



A CRITICAL LOOK ON TELEVISION, INTERNET & PARENTAL INTERVENTION IN CHILD UPBRINGING : A PSYCHOLOGIST PURVIEW

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ABSTRACT Media not limiting to Television, Internet and Gaming has the potential to generate both positive and negative effects. With a purview of an individual child's developmental level this is a critical factor which determines whether the medium will have positive or negative effects. This paper does not limit saying that all television programs or usage of internet usage are bad, but based on the statistics and data showing the negative effects of exposure to violence, inappropriate sexuality and offensive language are huge and severe. Still a detailed analysis by psychologists and psychotherapists need to be carried out in finding and bringing out the negative and positive effects of media on children and adolescents especially.

Especially Indian children have developed the habit of excessive amounts watching television, videos in social media and games which are War and destruction based. Even though these games develop a keen observance, watch out for consistent skill of processing and so on, excessive television watching and playing games and entertainment play hoods contributes to the increased incidence of childhood obesity, may also have a deleterious effect on learning and academic performance. If not monitored under circumstances, watching certain programs may encourage irresponsible sexual behavior. Unfortunately television is an effective way for product marketing forums and companies their products which may at times become unhealthy if habituated. The amount of time that younger generation currently spend watching television has not decreased significantly. The most unfortunate condition is that with prolonged viewing, the world shown on television becomes the real world for them, instead of making logical reasoning and they get isolated from the whole world. Television viewing, internet browsing and frequent gaming limits children's time for vital activities such as playing, reading, learning to talk, spending time with peers and family, storytelling, participating in regular exercise, and developing other necessary physical, mental and social skills.

KEYWORDS :

Survey & Feedback :

Under an analysis of children and adolescents with a range of age between 8 – 12 with a size of 120 children and based on the survey conducted on their behavioural and medical reports of children on their regular routine the results are tabulated below. The specific reason of selecting the band group is because development changes occurring during the primary school years, from 6-12 years of age, the ability to regulate one's emotional state increase. 11 year old are better able to stay calm in face of conflict or stress than 8 year old who in turn become more skilful at self-regulation. Also the reason for not selecting children below 8 is that the children below 8 years of age do not grasp this distinction. Especially from 7 to 11 years of age the ability to display an emotional state that incongruous with the emotion being felt increases yearly. For example the ability to display positive affect while feeling emotionally disappointed. A simple result of the same based on the survey with their parents resulted in outcome as shown below in the chart. The parental suggestion on attitudes and behavior was only analyzed with a clear information to them that their views and ideas should not be shared as it may be their own opinion on their children considering various other situations.

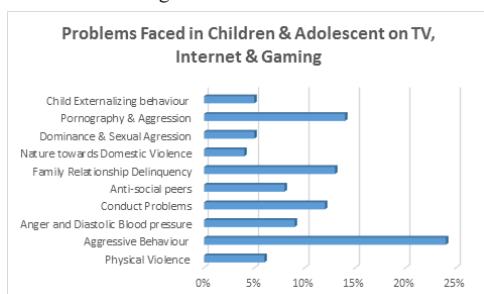
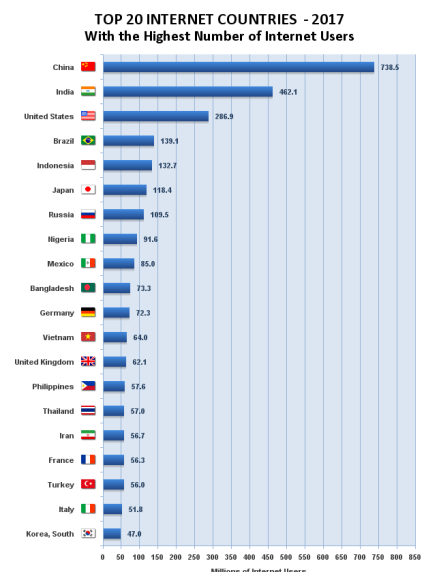


Fig 1 : Chart explaining problems faced in children and adolescent on TV, Internet and Gaming activities.

The amount of violence on television is on the rise day by day. The average child sees more and more of violent acts on television, including many depictions of murder and rape which is to be considered or categorized under violence and creates increased aggressive behavior, particularly in boys. Psychologists and Counselors have a challenge in handling emotionally disturbed children due to excessive use of entertainment modes. They will also handle with an approach of aggressive behavior should inquire about the child's exposure to violence portrayed on television.

Internet

The Internet has a significant potential for providing children and youth with access to educational information, and can be compared with a huge data availability as a home library. There are also several potential threats that need to be unmasked and a wise parent will learn how to protect their children by immersing themselves in the medium and taking advice from the many resources aimed at protecting children while allowing them to reap the rich benefits in a safe environment. The amount of time spent watching television and sitting in front of computers can affect a child's postural development. Excessive amounts of time at a computer can contribute to obesity, undeveloped social skills and a form of addictive behaviour. Although rare, some children with seizure disorders are more prone to attacks brought on by a flickering television or computer screen. The counselor or the psychotherapist should be in a good position to encourage parents and children to discover the Internet and to use it wisely. A data statistics shows the use of Internet use in India as on 2017 and we are number 2 in terms of global internet use.



Source: Internet World Stats - www.internetworldstats.com/top20.htm
2,816,277,245 internet users in the Top 20 countries as of June 30, 2017
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Approaches :

- Counselor or the Therapist will regularly inquire about media habits when taking a psychosocial history. They will also analyze about video watching, use of video games, internet especially when dealing with aggressive and particularly vulnerable children and families.
- Identify and avoid programs that portray irresponsible sex and violence, and questionable Internet sites.
- Increase their own level of awareness about the most recent data on the influence of media on the development to their parents
- Families should be encouraged to explore media together and discuss their educational value. Children should be encouraged to criticize and analyze what they see in the media. Parents can help children differentiate between fantasy and reality, particularly when it comes to sex, violence and advertising.
- No child should be allowed to have a television, computer or video game equipment in his or her bedroom. A central location is strongly advised with common access.
- Television watching should be limited to less than 2 hours per day.
- Families should consider more active and creative ways to spend time together.
- Parents should explain why some programs are not suitable to them instead of just scolding them.
- It is more appropriate if Government cyber control take part and ban these type of social networking websites, other than government, every parents should closely banned the use of social networks on their children and secure their future
- Discourage TV viewing and all screen exposure such as smartphones for all children under the age of two.
- Discourage use of electronic toys for younger children.
- Encourage use of toys fostering creativity, such as blocks and crayons.
- Turn the television off during mealtimes.
- Ask your children questions while watching the program. Do they understand what is happening? Do they think what is happening is real or possible? (Young children often cannot understand the story's idea—they just see the action.)
- Explain commercials to your children. Commercials are made to encourage us to spend money. Children can understand that we do not need a certain product to really be happy. Ask your children questions that stimulate conversations about the commercials
- Disallow them being friend on Facebook or any social media with unknown profiles.
- Parents should be good role models in their use of media.
- Parents should encourage disciplined driving habits like not using phones while driving

In a nutshell, exposure to electronic media and its associated violence increases the risk of children and adults behaving aggressively in the short-run and of children behaving aggressively in the long-run. It increases the risk significantly, and it increases it as much as many other factors that are considered public health threats. As with many other public health threats, not every child who is exposed to this threat will acquire the affliction of violent behavior, and many will acquire the affliction who are not exposed to the threat. Proper Care and guidance need to be provided to the younger generation with social responsibility and counselors must make them understand the positives and negatives of Television and social media impact.

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