

Excessive use of electronic devices affects the mental health of kids.

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Introduction

The entire amount of time spent every day in front of a screen, such as a phone, TV, computer, tablet, or any other handheld or visual device, is referred to as screen time. Screens, like balanced food, must be carefully chosen and utilised in the appropriate quantity and at the appropriate time.

In today's world, excessive screen usage is a hot topic among children. Screens have become an indisputable element of our daily life. First and foremost, we must define screen time. The entire amount of time spent every day in front of a screen, such as a phone, TV, computer, tablet, or any other handheld or visual device, is referred to as screen time [1].

Screens, like balanced food, must be carefully chosen and utilised in the appropriate quantity and at the appropriate time. Screen time can be beneficial or harmful depending on how we use it. While watching inappropriate TV shows, visiting unsafe websites, and playing inappropriate violent video games are some examples of unhealthy screen time, time spent on the screen for educational, prosocial activities such as schoolwork, interacting with friends and relatives is a healthy way, unhealthy screen time includes watching inappropriate TV shows, visiting unsafe websites, and playing inappropriate violent video games [2].

Children under the age of two should not be exposed to any form of screen, according to the Indian Academy of Pediatrics' Screen Time Guidelines.

It is important to balance screen time with other activities such as physical activity, adequate sleep, time for schoolwork, meals, hobbies, and family time for children aged 2 to 5. It is also important to balance screen time with other activities such as physical activity, adequate sleep, time for schoolwork, meals, hobbies, and family time for older children and adolescents.

Long periods of time spent in front of a screen can have a variety of negative effects on one's health

It has the potential to negatively affect the mental health of children of all ages, from infants to adolescents. It can cause stuttering, hyperactivity, anger, violence, a drive for immediate pleasure, fear of missing out, fear of being left out, cyber-bullying, a skewed perception of sex as a result of pornographic exposure, cyber-bullying, drug usage, self-harm, anxiety, and depression. Excessive screen time not only has a negative influence on mental health, but it also has a negative impact on physical health. Obesity, sedentary

lifestyle, disrupted sleep, eye strain, neck, back, and wrist pain are some of the negative physical impacts observed. Additional negative effects of prolonged screen exposure on children include impaired socialization, social anxiety, and academic performance, all of which have indirect effects on a child's mental health [3].

For a child's proper development, social connection is essential. The social media are online channels that children and adolescents use to communicate with friends and family, share media material, and build social networks. Facebook, Twitter, WhatsApp, Instagram, Snapchat, YouTube, and Skype are just a few of the prominent platforms. Online multiplayer games like PUBG and Clash of Clans have become popular social media venues for young people in recent years, allowing them to connect and talk with other gamers while playing. While social media provides benefits such as facilitating the formation of social support groups, advocacy platforms, and collaborative learning, it also has drawbacks.

The disadvantages include improper interaction, dangerous actions, sexting on chatting platforms, cyberbullying, and social media anxiety, in which children evaluate their self-worth based on the number of likes they receive. Breach of privacy content, such as releasing personal details such as photographs or bank account numbers, might expose someone to potential danger. It is critical to teach youngsters about the age-appropriate use of various platforms. It is essential to inform and educate children about good online etiquette, such as avoiding posting private information such as home addresses or personal images, respecting copyright rules, and never meeting a digital person alone whom you have never met before [4].

Parents must constantly reaffirm their children that they love them and that they would be there for them in any situation. Finally, it is critical to educate kids "digital hygiene" principles. Balanced screen time, appropriate seating posture, and frequent breaks to avoid eyestrain are just a few simple actions to take. Keep your kids safe by watching and monitoring online content with them. Finally, because parents are role models for their children, modelling good digital habits for them can be the first step toward teaching them. Let's work together to limit unhealthy media consumption in order to avoid mental health issues like internet addictions in the future. It's past time for us to set limits on how much technology our children use [5].

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