



Youth and Screen time: Impact of the covid-19 pandemic

Somanath Sahoo
Assistant Professor, SOJMC
AAFT University of Media and Arts
Raipur, Chhattisgarh

Abstract

The COVID-19 pandemic has thrown ups and down every facet of our lives. Even before the inception of this crisis, the social and economic integration of youth was an ongoing challenge. Now, unless urgent action is taken, youth are likely to agonize severe and long-lasting impression from the pandemic. The pandemic has magnified this societal conundrum about whether social media is useful or harmful. This pandemic has forced us to shift our entertainment as well our social interaction resources.

This research will be useful for people of all ages who aim to understand the benefits and drawbacks of media use during the COVID-19 pandemic.

Keywords: Binge watching, Covid-19, Youth, Screen time, Television Media

Introduction

The COVID-19 pandemic has influenced the health, safety, and daily lives of all discrete. Adolescents may be uniquely subtle to this instantaneous disruption in their lives due to the biological and psychological changes that occur during this progressed period. Media has swiftly transformed the ways in which adolescents socialize and interrelate with one another, which has contributed to an ongoing parley about whether social media is serving or harming teens today. The COVID-19 pandemic has only magnified this societal conundrum as teens are spending more time than ever before on social media. Thus, it is salient for parents, educators, and teens to better recognize social media use in the context of COVID-19. This article discusses the implications of media for adolescent evolution and mental health in the context of COVID-19, with attention to the ways in which social media may be especially obliging for teens in the midst of physical distancing practices, as well as how social media deportment can negatively aftermath teens' physical and mental health during this time.

Although individuals of all ages are encountering the social and emotional challenges of physical distancing, adolescents may be exceptionally pretented by the abrupt and prolonged disarranging in their social lives. Teens may be uniquely furnished with the tools and skills to stay socially connected while enduring physically distant due to the widespread use of social media in this age group. However, a growing body of research also stipulate that social media can have negative upshot for teens depending on how and when they use it.

The pandemic has magnified this societal conundrum about whether social media is obliging or harmful for teens. Given that some form of physical distancing practices may be mandatory for an extended period of time, it is indispensable for parents, educators, and teens to better understand television media in the context of the COVID-19 pandemic.

This research will highlight psychological theory and research to discuss the implications of television media for adolescent development in the context of COVID-19

Current status of COVID-19

The COVID-19 pandemic has thrown into disorder teens' social lives and normative developmental chore in profound ways. Schools are now closed, extracurricular activities are scratched, and peer socializing has come to a halt, presuming families are adhering to Centres for Disease Control (CDC) recommendations and state edict. While children and adults of all ages are encountering feelings of loneliness during this time of physical dissociating, the upshot of being isolated from peers may be especially mainly pronounced for teens. The incapacity to see one's peers in school and other in-person contexts dispense a developmental mismatch that is likely to influence adolescents' mold and overall wellbeing. Put simply, teens are now enforced to remain physically isolated with their families in the course of the developmental period when they are biologically and psychologically driven to be with counterparts. So how can teens cope with this up-to-date reality? Logically, many are side roaming to social media, which can allow adolescents to remain socially connected while physically stand-offish– and also present unique confronts for teens and their parents.

During the COVID-19 lockdown juncture, people experience anxiety and emotional foundering. As people face days of isolation at household, this generates an ideal condition to arrest in online activities and watching television. As recreation founts are bounded at home settings and internet/television are effortlessly accessible, readily obtainable and of course affordable; it may result in binge-watching. People with binge-watching behaviour often grasp multiple episodes in a single go. All things considered this fact, the tele-industry is devoting on making web-series that impel people for binge-watching and to foster this behaviour often all the episodes of a particular season of web-series are announced simultaneously. In the ongoing situation of COVID-19 pandemic with a global lockdown state, as people have hardly to do, there seems to be an extension in binge-watching.. This study objectifies to set on the binge-watching pattern of television, internet resources during this COVID-19 lockdown in South East Asian countries.

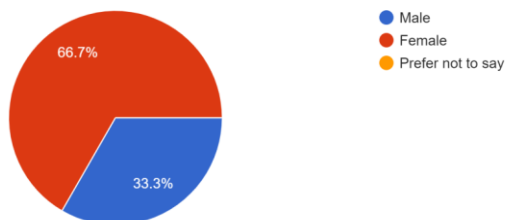
Leisure behaviour, youth, and COVID-19: Role of television

This is an illustrative study with a cross-sectional design. It was concluded in the general population of few Southeast Asian countries. An online survey was directed on the general population. The study questionnaire accommodates 26 items. Participants' age 18 years and more, consenting to take part in the review research and able to acknowledge English were incorporate in the study. The data were scrutinized in terms of percentages, mean, standard deviation and proportions. Also, country-wise juxtaposition.

An aggregate of 551 individuals who engaged in the survey. The terminal analysis was done in a sample of 598 partakers. A total of 598 adults (age ≥18years) sample was analyzed, out of which 61.3 % of contributors were from India Nepal, Bangladesh and Indonesia.

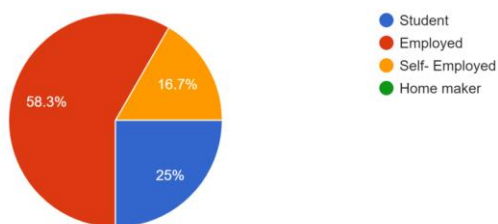
Following are the variables for projecting the survey to construct social demographic as well as screen time and binge watching pattern of youth.

Gender



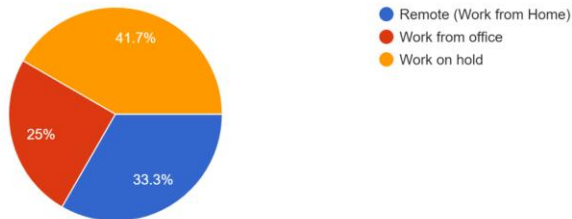
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Profession



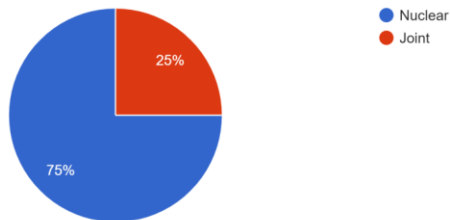
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Current work status



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Type of family



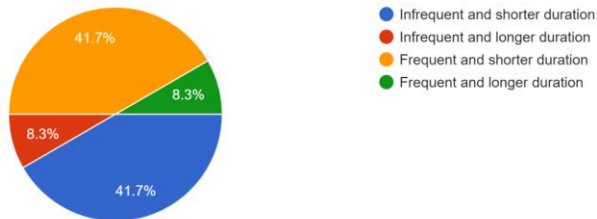
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Residence



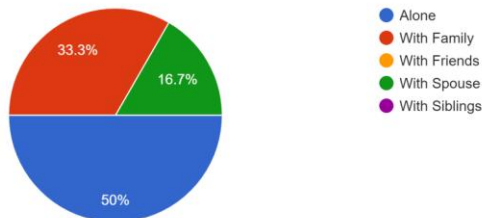
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Daily pattern before lock down



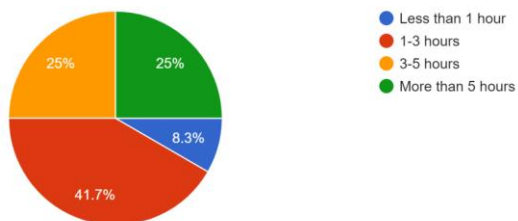
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During lock down prefer to watch



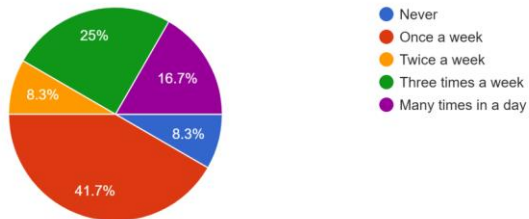
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Duration of watching during lock down



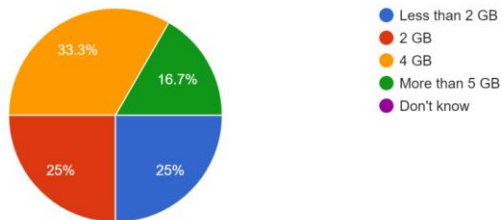
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Frequency of watching movie in a week



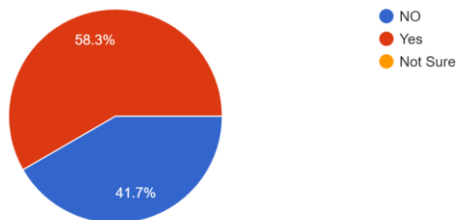
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Data usage during lock down



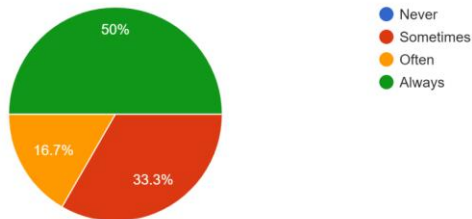
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During lock down, ever try not to watch but fail to control yourself



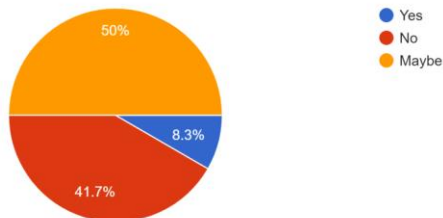
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Missing daily activities like before lockdown



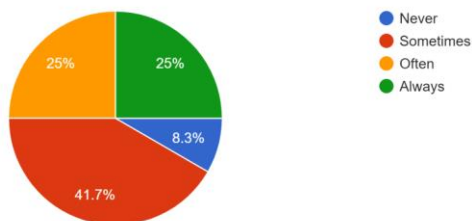
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Outcome of any series affect you



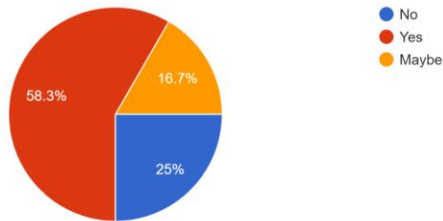
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Continuous watching affect sleep during lockdown



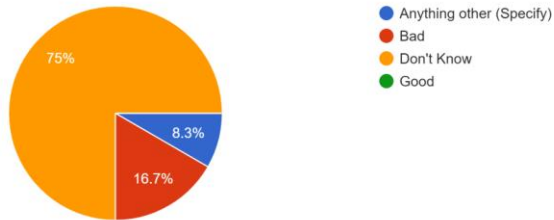
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Knowledge about Binge watching



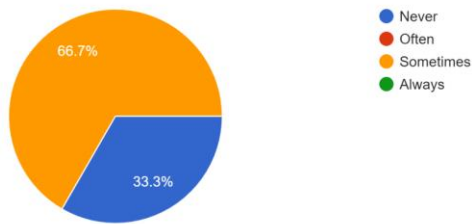
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Perception about Binge watching



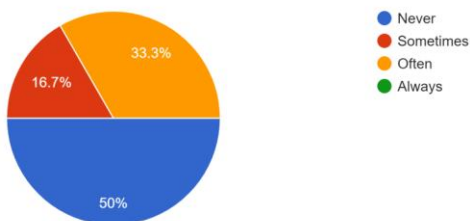
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Have ever tried to limit watching videos during lockdown



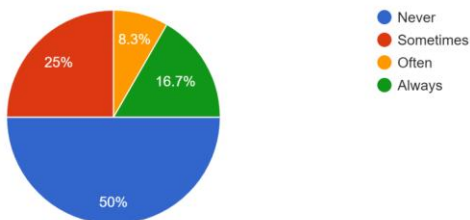
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Having conflict with others because excessive watching



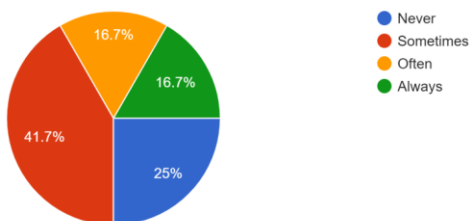
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Perceived that you are addicted to watching during lockdown



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Fear that excessive watching during lockdown interfere your study or work in the future



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As the fount of entertainment and social interaction got restricted during this pandemic, globally, people assisted themselves to the readily accessible modes of entertainment in their home settings. It has been delineated in recent day electronic and printed media that there is a rise in viewership of television and internet over the past few months, globally.

Further, research is needed to establish a genesis-effect relationship. But, as per the existing evidence, restricting the bingeing behaviour may be profitable for people and may avert the

development of lifestyle-related disarray too. This research is an endeavour to understand the possible cyber-psychopathologies amid COVID 19 pandemic.

Key things to ponder

- Staying in correspondence with friends is important: In the course of extraordinary times with a high potency of uncertainty and irregularity, it is indispensable for children to amuse and liaise with friends. Video games and social media can proffer meaningful occurrence during a pandemic: connectedness in a time where social interlink age is declined; entertainment when options are finite; and a tool to assist take the fringe off of anxiety and fear.
- Nimble engagement and parental oversight: Legitimate reservations throughout the content of sundry video games and a range of online peril that might befall children playing them can be mitigated by agile parenting strategies. These encompass conversing to children about their online experiences; making assure they do not play games deliberated for an older audience; and perceiving their mood and happiness as they play. Playing video games with children is a good way to be sure that they stay guarded. It can also be a lot of fun!

As the COVID-19 epidemic showcase, we are progressively reliant on digital technology. It has flatter a lifeline for those of us confined to our homes.

Now is a great time to revisit assumptions intriguing to youth's use of these gadgets, which often stem from threat of the unknown. To counter these threats, parents might use the extra time they spend together with their children while in lockdown to learn more about each other's worlds, both digital and physical.

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