Australian News Paper Published 5/07/2023

Are children addicted to electronics?

“My child has a phone but don’t worry, she’ll never be addicted. She’s not like that.” Well actually, the average teenager spends 7 ½ hours a day on their phones; and children aged 8 to 12 spend 4 ½ hours a day on phones. This is far too much when children should be outside and spending time in the sun.

5 children under the age of 8 using electronics rather than going outside.

It has been proven that children nowadays are lacking in vitamin D, which is mainly sourced from the sun. Children need to be spending more time outside than inside on electronics. Vitamin D deficiency causes issues such as fatigue, lack of sleep, muscle weakness, and depression. This can easily be fixed with going outside and being in the sun so your body can absorb the vitamin D from the sun’s rays. Children will say “I’ll just take vitamin D tablets to boost my vitamin D and then I can stay inside.” But staying on electronics for too long damages other components of your body and supplements for vitamins are not as effective as the real thing.

Electronics have been proven to damaged people’s eyes. Using electronics can cause dry and irritated eyes. You blink less when watching stuff which can damage your eyes and make them dryer. Having a moist tear layer on your eyes ensures clear vison and using electronics regularly prevents that. Using electronics for a long period of time can cause physical changes to your brain. Screen time may affect the growth of the Cortex. It will give you bad eyesight and possibly long-term damage. It can also cause major damage to the brain which may affect your quality of life. This doesn’t seem like a big deal, it’s not like we use our eyes for anything, and they totally regenerate if they get damaged. I’m sure there’s no need to restrict the amount of time kids spend on devices.

Addiction is a serious thing, and children can be addicted to things too, such as electronics. A study performed by a scientist in the United States showed that 46% of children aged 6 to 12 own a phone. With children that young of age having access to a phone, they are bound to become addicted. It has also proven that being on your phone too much can cause added depression, anxiety, poor sleep, stress, and worse educational results. But none of that matters, I’ll still let my children use electronics whenever they’re bothering me.

Although playing certain games on electronics may improve ambidextrous skills, it is not ideal to spend several hours a day playing them. Children become addicted to games as they are “needy” for the thrill they receive when playing them. The hormone Dopamine, also known as the ‘feel good’ hormone, is released when we feel a sense of reward or success. The feeling of this hormone is addicting, resulting in children continuously playing games to get a rush of Dopamine. A study was performed which revealed that 91% of children worldwide play video games, whether they are on a phone or computer. 68% of those children are boys and the other 23% are girls. Children are wasting precious time in a virtual world where they can do as they please. Nowadays children just want whatever they want and think it is the best for them.

We interviewed some of the local residents to see what they think of the situation. Here’s our first interview from a father with 2 children under the age of 7: “It aren’t gonna matter if me children is on their phone things 25/7. They don’t make troubles with them at all, they better than going to dumb skhool. Oi looks at me, I was on me phone all days back when I was a young lad and I perfect fine!” As you can see, being on your phone instead of learning doesn’t cause any issues at all.

So, after all this information you definitely shouldn’t stop your children from using electronics because all these negative side effects don’t matter, and electronics distract your children so you can have your own free time so it’s alright. Afterall it doesn’t even matter if our children aren’t perfectly educated anyway……right?