



**ORIGINAL RESEARCH PAPER**

**Psychology**

**CARTOON ADDICTION AND LONELINESS AMONG CHILDREN DURING COVID LOCKDOWN**

**KEY WORDS:** Cartoon Addiction, Loneliness, Children

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**ABSTRACT**

In the olden days, children used to play several games jointly as a team and full day they were busy in physical activities. But nowadays, it has decreased because of the usage of TV. Especially in the current COVID situation, children were become addicted to cartoons, due to the lack of social activities taking place around them. The children were very busy watching cartoons and spend their whole day on it. They became very close to it. This causes "cartoon addiction". Everyone knows that loneliness will cause depression, because of less social interaction between children. so they feel bored and lonely. This causes children to eat something for tackling their loneliness. It will cause some health issues. This thematic paper applies content review methodology and had gone through the contents related to the topic and analytically summarised the ideas. The conclusion of the thematic paper states that the loneliness of children who are addicted to cartoons gets increased during COVID lockdown. And also, this paper discusses some remedies such as family therapy, cognitive behavioral therapy, motivating them on reading books, helping them to improve in their date to day physical activities, encouraging children to improve their hobbies, etc... It will help them to overcome cartoon addiction.

**Introduction**

Nowadays, there are TV channels that broadcast cartoons non-stop. Children usually spend more than two hours a day in front of a TV screen and these two hours are usually exceeded on weekends. Moreover, before COVID lockdown children were involved in physical and outdoor activities that had many positive effects on health and mind. But, during this COVID lockdown period children sit in front of the TV and watch cartoons for a whole day. When children spend more time watching cartoons, they love what they show. Children are obsessed with cartoons these days. These cartoons are Dora Buji, Doremon, shin chan, Barbie, Ben Ten, Superman, Mr Bean, Tom & Jerry, Chhota Bheem, Jackie chan and Oggy & Cockroaches etc. This is because children learn by imitation and develop certain behaviours in real life by observing what they see in cartoons. Advances in technology have allowed people to turn images into moving objects and create an imaginary fantasy world in the minds of children. Excessive watching of cartoons induces children to become addicted to these animated objects, influencing their physical and mental behaviour and mimicking these characters in their daily life. Animation programs are harmful to the health and activity of children. The young age of the children is very critical in the sense that they have no idea what is wrong or right and whatever he/ she or listens, is imprinted in their mind. It has a direct effect on their physical, mental and psychological capability. As they stay at the house, the only way they can entertain themselves is television. Cartoons have affected the thinking, intellectual and communicative abilities of the children. In addition, animation programs have many destructive effects such as vision and deafness, imagination, superstition, learning to lie, learning neglect, and violence.

**Loneliness**

Loneliness is an unpleasant emotional reaction to perceived isolation. It is a depressive or uncomfortable state that occurs when a person feels a gap between their need for social relationships and their experience with them. Feelings of loneliness have been associated with physical well-being and poorer mental. For example, loneliness in childhood has been linked with lower school liking, school drop-out, depression, social anxiety, lower self-esteem, peer rejection and victimization, eating disorders, suicide ideation, sleeping

problems, and poorer cardiovascular functioning (Heinrich & Gullone, 2006; Mahon, Yarcheski, Cannella, & Hanks, 2006). Eventually, human beings can increase compulsive eating that they begin munching on extra meals seeing it as an answer for his or her loneliness and depression. It can lead to extreme troubles connected to nutritional habits, inclusive of diabetes and excessive cholesterol. Eating meals can offer brief alleviation while one is pressured out, sad, unhappy, frustrated, bored and disappointed.

**Objective of the study**

The main objective of the study was to explore Cartoon Addiction and Loneliness among Children during COVID lockdown.

**Methodology**

This thematic paper applies content review methodology and had gone through the contents related to the topic and analytically summarised the ideas.

**DISCUSSIONS OF THE STUDY**

**Negative Impact of Watching Cartoons on children**

The cartoons have a negative impact on child growth and behaviour. The children can have different negative effects they are:

**1. Encourages Unsocial Behaviour**

There are various cartoons that support antisocial behaviour and present wrong information to children. Some cartoons include sexual innuendos, encourage aggression, and promote bratty behaviour. It affects children's behaviour and makes them believe it is normal to be aggressive, spoiled, or violent.

**2. Promotes Unruly Behaviour and Lack of Empathy**

Some cartoons demonstrate characters showing impolite or disobedient behaviour towards their teachers and elders. Children may imitate this behaviour and challenge their parents or teachers when they are disciplined for negative behaviour.

**3. Promotes the Use of Foul Language**

The cartoons mostly contain language which is unfit for

children. Children are impressing and start learning from cartoons in real life and use bad language.

**4. Encourages Violence**

The children watch cartoons that portray violence and encourage them to become violent in real life. Also, children think that no one has feelings since cartoons escape unscathed after experiencing violence. There are some characters in cartoons like Tom and Jerry, The Road Runner, and Oggy and the Cockroaches who frequently beat each other or cause each other to drop from heights, often without any real consequences of life.

**5. May Lead to Health Problems Due to Sedentary Lifestyle**

While watching cartoons by sitting in front of a screen for more than two hours can lead to various health problems due to inactivity and a sedentary lifestyle. These contain obesity, vision problems, and nutritional deficiencies due to bad food habits.

**6. Promotes Bad Role Models**

Children mostly admire their favourite characters and imitate them or want to be like them. Frequently the thing which is idolized could be a misleading role model who supports the wrong habits or demonstrate insensitive behaviour towards fellow beings. This type of effect of cartoons on children's psychology can mostly lead to devastating consequences and outcomes in children being withdrawn, uncommunicative, antisocial, or unruly.

They spend most of their lecture time in front of the television watching different cartoons. Watching cartoons in excess make them obsessed and they cling in front of the TV most of the time. They also perceive the misuse of power shown in cartoons, like the characters who are shown big are mostly more powerful and are more aggressive and dangerous to be a mess with because they have the wrong perception that they are strong like in Doremon etc... Cartoons have affected the thinking, intellectual and communicative abilities of children. And also cartoons contain several violence and aggression.

Some of the following remedies were given to overcome cartoon addiction for children:

Write a story with your child - Your child can create characters similar to the ones on TV and create adventures to go on. Encouraging writing short stories through imagination will stimulate your child's mind. Give your child ideas to get started with a story prompt or a theme.

Play board games together along with your circle of relatives in substitution of the television. Find an age-suitable sport to play with simply your child or as an entire own circle of relatives. If your kid refuses, make it important to play one sport earlier than they can watch an hour of TV.

Teach your child how to play an instrument or arrange music lessons. Learn and practice an instrument. Music is a great way to engage your child, and they can choose from a variety of different instruments. You can teach them at home or get them private lessons through online. Good instruments to start with include piano, violin and guitar. Help your child with a few suggestions of instruments to play, and let them pick. If they refuse, try another hobby they may like better, like drawing, dancing.

Set a plan and stick with it. Create guidelines of how long to watch television each day. Your plan could start with only two hours of television a day. You can also regulate your TV time at a specific time every day, like after dinner at 8:00 pm.

Restrict TV time while doing other activities. It is easy to get into a TV addiction if the screen is always on. Turning off the

television while doing things like cooking, cleaning, eating dinner, or doing homework can cut down excessive usage of TV time.

Encourage your child to read a book rather of watching cartoons. Rather than incontinently turning on the television, sit down with your child to read a book. Reading will elevate your child's creativity and assist learn new vocabulary words. Find books on effects your child is interested in, like dinosaurs, dogs, or aeroplanes. Still, award them with one occasion of a cartoon for reading for a partial hour, If your child doesn't want to read.

Stock up on art inventories and encourage your child to get creative. Buy crayons, labels, coloured pencils, or paint and set up art time for your child. Use a variety of art inventories to advance creative alleviation for your child. This can affect hours of entertainment down from the screen. Have your child pick out the art inventories with you to get their imagination going. Still, try other art inventories until the commodity clicks and seems delightful, if your child refuses.

**Cognitive Behavioral Therapy**

According to American Addiction Centers, Cognitive Behavioural Therapy (CBT) is a precious treatment implement because it can be used for numerous different types of dependence including, but not limited to, food dependence, alcohol dependence, and traditional medicine dependence.

**Family therapy**

Also referred to as family counselling, family systems therapy is a branch of psychology that works with couples in intimate relationships and families to nurture change and development. It tends to make a change in terms of the systems of interaction between family members.

This study is discussed about the cartoon addiction and loneliness among children during COVID lockdown. And also discussed about the negative impacts of cartoon addiction on children's during this COVID lockdown. During this period, the children were suffered from social isolation so they felt very lonely. To engage their loneliness, they were addicted to cartoons. This thematic paper helps to know about the effects of cartoon addiction and also given some of the remedies to overcome cartoon addiction on children.

**CONCLUSION**

The conclusion of this thematic paper states that children felt lonely during this COVID lockdown period, so they engage in watching their favourite cartoons. This shows that there has been a significant increase in watching cartoons. The outcome of this thematic paper is now a day's children were more addicted to cartoons. Cartoons are one of the child's daily habits which sculpture their mind and behaviour. The children who overwatch the cartoons shows a high rate of language acquisition moreover, they also display aggressiveness and violent behaviour with siblings and peers. Children also exhibit some antisocial behaviour as they tend to remind in front of the TV. They show some violent behaviour with their siblings while actually, they are trying to be funny. Violent and aggressive cartoons can lead to aggressiveness in children's behaviour. While, cartoons can help children in acquiring language and developing their cognitive skills, overwatching them can sometimes lead to anti-social behaviour and also affects the executive functioning of school going children. Though it had some merits, it manipulates children's logical thinking. And they lack social integration. To avoid all these impacts, we have to bring children to social interactions, mingle with friends, family members and neighbours etc. We have to bring the children involved in physical activities so that they have some social interactions and engage with playing outdoor activities. By using the above-suggested therapies and methods, we can overcome the cartoon addition.

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