



SCREEN ADDICTION



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WHAT IS SCREEN ADDICTION?

- Screen addiction is when a person uses technology excessively and becomes dependent on it. The average teenager spends 114 days a year in front of screens or in front of their smart devices.
- Mainly involves:
 - smartphones,
 - tablets,
 - computers,
 - and televisions



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WHAT KIND OF ADDICTIONS DO YOU KNOW?

- Cell Phone Addiction
- Internet Addiction
- Gaming Addiction



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CELL PHONE ADDICTION

- Growing issue, especially among younger generations
- It can reveal itself in many ways, including:
 - ✓ Constantly checking for notifications
 - ✓ Feeling anxious or irritable when not able to use one's phone
 - ✓ Choosing to neglect family and friends in social situations
 - ✓ Using the phone in unsuitable or dangerous situations



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NEGATIVE EFFECTS ON PHONE ADDICTION

- Sleep deficit
- Lower concentration
- Creativity blocks
- Anxiety
- Reduced cognition
- Stress
- Loneliness
- Insecurity
- Impaired relationships
- Poor grades
- Psychological disorders



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INTERNET ADDICTION

- Internet addiction, also referred to as problematic internet use, is a screen addiction that pertains to a pattern of excessive and compulsive internet use that interferes with daily responsibilities and brings about negative consequences.
- It can reveal itself in many ways, including:
 - ✓ Excessive use of social media
 - ✓ Compulsive online shopping
 - ✓ Gambling addiction



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GAME ADDICTION

- Internet addiction, also referred to as problematic internet use, is a screen addiction that pertains to a pattern of excessive and compulsive internet use that interferes with daily responsibilities and brings about negative consequences.
- Symptoms:
 - ✓ *Neglecting work, home or school responsibilities because of video games.*
 - ✓ *Not being able to reduce gaming time, even if they try.*
 - ✓ *Continues to play despite video games causing problems in their life.*
 - ✓ *Feeling upset if he/she can't play*
 - ✓ *Does not do other things he used to enjoy in order to play video games.*
 - ✓ *Hides how much time he spends playing video games or lies about his gaming habits.*



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WHAT IS EXCESSIVE SCREEN TIME?

- The World Health Organisation has made recommendations for young children. It says that children under the age of 2 should not be exposed at all. For children aged 2-5, less than 1 hour a day is probably not harmful.
 - <https://iris.who.int/bitstream/handle/10665/311664/9789241550536-eng.pdf?sequence=1&isAllowed=y>



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WHAT ARE THE SOCIOLOGICAL AND PSYCHOLOGICAL DISADVANTAGES FOR A CHILD?

1. **Social isolation and communication difficulties:** Spending too much time in front of screens can reduce a child's personal interactions with others, leading to social isolation and difficulties in establishing and maintaining social relationships.
2. **Reduced social skills:** Excessive screen time can limit opportunities for practicing face-to-face communication and developing social skills, which can hinder the child's ability to navigate social situations in the long run.
3. **Anxiety and depression:** Excessive screen time has been linked to anxiety and depression, particularly if it reduces time spent outdoors, engaging in physical activity, or experiencing personal interactions.



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WHAT ARE THE SOCIOLOGICAL AND PSYCHOLOGICAL DISADVANTAGES FOR A CHILD?

1. **Learning difficulties:** Too much screen time can impact learning habits and abilities, affecting attention span, concentration, and academic performance.
2. **Sleep disturbances:** The blue light emitted by electronic devices and engaging content can disrupt sleep patterns, affecting the child's overall health and academic performance.
3. **Decline in physical health:** Prolonged sitting and reduced physical activity associated with excessive screen time increase the risk of obesity and other health problems.



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SUMMARY

behavioural problems

aggression

learning disabilities (especially maths, reading)

attention disorders

hyperactivity

eating disorders

sleep problems

visual impairment

overweight

depression, anxiety

ADHD (activity and attention deficit disorder) syndrome

neurodevelopmental disorders.



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TEAM BUILDING WORKSHOP



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