

Free research paper on health impacts on children and young adults of frequent el...

[Technology](#), [Internet](#)



Research Outline

- Introduction:

Electronic media have become an inseparable part of the youngsters' life. Today teenagers spend a huge amount of time using these electronic devices in their daily life. Use of electronic devices by teenagers impacts their health in a substantial manner.

Thesis Statement: The objective of this research paper is to evaluate the use of electronic media and its impacts on youngsters.

- Literature Review:

David-Ferdon & Hertz (2007), Dr. Dein (2013), Strasburger, V. C., Jordan, A. B., and Donnerstein, E. (2010), and Ray & Jat (2010) in their study analyzed the impact of electronic media on the health of children.

- Discussion:

The possible impacts of electronic media on the health of children could be the use of alcohol, indulging in violence, obesity, use of tobacco, isolation, depression, bullying and sexual behavior.

- Conclusion

Electronic media have become an inseparable part of the youngsters' life. Gone are the days when television and radio were major electronic tools. Today, a variety of electronic devices including smartphones, iPods, laptops, various video games and latest computers have revolutionized the electronic world. Teenagers spend a huge amount of time using these electronic devices in their daily life. Use of electronic devices by teenagers impacts their health in a substantial manner. This paper intends to discuss the use of electronic media and its impacts on youngsters.

Every electronic device is meant to contribute substantially in the education and entertainment of teenagers. Everyday youngsters spend many hours on various mediums of electronic media including computers, television, internet and video games. These electronic devices help teenagers in various ways and benefit them in their studies. But, on the other hand, various research studies suggest that these electronic devices affect the health of teenagers in different ways. Electronic media influence aggression, disordered eating, academic difficulties, and substance use.

Dr. Dein (2013) in his research study analyzed the impact electronic devices. The study was conducted on 59 male and 67 female adolescent students. The author said that the effect of electronic media can be classified in three categories i. e. critical, moderate and mild. Findings of the study confirm student's exposure towards electronic media and moderate effect on students. Respondents covered under the study mentioned backache, itching in eyes, sleeping disorder, carpal tunnel syndrome, and impact on students' educational performance (Dein, 2013).

The use of internet by young people has increased significantly over past few years. The report confirms that the 87 percent students between age 12 to 17 use internet for the variety of purposes. The study also confirms that around 72 percent young adults utilize electronic media and social networking websites. However, the study mentions that only 39 percent people above 30 years uses social networking sites (Virtual Medical Centre, 2011).

Electronic media have become an integrated part of youngster's lives. All youngsters across the globe are spending a huge amount of time on

electronic media which resulting into major health challenges for them. It is observed that excessive use of electronic media causes sleeping disorders. People watch televisions for long late night hours and wake up late in the morning; this not only disturb their eating cycle but also creates trouble in sleeping.

Impact of video games on young children is a hot topic of debate. David-Ferdon & Hertz (2007) mentioned that Children spend a significant amount of time in playing video games and watching violent programs; this impacts them psychologically. Children often develop aggressive behavior or get indulge in bullying at schools or public places. Watching violence on the television either increases the level of fear or makes children more exposed to the risk of getting involved or emitting similar actions watched on the television (David-Ferdon & Hertz, 2007).

It has been observed in various cases that people become addicted of electronic devices when they start using them excessively. Internet is a great source of information but at the same time, people spend a lot of time once they start surfing the internet. Internet has become much addictive after the advent of social networking websites like Facebook, instagram, twitter and other websites. These networking sites are very addictive and can consume a huge time of teenagers (Strasburger et al., 2010).

Teenagers isolate themselves for using these social networking sites. They spend time on the internet rather than making friends and socializing in their real life. Teenagers also reduce their physical activities just because they could spend time on the internet chatting with their friends and other people. Reducing physical activities create a lot of trouble to teenagers, and they

become obese and also suffer from various other health related problems. Ray & Jat (2010) in their study analyzed impact of media. The authors said that use of media impacts health of children in a negative way. The authors talks about possible impacts such as the use of alcohol, indulging in violence, obesity, use of tobacco and sexual behavior. The authors said that media may have various benefits, but its negative impacts are significant (Ray and Jat, 2010).

Having observed an overview and succinct analysis of the abovementioned subject, this paper concludes that electronic media has become an inseparable part of teenagers' life. Youngsters spend an enormous amount of time using electronic devices. These electronic devices are very helpful and benefits people in studies. Electronic devices are particularly helpful in research and experiment works. These devices provide a world of information to the users but at the same time various research studies and real life incidents suggest that the excessive use of these electronic devices impact youngsters' health in negative ways. Aggression, irregular food habits, use of alcohol, substance use and sexual behavior are some very common problems caused by excessive use of electronic devices. These problems affect teenagers' behavior and health substantially.

References

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