

## Effect of excessive screen time during covid 19 mental health of boys and girls of class 8<sup>th</sup>

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### Abstract

Concerns about school cancellations due to pandemics are especially pertinent for younger students. Our goal is to compile existing information on how the worldwide closure of schools due to the 2019 coronavirus illness (COVID-19) pandemic affected the health of children and young people. We searched PubMed, Embase, and Google Scholar for studies published between January 2020 and September 2020 and performed a fast systematic review. There were 10 key studies that we included. The incidence of hospitalizations and pediatric ER visits dropped dramatically when schools were closed due to the COVID-19 outbreak. Some kids and teens were cut off from nutrition programs, specific assistance for kids with impairments, and school-based healthcare. Those from low-income households and those with disabilities were also more likely to say that they lacked the resources necessary to fully participate in distance education. Children and adolescents experienced elevated levels of stress, unhappiness, frustration, indiscipline, and hyperactivity, as well as social isolation as a result of the school shutdown. The expected rise in Body Mass Index and the incidence of children obesity was greater the longer the period of school closure and the lack of daily physical activity. During times when schools are closed, it is especially important to identify and help kids who are at risk for cognitive and emotional difficulties.

**Keywords:** school closure, rapid systematic review, COVID-19, child and adolescent health

### Introduction

As a result of the global spread of coronavirus disease 2019 (COVID-19), elementary and secondary schools throughout the globe have been impacted. Since March 2020, it has been claimed that over 90% of schools throughout the globe have been closed temporarily due to the spread of COVID-19. More than 1.5 billion children in school throughout the world have been affected. Previous models of influenza outbreaks have shown that children are a particularly sensitive population for morbidity and play a substantial role in the transmission

of the illness, hence policies of physical separation play a large influence in the decision to close schools during an epidemic. Children and adolescents (those aged 10–19) tend to be less vulnerable to COVID-19 than adults, do not appear to substantially drive transmission, account for a very small proportion of overall COVID-19 cases, and are less likely to develop problems as a result of infection.

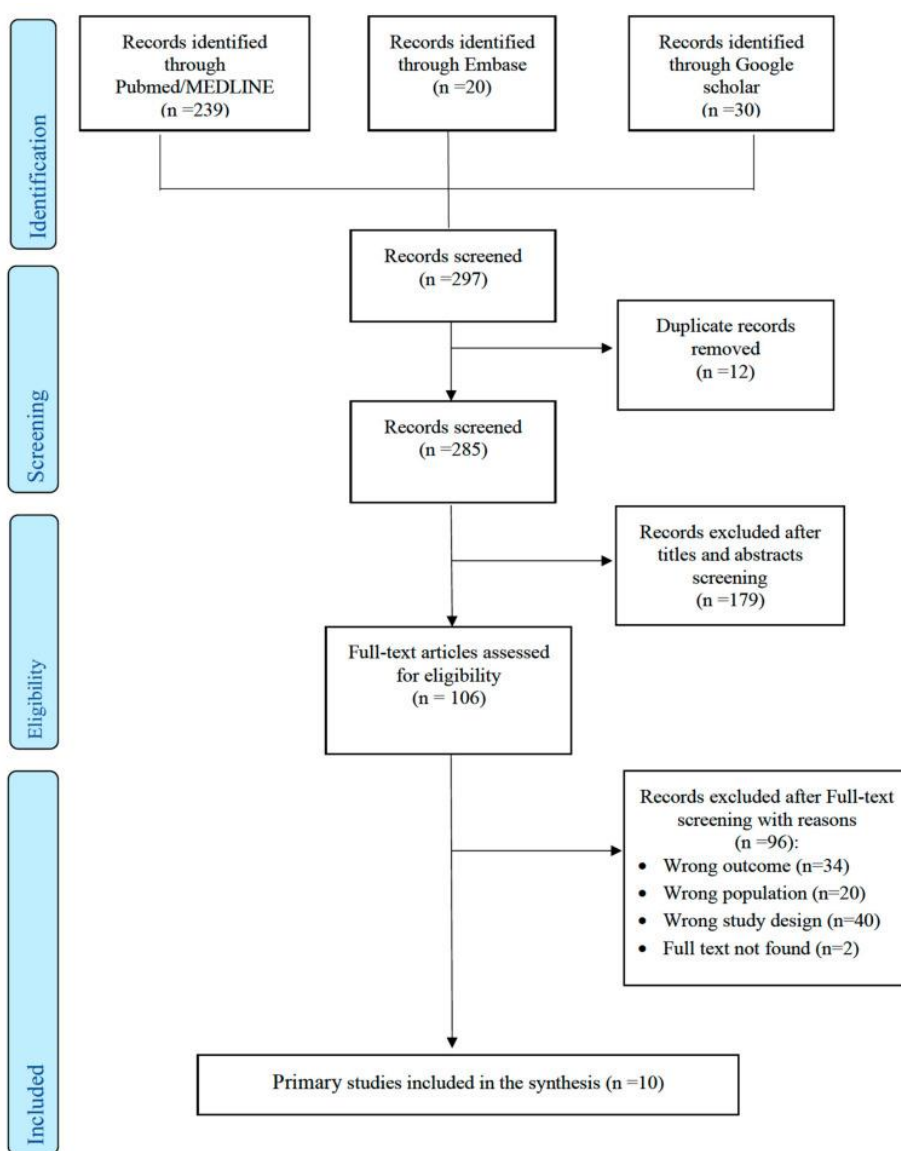
Schools are a great place for kids to learn the facts, but they're also a great place for them to learn the social and emotional skills they'll need to lead healthy lives. Schools are also seen as a crucial location for kids to get some exercise. Schools are essential, and in some instances the sole supplier of resources, for children and adolescents with specific educational or mental health needs. For students struggling with mental health, school routines may be a lifesaver. In addition, almost 60% of all pupils in schools below the secondary level in several middle-income countries like Thailand benefit from the national school feeding programs.

Since many nations have stopped allowing their children to attend traditional schools, remote learning has become the standard for educating their children. However, not all pupils have ready access to computers or other necessary learning materials. Furthermore, remote learning is difficult and calls for the cooperation of parents, educators, and school officials over the course of many months. When kids' schools are closed for the summer, they're more likely to spend time in front of screens, eat poorly, and gain weight, all of which contribute to a higher rate of overweight and obesity in the population as a whole. Extended school closures due to COVID-19 are also likely to have these unfavorable effects.

Concerns about the long-term impact of the epidemic on children's and teenagers' health, social lives, and access to education are especially pressing in light of the recent school closures caused by the outbreak. Previous research reveals that parents' worries about their children contracting the disease at school are the first step in an epidemic's emotional toll on the whole family. Child and adolescent physical and psychological well-being, learning and education, and other indirect disadvantages, like on parents' mental health and healthcare workforce, are all at issue in the ongoing debate over whether the benefits of school closure and distance learning associated with a pandemic outweigh the disadvantages. Studies and reports on the effects of school and daycare closures on the health of children and teenagers are increasingly becoming accessible as the epidemic develops. Parents and officials are worried about the uncertain effect of a protracted school shutdown due to COVID-19 because to a lack of concrete proof. Rapid systematic reviews have emerged as a valuable strategy to provide

actionable and relevant information in a timely and cost-effective manner during the current epidemic, when the evidence is urgently required to guide decision-making. To quickly summarize the available data, we did a comprehensive assessment of the literature on the effects of school closure during the COVID-19 epidemic on the health of children and teenagers.

One modeling research anticipated the influence of COVID-19 school closure on child and adolescent health, whereas nine epidemiological primary investigations reported the impact of school closure on child and adolescent health.



PRISMA 2009 flowchart of the systematic review's inclusion process.

## The Impact on Child and Adolescent Mental Health

Children's behavior (e.g., sleep timing and quality) and psychological well-being (e.g., emotion control and self-regulatory ability) were negatively impacted by the school closure and home-quarantine imposed during the pandemic, with some variance according to the mothers' employment position. The lockdown seems to have more of an impact on the time of kids' sleep than on their actual slumber. Their daily habits shifted as a result of the foregoing changes and their inability to maintain a consistent pattern. It has been noted that youngsters are displaying more emotional symptoms (such as unhappiness and frustration). Moreover, mothers indicated that their children's indiscipline and hyperactivity had increased, and that their children's inhibitory self-control (the ability to manage one's emotions, thoughts, and actions) had worsened, compared to the time before school closure. The disruption of children's inhibitory self-control ability was associated with mothers' emotional exhaustion. The incidence of child abuse complaints dropped by 27% in the first two months after schools were closed, according to a research conducted in Florida, USA. There was no discernible change in the suicide rates of children and adolescents during the first round of school closures caused by the COVID-19 outbreak.

### **Review of literature**

(Zahedi et al., 2021) studied “educational policy and practice during COVID-19” In the COVID-19 epidemic, the problem of screen time is urgently needed to be resolved (ST). Critics and a growing body of research are questioning the wisdom of imposing daily limits on the amount of time pupils spend online to protect them from the perils of excessive screen time. More than half (52 empirical research) found that much of the literature on ST had effect sizes far too small to be of practical or therapeutic importance, and educational ST outcomes were equivocal and severely underrepresented. It is because of these realities, as well as the evident advantages of online learning in the absence of conventional education, and the alarming estimates of learning loss associated with long-term school closures, we suggest a more balanced legislative and practical approach.

(L. Gupta, 2021) studied “Effect Of the Covid-19” The media, children, and violence all contribute to the spread of the disease. There is no other name for Latika Gupta. Abstract The outbreak of Covid-19 led to widespread school cancellations throughout the globe, making the school unavailable to both pupils and staff alike. During the lockdown, most residents stayed inside their houses, no matter how large or tiny, and passed the time by watching television news and entertainment programmes or by using social media. A research was carried out to

capture the pandemic-related experiences of young people with this awareness, sensitivity, and a willingness to understand the predicaments in their entirety.

(MSc RIT), 2021) studied “To Assess the Effect of COVID-19 on the Mental Health Status of Students” The research evaluates the influence of COVID-19 on students' mental health and depression levels. COVID-19 has been related to a rise in stress and dissatisfaction, as well as particular difficulties such as a lack of contact, emotional support, and physical isolation, all of which have a detrimental influence on the public's mental health. Most institutions and colleges were shuttered in 2020 as a consequence of the lockdown implemented in retaliation to COVID-19. Things in India appear to be returning to normal after June. Universities and institutions were ultimately reopened after rounds of unlocking were finished. In April 2021, India's COVID-19 numbers achieved a new high. India has been hit by the deadly COVID-19 virus for the second time. Educational institutions were once again shuttered, having a major influence on students' mental health.

(Gul & Demirci, 2021) studied “Psychiatric Disorders and Symptoms in Children and Adolescents During the COVID-19 Pandemic” Mental and physical health have been severely impacted by the ongoing COVID-19 pandemic, which struck us hard and fast last year and continues to this day. Due to new mutations appearing, a lack of effective vaccines, and an increase in the number of cases and fatalities, some nations have kept their restrictions in place. Since schools have been closed throughout this epidemic, children and teenagers' physical activity has been limited despite the fact that they show less symptoms as the illness advances. Because children and teenagers are still growing physically, intellectually, and emotionally, the pandemic's impacts might be disastrous. Fright about the COVID-19 pandemic has caused a rise in melancholy, anxiety, and post-traumatic stress disorder (PTSD). On the other hand, due to school closings and an increase in time spent at home, screen time has grown, and this might be a sign of behavioural addictions to come. In children and adolescents, especially those with neurodevelopmental difficulties, there has been a surge in a number of behavioural issues. Because of the disruption of special education classes, children with special needs are now more exposed to the epidemic's effects. For children, adolescents and adults, the pandemic's effects on their mental health will be felt for many years to come.

(10.9779.Pauefd.775406, 2021) studied “Mental Health of Students amid COVID-19” Countries all across the globe were compelled to go into lockdown because of the COVID-19 outbreak. Across the globe, fear and anxiety have risen as a result of this extraordinary

disruption of everyday life. There was a delay in tests and a move to an online learning environment for students applying to high schools and universities. Students' mental health deteriorated due to the constant uncertainty in the school environment. Understanding their present mental health as a consequence of their life experiences may lead to improved management, government policies, and treatment for mental illness. Students' mental health was examined as a consequence of their experiences during the COVID-19 epidemic in this research. This study used a mixed-methods approach. A survey of 300 students was given out as part of the project's quantitative component. Analyzing the interview material using interpretive psychoanalytic phenomenological analysis is the qualitative component (IPA). There was a lot of mental tension among the participants in this research. Girls were more stressed out than men. Principal research questions and student mental health The COVID-19 outbreak was brought to life via the stories of those who participated in COVID-19.

(Singh et al., 2021) studied “Online Learning Experiences amid Lockdown” All of the world's educational institutions were ground to a standstill by the Covid-19 shutdown. In order to keep up with schoolwork, a virtual platform was the only option. During the lockout, students had no idea what online learning was. It was a new experience for youngsters and their parents, and they had some issues getting used to this new approach. An investigation of students and parents' experiences with online education under martial rule was the goal of this research. An Interpretative Phenomenology method was used to investigate students' own views and experiences with online education. A telephone interview was performed to gather information about 99 participants from two districts in the Indian state of Uttar Pradesh. A thematic content analysis was performed on the data collected from pupils and their parents. The children' data revealed twelve themes, whereas the parents' data supplied eight. The absence of personal digital resources, low lecture quality and e-content, loss of privacy in homeschooling, an uneasy atmosphere at home, and negative effects on physical health were identified as the top concerns of the kids. Both children and their parents had a bad experience with online learning during the lockdown, according to an in-depth analysis of the perspectives of both parties. Personal, cultural, and technical obstacles are limiting the advantages of online education for students in India, which is in its early stages.

(Parveen & Naik, 2021) studied “Impact Of Covid-19 Pandemic On Mental Health Of Children” A global pandemic of strokes is being caused by the Corona virus (COVID-19). Anxiety, worry, and stress are all reasonable and healthy reactions to life's unpredictable ups

and downs. Children's life and society as a whole are harmed by COVID-19. The COVID-19 has a major emotional and psychological impact on all children, regardless of their gender, age, or geographical location. COVID-19 has sparked feelings of uncertainty, worry about social ties, and family worries about the long-term viability of the community. Current research in India focuses on how COVID-19 affects children's mental health and other factors. Finally, the effects of COVID-19 on children are examined.

(Nauli et al., 2021) studied “Nutritional status indicator and its correlation with mental health score among adolescents in schools” 10-20 percent of teenagers globally are thought to be affected by mental health problems. Being overweight or obese, as well as malnutrition, may have a negative impact on adolescent mental health. Students at boarding schools have a misunderstanding of the connection between diet and mental health. Students at Islamic boarding schools were studied for their nutritional condition and the connection between their diet and mental health. Students who performed better on the overall difficulty scale also did so in other areas. Schools and the government should pay attention to pupils' nutritional status since it is connected to mental health.

(Bhatia, 2021) studied “Emotional and Behavioral Difficulties in Adolescents during COVID-19” The Strengths and Concerns questionnaire was used to examine teens' emotional and behavioural issues. COVID-19 closures have exacerbated the discomfort caused by a loss of regularity and isolation from one's social network. For a long period of time, living in close proximity to one's family might worsen pre-existing conflict and mental health problems. Gender differences in prosocial behaviour and peer connections were identified in the research, which suggests that empathy and role parity are the ties that bind prosocial behaviour and peer relationships together. We also look at a practitioner's case study, which shows how stressful times have led to an increase in appointments. They also point out that teaching children life skills like stress awareness and management is essential, as is helping them to strike an equilibrium between internalising and sharing their concerns. Yoga and aerobics, as well as other activities that keep people at a safe distance, may be used to decrease tension during lockdown. More study is required in this area based on the results, although there may be a correlation between behaviour concerns and emotional reactions owing to the same cause factors.

(Thapar, 2022) studied “Research Protocol for a Before-After Comparison of the Impact of COVID-19 on School-Going Adolescents” There was already a physical inactivity epidemic

before the COVID-19 pandemic hit. Schools may be shut down, children may have to spend increasing time spent at home and social isolation might lead to mental health difficulties in teens because of programmes like COVID-19. The government's response to the COVID-19 epidemic is being studied to see how it affects teenagers' exercise routines, sedentary behaviour, and eating habits. People's eating and activity habits need to be studied more thoroughly. Adolescents' physical activity, sedentary behaviour and nutritional habits are all examined in this study.. Covid-19 was a pioneering study in assessing school-aged youths' physical activity and inactivity from both a subjective and an objective perspective. We will be able to learn more about why people alter their lifestyles and maybe devise new strategies for being physically active even when they are physically separated from one another using a mixed method approach.

### **Conclusions**

Our short assessment reveals that the loss of school-based and key services and resources during the COVID-19 epidemic has a disproportionately negative effect on children with disabilities and those from low-income households. In addition to disruptions in daily routines, COVID-19 school cancellations were related with higher stress and emotional responses (such as melancholy, frustration, and indiscipline) among students. It is expected that the incidence of children obesity and the body mass index (BMI) would rise in proportion to the length of the school shutdown and the daily drop in physical activity. Future research and assessment studies should pay particular attention to the concerns raised by parents and educators concerning children and adolescents' abilities to learn while schools are closed due to a pandemic. Some evidence of favorable health care system benefits seem to be outweighed by the harms of school closure on children and teenagers' health. Other health and social implications, such as the quality of life of children and their families, lifestyle, screen time, education/learning, cognitive development, social connections, and social media usage, may also be influenced by school closures, thus evaluating these factors would be useful. When weighing the pros and drawbacks of closing a school, it is crucial to do an analysis that takes into account the unique demographics, healthcare infrastructure, and other factors of a certain area.

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