The role of emotional reactivity in a relation between sleep problems and the use of screen-based media among toddlers and pre-schoolers

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## Sample

This study sample included 754 children (52% girls), aged 2–5 years old, not having chronic diseases. The average children’s age was 44.9 months (SD = 13.8). 94% of children were attending pre-school education services (kindergarten). Average mothers’ age was 32.7 years (SD = 4.9).

# Abstract

The aim of this study is to examine the relationship between toddlers’ and pre-schoolers’ sleep problems, screen-based media use, sleep regime and the role of child emotional reactivity in this relationship. This research is a part of an extensive national study. Participants are 754 children aged 2–5 years old, and their parents. Sleep problems were related to emotional reactivity and sleep regime. The longer screen time was associated with the higher levels of emotional reactivity, but not with sleep problems; however, emotional reactivity was significant for more sleep problems, inconsistent sleep regime and longer screen time. Results of paths analysis have revealed that emotional reactivity both directly and through the mediators – sleep regime, screen time and a screen-based device positioned in a child’s bedroom – significantly predicted sleep problems. Emotional reactivity plays a considerable role as a risk factor when examining the effect of screen media use for sleep problems.

# Outcome

Sleep problems were related to emotional reactivity and sleep regime. The longer screen time was associated with the higher levels of emotional reactivity, but not with sleep problems; however, emotional reactivity was significant for more sleep problems, inconsistent sleep regime and longer screen time. Results of paths analysis have revealed that emotional reactivity both directly and through the mediators – sleep regime, screen time and a screen-based device positioned in a child’s bedroom – significantly predicted sleep problems. Emotional reactivity plays a considerable role as a risk factor when examining the effect of screen media use for sleep problems.