

The Parental Avoidance of the Dangers of Technology on Children

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Introduction

Have you ever been annoyed at your parents for taking your electronic device? Did you feel like they were being strict? Almost everyone has experienced some sort of this circumstance whether it was taken away physically or electronically via a screen time limit. Through the daily progression of electronics, the eyes start to tear, the brain fatigues, and the addiction strengthens. Some may say it's too late to reestablish new habits or enhance better parenting rules. However, video games could be a great activity until it becomes an addiction. Parents can sometimes prevent their children from establishing bad habits though, some don't even realize it till it becomes a problem. These bad habits could impose a bad lifestyle and the way they act towards others. Some ways to combat this issue are to get outside and explore the beautiful nature of our planet.

At a young age, I was an avid gamer. I used to play various games all day when I didn't have school. Whether it was rainy outside or sunshine calling my name, I was never even intrigued to soak it in. Especially on weekends, me and my cousin would be on FaceTime for numerous hours a day playing the game we loved "The Plaza." That to me, at the time, was my nature and relieved any stress that I may have had. However, I saw my peers around me having just as much fun but outside. Also knowing it's a physical activity that could be beneficial. Therefore as time progressed, my brain started to evolve and made me question myself. Is playing games beneficial to my mental and physical state? Everytime I went on my electronic device to play a game, the question kept recurring in my head. Is this how I want to live my life? Should I spend more time outside? Eventually my parents started questioning my habits and told me that it wasn't healthy. To enhance their proposal, they placed a screen time limit on my

iPad. I was very upset with them over something that was only to improve my standard of living. That moment was the turning point of my video game addiction. I started becoming a more approachable person and exceeded my boundaries to make more friends. I started riding my bike and going to the local parks. In summary, I felt happier more often and I noticed my physical and mental health was improving. This is why parents should place a screen time limit on the amount of video games their kids play and promote them to go in nature.

Background

The history of the technological electronic devices all began in the mid 1970s when Steve Jobs and Stephen G. Wozniak founded Apple Inc. Some items created by these entrepreneurs were the iPhone, iPad, and iPod. The first ever Apple computer was founded in 1976 by Stephen G. Wozniak who then later teamed up with Steve Jobs. Both of them decided to start working together in Steve Jobs' garage which then led to Apple. Inc being created on April 1, 1976. Throughout their lustrous history, they have come up with some of the greatest technological advancements including, but not limited to, mobile devices, computers, watches, and earbuds. In 2007 the first iPhone was created with access to the internet, videos, and MP3s. (Levy) Just six years before, the first iPod was released which was like a portable music station and was an even bigger hit. Just 3 years after the iPhone release, the second biggest Apple screen was produced known as the iPad. The iPad was able to play high quality audio, clear touch screen, and included iTunes just like the iPod. Just as we thought the Apple Industry couldn't do any better than it did, in 2010, it later proved that the company was still able to find a way to innovate to what we now have as the iPhone 16, the Apple Watch, and airpods. (Levy)

To get a better understanding of my peers on this issue between technology rules and nature, I conducted a survey among 36 of my classmates. One of the significant things that stood out to me was that 21 of my classmates said they are not in favor of a screen time limit on their devices. Meanwhile over 90% of the participants stated that they believe if there was, it

would benefit their well being and produce a happier mood. Not one of them said their parents placed a screen time limit when they were a child. However, 27 of them said if they were a parent they would place a screen time limit on their child's device. To follow up to their answer of if they would like a screen time limit on their device, I asked them what they like to do to relieve stress. 14 of them said to go into nature and 9 of them said they would go on their electronic devices. Finally, 35 out of 36 participants believe that nature possesses a positive impact on the body and the brain. Overall, this survey has taught me what my participants believe in and disagree with.

The reason I am writing about this topic is because I disagree with the way the world is heading. As the world continues to innovate the world is becoming more focused on Artificial Intelligence and virtual learning. I believe this is not the right approach as well as electronics to get us through on a daily basis. Zoom meetings and online working shouldn't be happening as much since this leads to a less socialized life. I want people to discover other alternatives to combat stress than just scrolling through social media. I am eager to assist people with the problems that I used to suffer with and how to overcome them. I want to prove that coming from someone who loved staying inside, going outside and enjoying nature has drastically fixed me physically and mentally. I noticed an improvement in brain health, concentration, and a decrease in stress.

Body and Brain

Nature is linked to leaving the greatest positive impact on the body and the brain among anything in the world. From personal experience, I can say proudly this has helped me ease my addiction. Not only can I say this is true, but 35 of my participants believe that nature possesses a positive impact on the body and brain according to my survey. A recent study revealed, "Measures of heart rate, blood pressure, and perceived stress provide the most convincing evidence that exposure to nature or outdoor environments may reduce the negative effects of

stress.” (Jimenez) When you go into nature, you may not have considered that it can lower your blood pressure and heart rate, but it not only affects your stress levels; it can also contribute to becoming a healthier person. There have been two major theories constructed known as Attention Restoration Theory (ART) and Stress Reduction Theory (SRT). They both describe how mental fatigue can be diminished by expressing yourself to the natural environment and how, “Nature might influence feelings or emotions by activating the parasympathetic nervous system to reduce stress and autonomic arousal because of people’s innate connection to the natural world.” (Jimenez) Another positive study found in Japan was that those who are young and healthy have found that blood levels decrease when you are in a natural environment. Moreover, “Decreases in both systolic and diastolic blood pressure levels were observed across young healthy populations, as well as populations with hypertension. This suggests that forest walking may lead to a state of physiological relaxation.” (Jimenez) Numerous studies have also proved that, “Exposure to natural environments compared with urban environments is associated with improved attention, executive function, and perceived restorativeness.” (Jimenez) Each of these studies and experiments symbolize why you should spend more time in nature to relieve stress rather than going on a technological device to feel at ease. If anything, spending more time on your device is proven to make you feel more stressed than going outdoors. The findings in the studies of heart rate underscore the impact that nature possesses on the human. The improvements of attention, increased function, and perceived restorativeness possess a pivotal role in our education, work, and urban environments. Just as simple as including green spaces into our lives can leave a lasting positive effect on us. The evidence of forest walking might seem simple for some and a struggle for others but, advocating for more nature-based activities will develop healthier lifestyles. Encouraging more people to engage with nature can be a simple yet effective strategy for enhancing public health and improving your well being.

Cognitive Abilities

The representation of technology in a child's hand or environment at a young age is the most dangerous thing you can do as a parent, which will lead to negative effects on their cognitive abilities. From personal experience, I had a rapidly deteriorating physical and mental health until I made the decision to reinstate my quality of life. The Quebec Longitudinal Study of Child Development fostered a study that had surprising results. Each one-hour increase in TV exposure for children as young as two years old corresponds "to a 7% unit decrease in participation in class and a 6% unit decrease in math proficiency in the fourth grade." (Kumar) That is a shocking statistic about the dangers of screen time on young children. As well as a Spanish study which discovered a negative correlation between screen time and academic achievement. "Increased screen time was associated with lower academic performance." (Kumar) A lower academic performance correlates with a lower chance of problem-solving capabilities which leads to poor decision making. If they were to try to figure out a solution to their screen addiction, it would be more challenging for the individual. Sometimes the screen doesn't even need to be in the child's hand, background television can cause serious damage to one's child. "Increased exposure to background television can have adverse effects on children's language usage, executive functioning, and cognition in children under the age of five." (Kumar) This summarizes how parents shouldn't even have the television on while their very young child is near. As the child continues to grow their engagement in technology will be exponentially increased while their engagement in nature would be very minimal if not zero. Some other research has indicated incredible reports related to screen time. Such as, "screen time has been linked to obesity, sleep problems, depression, and anxiety." (Kumar) The Quebec Longitudinal Study of Child Development exposed the dangers of screen time on young children. This suggests especially by the Spanish study that screen time will distract children from valuable learning experiences in their education. As early language development is the first crucial step for a child, it can be interrupted due to the use of background screens. Awareness

of these effects are essential for fostering healthy and educated environments for our children. We need to have healthy language development for our children at a young age so they can prosper as they grow older. The shift from nature to technology not only affects their physical activity levels but also has complications to their mental health and overall well-being. It's strongly encouraged to spend more time, if not, managing time to go outdoors to complete a healthy lifestyle. Some of this research data is quite scary and should question if parents should place a screen time limit on their children. I don't think anyone would want their children to already face a disadvantage on something that could've been prevented. This summarizes why I think parents should do this at an early age so it doesn't lead to poor habits in their early adult life.

Japan Crisis

Technology addiction is devastating Japan and they are facing a crisis over it. There needs to be a major restriction on the amount of daily use of screens. In Japan, the usage of technology has gotten so severe, the Japanese Health, Labor and Welfare Ministry created a term known as hikikomori. Hikikomori is defined as "those who haven't left their homes or interacted with others for at least six months." (MacLellan) That is quite concerning that people have isolated themselves from the real world and have indulged themselves into a screen. According to my survey, 9 individuals said they go on their electronic devices to relieve stress. This is similar to hikikomori-like symptoms. "Of the 541,000 people between age 15 and 39 who fit that description, 34% have spent seven years or more in self-isolation. Another 29% have lived in seclusion for three to five years." (MacLellan) That's approximately 183,940 people who haven't been outside in at least 7 years and about 156,890 who haven't in at least 3 years. This is only from 2016, imagine what the numbers are like nearly a decade later. I just don't understand, of those 34% don't you get bored? How are you still able to function with no socialization like that in your life? Another report was, "Last winter, the Japan Times reported

that a growing number of men in their mid-40s were falling through “widening cracks in the social fabric,” and exhibiting “hikikomori-like behaviors,” usually after being laid off from work.” (MacLellan) Not only is hikikomori affecting children but, it’s also affecting middle aged men. This crisis isn’t just a problem for the youth but for all kinds of people. Additionally, this hikikomori crisis isn’t just in Japan, it has also been discovered in the U.S, China, Spain, Italy, Australia, Bangladesh, and Iran. The fact that this is a recurring disorder not just in Japan but various countries around the world concludes that this is a worldwide crisis that needs to be addressed. The observation from the Japan Times underscores what people tend to do after losing a job which results in playing with technology. As more men withdraw from social interaction, there’s a greater chance of dangerous effects on community collaboration and mental health highlighting the urgency for a change. This global perspective highlights the need for studies and solutions all across the globe to address this issue. It also emphasizes this is not just a Japan situation, it’s a global problem. A growing necessity of efforts for mental health services are crucial in resolving this problem. For example, offering free walk-in therapy appointments and parents preventing their children from elongated hours on games. They can do this by implementing a screen time limit. Or you could ignore it and let their mental health deteriorate. Is that how you would want your kids to live?

Bodily Problems

Video games and social media cause the most amount of bodily problems among young people including the deterioration of your mental health. Nature can help bolster a healthier lifestyle. When I was at a younger age who was addicted to video games, my parents and I noticed my mental state was unstable. I had mood swings throughout each day and I came off rude to my parents. For children, the benefits of nature are accompanied with lower risk of obesity, better vitamin D levels, and more self-discipline. (Inbody) Children under the influence of video game addiction can cause them to think less of themselves. Only about “10 percent of

teenagers spend time outside every day.” (Inbody) That’s an astonishingly low number. Some other recent studies have illustrated “5+ hours of television a day means five times the odds of being overweight.” “1/3 of children today will develop diabetes.” “50 percent of young people report neck and shoulder pain, link to being hunched over their devices.” “40-50 percent report thumb pain.” (Inbody) These are all concerning numbers that should make you question if this is what you want to happen to you or your child. Unfortunately, the number of hours per day on technology is increasing. We need to try and stop this for our younger generation before it’s too late. From 2004 to now, the average number of hours a kid is intaking media went from 6:21 to 8:56 hours. (Inbody) This increased number of hours also connects with an increased amount of cyberbullying happening to children and teenagers. There has to be more solutions to resolving this crisis like placing a screen time limit. To eliminate all bodily problems like thumb pain, obesity, and neck pain you are encouraged to go for a walk in nature. This not only will help cure these problems, but it will prevent them from happening. These statistics highlight a concerning trend for the worse. Encouraging outdoor activities is crucial not just for physical fitness but also for enhancing social skills and to eliminate these avoidable bodily issues. The correlation between screen time and obesity is frightening. As parents and guardians, it’s essential to create a healthy lifestyle for your kids at a young age so then they can continue that mindset as they mature into adulthood. Moreover, it’s pivotal for families, schools, and communities to prioritize healthy eating and regular physical activity to combat this diabetes crisis influenced by technology. Such discomfort in the thumbs can allude to improper tactics in everyday tasks and may lead to even long-term issues if not resolved. Promoting healthier lifestyles for our younger generation is so crucial in making this world a safer and better place for our youth.

Creativity and Plants

Spending time outdoors fosters the greatest connection with the natural environment which allows individuals to experience a sense of belonging and interconnectedness. At a young age, I was an active participant in various sports including soccer, basketball, and baseball. When I wasn't on my technological devices, I appreciated the environment with my teammates and felt more connected to the real world rather than the virtual world. Your connectedness to nature is a pivotal part of the pathway towards an improved physical health. "Spending time in nature can promote stronger subjective connections with the natural environment, which in turn may have benefits on psychological well-being." (Swami) When we are in nature, we interact with our senses in a way that makes us feel we escaped the reality of urban city living. The calming effects of nature provide an act to limit the technology-driven world. A stronger bond with nature can improve your appreciation for the environment and creativity. This alludes to the increased feeling of wanting to endure this landscape or to just escape reality for some time. You can even bring your friends with you to improve social skills while alleviating stress and improving your physical health. Not only does this make it feel like a necessity but, it helps to enjoy and make it a fun experience in nature just like playing video games. These benefits of outdoor play and physical activity contribute to increased motor skills and maintaining a healthy weight. These are all essential for living a long and creative lifestyle. In order to live a creative, happy, and healthy life you must endure your natural environment.

Spending time near plants increases the greatest amount of concentration and stability among young people. There is a growing number of studies that illustrate plants play an integral role that emphasize this. "Surrounding yourself with plants can improve your concentration by up to 20%, because they reduce CO₂ levels and improve air quality." (Batke) Plants can even increase our level of happiness synthesizing nature equals happiness. This dominance of greenery in our lives underscores the importance it creates in maintaining focus. Even just having a house plant in your work office can dramatically improve your concentration on your

tasks. In other words, nature leads to greater quality of work. You would have an advantage over someone at your job who doesn't have the concentration that you exhibit. Moreover, the psychological benefits like reduced stress and increased feelings of well-being also contribute to increased stability. Incorporating plants into our everyday lives in nature, home, or at work can exhibit a lasting effect on a more healthier and productive environment. I, myself, have a houseplant in my dorm room. It enhances productivity and a focused space for me. I noticed I was more capable of getting more work done once I received my houseplant. So even if you can't find enough time for nature, you can bring nature to you with a purchase of a houseplant that will change your life for the better.

Counter Argument

Some may argue that placing a screen time limit on their kids' devices is very strict towards their children. Or, one may say it's like a dictatorship against their children. Opponents of screen time limits often argue that such restrictions can lead to increased desire for screen time. Many believe that children need freedom to explore technology and socialize, which can be altered by strict regulations. There could be some disadvantages to placing a screen time limit on the amount of video games their kids play like an increased desire to play games due to an imposed screen time limit. According to my survey, some of my participants stated that, "I don't want to impose a screen limit on my child's device. Cause I think this will only lead to the opposite of it. The harder you are limiting your child, the greater the eagerness for your kids to play games." "As an adult it is just limiting your freedom. As a kid, you need to experience and socialize with others, parents should facilitate that." "So much of our lives now depend on technology, so I think it would be hard to put a time limit on it. But maybe if there is a way to limit screen time not related to school, I think that would be helpful and promote kids to go outside." I could see where they are coming from for screen time limit exceptions but, they are wrong. There are more dangerous effects toward children than letting them have all opportunities to go

on a screen. Video games could exhibit personal responsibility that a parent teaches to their children about balancing a lifestyle of video games and nature. Moreover, this could help develop great habits for their children as they try to balance work and life as an adult but, video games tend to override the balance. As the world becomes more technology-based, introducing it to children within 10 years after birth could help familiarize it with them so they are advanced in technology. Though, spending time in nature has been shown to benefit mental and physical health. Parents should encourage outdoor activities as a counterbalance to screen time, promoting overall well-being. (Bahr) This underscores an important aspect of parenting about teaching balance. Encouraging outdoor activities offers a variety of benefits from boosting physical health through exercise to reducing stress and improving happiness. Whether it's a stroll in the local park, a sports game with friends, or unstructured play, these activities allow children to connect to the environment and build a foundation for a healthier lifestyle. Ultimately, while there are valid concerns about imposing strict screen time limits, the benefits of fostering responsible technology use and encouraging outdoor activity make a great case for establishing guidelines. Striking this balance can help children thrive in both digital and natural environments.

Conclusion

Parents should be well informed of the dangers of video games on their children. The Developmental Child Care Center LLC presented various health disturbances in children from screens. Through their research, kids are more likely to become obese, have sleep disturbances, develop chronic conditions, behavioral problems, impaired academic performance, and difficulty in managing emotions. (Bahr) Their research has emphasized that parents are not familiarized with the crisis technology brings to children. As a measure of protection, the company decided to illustrate effective strategies to reduce screen time. Including parents becoming a role model for their children and limiting their screen play as well.

Or, have device-free rooms in your home. For all parents, I believe that actions alike should be attained. This would create a more engaging and interactive world for all children. These are all in favor of protecting our youth and the future generations to come. This world is consistently evolving to a more technology-based society that needs to be carefully reevaluated.

While it could sound like I am trying to enforce that technology should be banned, I am not. I have a technological device myself. However, I do believe that there needs to be some restrictions for those who are addicted like me. There are already numerous parents who have applied these rules to their children and have had great success. Even those who aren't addicted should still be able to experience what it's like to have a screen time limit. I suggest that everyone should have an equal opportunity to understand how to live a healthier lifestyle. Children, even at a young age, already have several activities that need to be completed each day. So, they should already have limited time to play on their devices. Stricter a screen time limit at an early age will not only benefit our personal health but also the well being and happiness of our entire globe.

Appendix

Nature v.s Technology Survey

Do you think parents should place a screen time limit on the amount of video games their kids play and promote them to go into nature?

(Choose only one response)

1. Are you in favor of a screen time limit on your devices?

Yes

No

2. As a parent, would you place a screen time limit on your child's device?

Yes

No

3. What do you like to do to relieve stress?

Go on an electrical device

Read a book

Eat a meal

Go outside

4. Do you believe nature possesses a positive impact on the body and the brain?

Yes

No

5. To the answers you chose, please elaborate on 1 or 2 of your responses about your stance.

kids need a screen time limit at a very young age or they become hooked on electronics to solve their problems

I'm an adult so I would not want a limit on my screen time. However, I would not want my child over-using their electronic devices from a young age.

While I would not be in favor of limiting a college student's (myself) screen time, I would not want my child to be on their devices for so long.

Nature can be calming and help unwind the mind. Going for a walk is a great stress reliever

1. As an adult it is just limiting your freedom

2. As a kid, you need to experience and socialize with others, parents should facilitate that

I think that this generation has gotten addicted to our screens and that we have lost sight of the importance of nature. Nature benefits not only the mind but also our physical well being.

I think as an adult you understand what is a good amount of screen time and the consequences of screen time whereas kids do not and they need more guidance before they can fully understand why a screen time limit is set.

I don't like the outdoors for an extended amount of time because of the bugs and sometimes it'll be super hot, but I do enjoy a brief walk when it's cloudy and colder. To release my stress, I think it depends on what is making me stressful for me to determine what to do in order to relieve my stress. So, really I could do most of those options listed in order to receive stress.

I believe that excess screen time has a negative effect on your mental health and attention span. allowing children at a young age unsupervised screen time can expose them to inappropriate or harmful things that can easily shape them.

So much of our lives now depend on technology, so I think it would be hard to put a time limit on it. But maybe if there is a way to limit screen time not related to school, I think that would be helpful and promote kids to go outside.

I'm not in favor of time limits for myself because I'm capable of self-regulating my amount of time online and becoming aware when it exceeds an excessive amount.

I know the developmental impacts of screen/media exposure to young children are detrimental for their brain and social development so I wouldn't allow any screen time for my child.

I think that nature can only positively impact the body because when you go outside and feel connected with nature and it's a beautiful day out you immediately feel better

I personally feel like being on media or devices over time will lower your mental health and being outdoors makes you realize and be more thankful for what's actively going on in the real world.

Whenever I look at nature, or spend time outside, I have found that my mood does improve slightly. The hard part is actually going outside.

I don't take the initiative to go outside instead of playing games in my free time, and I strongly believe lessening the use of technology is beneficial to mental and physical health. I BELIEVE GOING OUTSIDE IN NATURE CAN PROVIDE A NATURAL SENSE OF RELIEF AND ALLOWS YOU TO RELAX WHETHER ITS GOING FOR A HIKE OR JUST TAKING IN THE VIEW.

I tried to set some screen time limit for myself, but it didn't work so I never used it again.

For what I like to relieve stress, I like both stay inside and play games and go outdoors, because I also really like nature

I like to go outside because it feels like a natural detox; it's the farthest thing from technology, and I like to have a break from it.

I think nature is very good for both mental and physical wellbeing. Sunlight and fresh air go a long way to help us.

I think that video games can be a fun option for kids in moderation. I think it's ok for them to play a lot on the weekend as long as they still are doing the things they need but there should be a limit on the weekdays.

I'm not entirely sure how screen time limits work, but if someone needs to contact me, I don't want a screen time limit to prevent that. I would feel the same if I had a child and needed to contact them in case of an emergency.

I don't have a screen time limit and my parents never made me have one because they tried to get me to stay off devices when I was younger in other ways. I think a real screen time limit on the actual device turns the device into something that is inaccessible, making kids want it more when they can't have it, and puts all the attention on the device itself. I grew up with parents who took me on walks, took me to Belle Isle and Browns Island in Richmond, my hometown, and generally just made sure to emphasize the importance of being outside. So I grew up much less attached to my phone and never needed a screen time limit, and I plan on doing the same thing with my children in the future.

When I'm tired and not willing to move much, typically video games become what I do to relax. The accessibility with no planning or travel required is why it is one of the ways I relieve stress. Overall I believe this stems from where I lived as everything was a drive away so it was much easier to just play video games instead. Despite this I still feel nature can be relaxing. I love going hiking, the longest I've been at 8 hours, and playing sports like soccer and now Juggo.

Screen time limits restrict people's curiosity and are a Band-Aid solution to the overall issue. The best way to prevent the overuse of screens is by socially providing better ways to connect with others and relieve stress.

As a parent, I don't want to impose a screen limit on my child's device. Cause I think this will only lead to the opposite of it. The harder you are limiting your child, the greater the eagerness for your kids to play games.

I do believe that nature can help alleviate some emotions and create a positive impact on the brain and body because like especially when you feel like there is so much going on when you get the chance to sit outside or go for a walk, it's a chance to disconnect with everything and focus on just having a moment of not having to worry about everything in that moment.

I exercise to relieve stress, it's the best way I have found to. I also believe being in nature helps calm people down.

I believe that the sound and the fresh air that we face when being in nature can create an environment that feels calm and safe. This allows for our bodies to relax, which helps us feel calm and improves cognitive function as the brain is able to rest. This allows for improvement in many areas of our day to day lives, such as work and sleep.

When I am stressed I usually like to take a walk outside and get some fresh air to clear my mind. I believe that nature can influence the brain because it always gives you a break and relax.

I know I don't really want a screen time limit, but I know if i set one, it probably would make me do something that's better for me

For me going outside allows me to clear my mind and forget about the stress and find some sort of peace out of it.

I think that nature is a perfect way to de-stress but is not available to everyone. For example, the place I like to de-stress at is 5 hours away from my house.

For me, going outside is essential because it is a way for me to get away by myself and just to be at peace.

I believe that a screen time limit is definitely beneficial for children, especially young children who have a higher tendency to be glued to their screens for hours on end. While a screen time limit may also be beneficial for me, I've become accustomed to not only using devices for entertainment purposes but for most, if not all of my schoolwork as well, and a screen time limit would hinder me in that aspect.

I stress eating more than I should but it just helps me relax along with hiking in nature and reminding myself to be thankful for what I have rather than being concerned with what I don't.

I highly agree that nature is beneficial to our health.

I would not put screen time on my child's device because I had it put on mine while I was younger, and it just made me find out ways around it and caused me to lie. It did not actually stop me from using it.

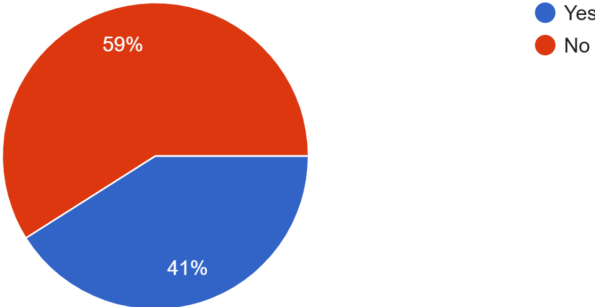
I think that placing a screen time on a child's device makes the child prone to find ways to get on their devices in secret and ultimately make the child feel guilty about doing so.

I think nature brings me peace by taking my mind off of negative thoughts, as well as benefits like decreasing stress, exposure to sunlight and fresh air, etc. I would have a screen time limit on my children's devices because phones and social media have a negative impact. Especially compared to the alternative of going outside or interacting with others, which have a huge positive benefit.

I like to go outside to relieve stress because of the fresh air and the wide array of activities. Playing sports, spending time with friends, and simply walking give much more comfort and joy than staying inside.

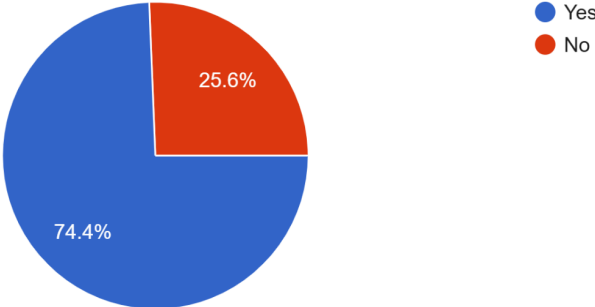
Are you in favor of a screen time limit on your devices?

39 responses



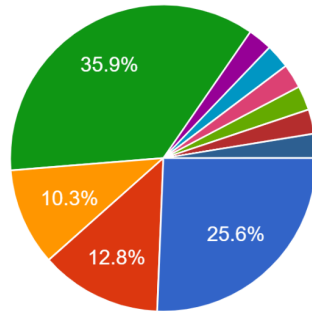
As a parent, would you place a screen time limit on your child's device?

39 responses



What do you like to do to relieve stress?

39 responses

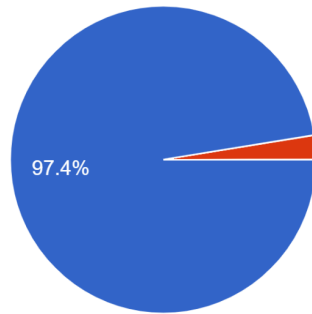


- Go on an electrical device
- Read a book
- Eat a meal
- Go outside
- Bake
- Fish, Hunt, Bowl, Be with family/friends
- I do all of these things on top of others...
- exercise

▲ 1/2 ▼

Do you believe nature possesses a positive impact on the body and the brain?

39 responses



- Yes
- No

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