use of screen can lead to adverse developmental outcomes and behaviour issues in children. This is more evident in children with CBD as compared to typically developing children

There is no conflict of interests