Dijital Teknoloji Kullanımının Çocukların Gelişimi ve Sağlığı Üzerine Olumsuz Etkileri

Engl. transl.: The Negative Effects of Digital Technology Usage on Children’s Development and Health

# Keywords

* Health
* Technology
* Child
* Risk
* Addiction

# Details

## Year

2018

## DOI

10.15805/addicta.2018.5.2.0051

## Issued

2018

## Language

Turkish

## Volume

5

## Issue

2

## Start Page

## End Page

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## Type

Journal article

## Journal

Addicta: The Turkish Journal on Addictions

## Publisher

AVES Publishing Co.

## Topics

Wellbeing

## Implications For Parents About

# Abstract

Today, children and adolescents are growing up exposed to both traditional and modern technology. While it is known that the increase in the use of traditional technology, such as television and its content, have negative effects on children’s development and health, studies have shown such modern technologies as smartphones, tablets, and computers that have been developed and become increasingly widespread over the past decade to be beneficial and to constitute health risks for children. It seems that children’s inappropriate use of such technological devices in terms of content, duration, frequency, and the posture they adopt while using them pose a variety of health risks, including developmental problems, musculoskeletal problems, physical inactivity, obesity, and inadequate sleep quality. This study reviews the literature on the clinical problems that digital technology use has on children. In order for children and adolescents to adopt a healthy life style, it is important to monitor the time, frequency, and content viewed while using technological devices and to ensure that children have or develop adequate physical activity opportunities, healthy eating habits, proper sleep cycles, and a nurturing social environment.

# Outcome

"The use of digital technology has been associated with lack of attention, aggressive behaviors, physical inactivity, obesity, and sleep problems in preschool and school age children." (Mustafaoğlu et al., 2018, p.241)
"A steady increase in the use of digital technology at home and in school environments
has been reported to cause an increase in musculoskeletal problems" (Mustafaoğlu et al., 2018, p.241)
"Excessive use of technology is linked to lifetime obesity and cardiovascular risk and this relationship is now observed starting
from early childhood" (Mustafaoğlu et al., 2018, p.242)