



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

A study on impact of television programmes, video game and internet on child psychology and their behaviour.

Dr.Devina Upadhyay ¹

Ms.Mital Raval ²

¹Rashtriya Raksha University

²Redbricks School

Abstract:

To understand child psychology and their behavior it is important to understand the factors which actually affect the same. Parents as well as educators can work upon the identification of factors and can help them to prevent their ward by getting aggressive or violent in behavior.

To understand more on impact of television programmes, video game and internet on behavior of children, we have carried out research where we have collected responses of 200 parents through non probability convenience method. The result suggests that exposure of video game creates wrong impact on child's behavior and child becomes more violent. While in case of watching television and child behavior is not having significant association but internet exposure is also having direct impact on child's behaviour. Using factor analysis following factors have been identified which are important factors and having directly affect the child's behavior.

Few suggestions to prevent the situation and future research need also has been mentioned in the paper.

Key words:

Child psychology, Behavior of children, Digitalization

Introduction

The word psychology describes scientific study of the mind and behaviour. Child psychology is the study of subconscious and conscious childhood development. Child psychology deals with the behavior of children. In order to understand need, desire and ability of child we must take help of the child psychology.

Now a day in the era of digitalization it is important to understand the impact of television programmes, video game and internet on behavior of children. During this pandemic situation in 2020 children have become more techno friendly. It is indeed a tough task to be keep them away from the television, video game and internet.

Television programmes may be having different type of influence on children. As children are more exposed to screen time now a day, they get to see kids web series. Because of it they get influenced by the characters so much. It has observed that in their routine sometimes they get into specific character and behave same like that character for few hours and so. Especially for video game, since the video game player is an active participant rather than merely a viewer it can impact more on children. Internet is also having lots of stuff which is not actually suitable for all the age group people.

Objective

To know how television programmes, video game and internet impact on behavior of children

To prepare list of preventive measures which will help parents to understand their child and his/ her psychology both.

Methodology

To reach conclusion on above said matter, we have contacted 200 parents and asked them to submit their reviews on impact of television programmes, video game and internet on child psychology AND behavior of children. To analyze the responses received from the parents in the form of answer of structured questionnaire we have used regression analysis and factor analysis. This study will help parents as well educational institutions to understand about the child psychology and impact of television programmes, video game and internet on behavior of children. Again we have prepared the list of suggestions which will help parents to understand their children and their psychology and to think and act upon preventive measures.

Literature review

Huesmann L. R. (2007), A study was related to exposure to violence due to in television, movies, video games, cell phones, and on the internet. And the research evidences that exposure of above said platforms affect the behaviour of the children and it increases the risk of violent behaviour. The long run and short run effect on children behaviour of availability and use of television programmes has been explained and discussed in detail

Tanwar, Kamini & Priyanka, (2016), Study by them revealed that media has been proved very worth tool in the field of education. people spend considerable time in watching television, playing video games and on internet. The paper suggests that media violence and violent video games have had a very negative impact on children and their day-to-day behavior. All these things affect the behavior of children and they become more aggressive.

Analysis and discussion

To know impact, we have applied regression analysis.

Hypothesis: There is a significant impact of excessive use of video game on child behavior.

Table 1 Regression Analysis output

Result suggests that hypothesis is accepted and it suggests that there is a significant impact of excessive use of video game on child behavior. Again, it shows that it creates wrong impact and child becomes more violent. While in case of watching television and child behavior is not having significant association but internet exposure is also having direct impact on child psychology.

Result of factor analysis suggests that, following are the important factors which directly affect the child psychology

Figure 1 factor Analysis : Factors extracted

As suggestions, we would like to bring out few points on the basis of responses received from parents themselves are as follows:

First point is on time management, if onscreen timing for child will be restricted to few hours/minutes than this problem can be avoided.

Secondly, attentiveness matters a lot in case of behavior of child and parents as well as educators need to focus on the same.

Make the kid engage in some physical activities for at least an hour during a day.

Thirdly, as a preventive measure parents should decrease the use of television and internet.

Future research needs

This research can be extended for identifying the proper time frame where a child can be having exposure of television, video game and internet. Again, research can be carried out on focusing different age group children to know about the impact of television and internet on behavior different age group children

References

Huesmann L. R. (2007). The impact of electronic media violence: scientific theory and research. *The Journal of adolescent health : official publication of the Society for Adolescent Medicine*, 41(6 Suppl 1), S6–S13.

Tanwar, Kamini & Priyanka,. (2016). Impact of Media Violence on Children’s Aggressive Behaviour. *Indian Journal of Research*. 5. 241-245.

Anderson, C.A., Ihori, Nobuko, Bushman, B.J., Rothstein, H.R., Shibuya, A., Swing, E.L., Sakamoto, A., & Saleem, M. (2010). Violent Video Game Effects on Aggression, Empathy, and Prosocial Behavior in Eastern and Western Countries: A Meta-Analytic Review. *Psychological Bulletin*, Vo. 126, No. 2

Anderson, C. A., & Dill, K. E. (2000). Video games and aggressive thoughts, feelings, and behavior in the laboratory and in life. *Journal of Personality and Social Psychology*, Vol. 78, No. 4

1. Funding details: NA

2. Conflict of interest statement:

The Author(s) declare(s) that there is no conflict of interest’ if there are none

3. Acknowledgement

I would like to acknowledge my research partner Ms.Mital Raval for aiding me in understanding words psychology and behaviour.

I would also like to thank parents who have participated and giving me the proper responses to complete my research work.

Lastly I would like to thank god and my parents both for encouraging me doing research and providing me suitable environment where I can concentrate and focus on my work.

4. Figures and Tables

Table 1 Regression output

Independent variable	Dependent variable	Significant value	Level of significance
Use of video game	Child behaviour	0.000	0.05

Figure 1 factor Analysis : Factors extracted

