



Effect of Screentime during School From Home

Yudianita Kesuma¹

¹Konsultan Tumbuh Kembang Pediatri-Sosial RS Dr. Moh Hoesin/FK Unsri Palembang

Email: [*yudianita@fk.unsri.ac.id](mailto:yudianita@fk.unsri.ac.id)

Citation: Kesuma, Y. Effect of Screentime during School From Home. Conference of Medical Sciences Dies Natalis Faculty of Medicine Universitas Sriwijaya. Vol 2. No 1. 2020

ABSTRACT

The COVID-19 pandemic has significantly changed people's lives around the world. Thousands of millions of people around the world must stay at home to protect and prevent Covid-19 transmission. Covid-19 cases in children have also increased even though the prevalence rate is still lower than adult cases. The government through the Ministry of Education and Culture made recommendations during the Covid-19 pandemic to conduct distance / online learning, so that the teaching and learning process can still take place even though you don't have to come to school. This requires a separate adaptation process for the continuity of online learning to run well, with digital media as a learning tool. Screen time or staring at the screen for children has a recommended time limit, because if it is used beyond the safe time it will have a serious impact on the child's health and development. It takes the role of parents, teachers / schools, the community, and policy makers to oversee the process of using digital media in distance learning during the Covid-19 pandemic. In conclusion, the use of digital media during the pandemic is increasing, especially for children, apart from being a medium for distance learning as well as a medium for entertainment. This must be properly monitored by parents, teachers / schools, the community, and policy makers so that the adverse effects of using digital media do not occur according to WHO / IDAI recommendations.

Keywords: Covid-19, screen time, school from home.

INTRODUCTION

The COVID-19 pandemic has changed lives in significant ways around the world. Thousands of millions of people around the world must stay at home as an effort to protect and prevent the spread of Covid-19, including children. Since April 25, 2020, around 1.5 billion school children around the world have stopped going to school because schools have to close, thus as a result they spend more time in front of screens as part of their activities at home schooling online, socializing with friends through social media and playing *video games*, as activities outside the home are prohibited as part of the *lockdown*.^{1,2}

Covid-19 infection in children at the beginning of the incident in Wuhan was still undetected, presumably because it was asymptomatic.³ But currently, many have been detected and died, even in infants less than 1 year old. In Indonesia, the number of confirmed cases of Covid-19 in children is the highest number of cases



in Southeast Asia. Most cases of these children are obtained from adults in the same household. Even though the Covid-19 data in children is lower than adults, with lower morbidity and mortality rates than adults, it is not impossible that children can be infected and even die by covid-19.

Screen time or staring at the screen is the length of time spent accessing the internet such as cellphones, computers, TV, videogames, and tablets.⁴ Children are an age group that is vulnerable to the effects of screen time and the covid-19 infection itself, both because of life habits *sedentary lifestyles*, exposed (violent or sexual) viewing content, misinformation about covid-19, *cyberbullying*, *gaming addiction*, *online gaming*. For this reason, prevention efforts are needed so that the impact of screen time on children does not occur, requiring the cooperation of various parties including parents, caregivers, schools, health workers, and policy holders.¹

DISCUSSION

Covid-19 and Screen Time in Children

With the closure of schools, offices, and all organizational agencies, the use of digital media such as *laptops*, tablets, computers, and HP devices to stay connected to life and social activities. Conditions that require living at home cause everyone to spend their time watching television or other digital media for the purpose of spending time (entertainment), as well as what happens to children who are increasingly immersed in the world of their *screen time*.

Based on WHO¹ recommendations, the time allowed for children to do *screen time*, includes:

- Children aged <2 years : not allowed at all, except for video calls
- Children aged 2-5 years : 1 hour / day
- Children aged 6-18 years : not more than 2 hours / day and must not replace other activities, such as mealtime, sleep, sports, worship, etc.
- And the most important thing is the content (content) of the shows / applications used by children



Although the benefits of digital media cannot be ignored, the losses caused are also much greater. The benefits of digital media include:

1. As a source of information
2. Can build creativity
3. As a means of communication
4. As a distance learning tool
5. As a social networking media
6. As a marketing medium, encouraging business growth
7. As a public service

Furthermore, what is the disadvantage of digital media for children's health, many studies have been conducted to determine the impact caused by exposure to digital media that exceeds the allowed time, including:

1. Causes eye health problems
2. Sleep problems and disorders
3. Impaired concentration
4. Decreased learning and school achievement
5. Growth / physical disorders: obesity, malnutrition, urinary tract infections, Diabetes Mellitus, heart disease
6. Behavioral, emotional, psychosocial disorders (depression, anxiety, aggression, addiction)
7. Impaired brain development and cognitive
8. Impaired speech and language development
9. Victims of cyber bullying

School from Home In School Children

On March 24, 2020, the Minister of Education and Culture of the Republic of Indonesia issued circular letter Number 4 of 2020 concerning the implementation of the Education policy in an Emergency for the Spread of Corona Virus Disease (COVID-19). Among other things regarding the implementation of educational policies, namely: Learning from Home through online / distance learning is carried



out to provide a meaningful learning experience for students, without being burdened with demands to complete all curriculum achievements for class promotion and graduation.

Based on this circular, all schools and students conduct online / distance learning using digital media. Various obstacles, both from the education implementers (schools, teachers) and students, cannot be avoided, such as limited internet access, electronic media devices, and the limitations of parents in adapting to this online learning process.

Collaboration between related parties is needed to keep children from getting covid-19 infection, health problems due to excessive exposure to electronic media, namely parents, teachers / schools, and policy makers. The Indonesian Pediatric Association (IDAI) issued recommendations for school age children who do online learning (school from home), including :

1. Elementary School Age (6-12 years)
 - a. *Screen time* is not more than 1-1.5 hours (90 minutes)
 - b. Discuss with the school. It is recommended that online distance learning (PJJ) be no more than 1.5 hours (90 minutes)
 - c. Be consistent to apply restrictions on the length of *screen time* and the type of media / program watched
 - d. Make sure the use of media or *screen time* doesn't become a habit before doing school work
 - e. Ensure that media use does not replace time for sleep, physical activity and other important daily activities
 - f. Try to find a balance between creative time and leisure time
 - g. Sleep quality 9-11 hours
 - h. Parents can gradually provide opportunities for children to freely choose for themselves to regulate the use of their time

2. School Age (12-18 years)



- a. *Screen time* is not more than 2 hours / day
- b. Discuss with the school, it is better if online PJJ is not more than 2 hours a day
- c. At this age children understand the concept of time balance, so parents can help them to manage screen time according to their own schedule
- d. Sleep quality 8-10 hours

In addition, IDAI also issued Recommendations for Child Protection in Pandemic Times:

1. At home (parents / family)

- Involve the child in daily household activities according to the child's age. Examples: making the bed, sweeping the floor, etc.
- Not disciplining children in the form of physical actions that hurt children, words that humiliate children, and threats that make children afraid.

2. At School (Teacher / Educator)

- Provide PJJ with modifications to the existing curriculum to make it easier for parents to accompany children to study at home
- Provide education to children to guard themselves from other people's bad deeds towards them. For example, dare to say no or shout when someone hurts him.

3. Society

- RT and RW units help monitor the condition of residents / children who are undergoing social restrictions
- Educate community leaders about problems with children during the period of social distancing, including problems of violence and neglect in children
- The public is encouraged to help or report if there are children who experience problems during social distancing.



CONCLUSION

1. COVID-19 has caused major changes in the structure of human life globally, including changes in the increasingly large use of digital media. Considering the harmful effects of *screen time* on children, a monitoring effort is needed, restrictions from parents on the length of screen time are in accordance with WHO / IDAI recommendations.
2. The closure of schools is an effort to break the chain of transmission of Covid-19, so that the education process can continue to be carried out online learning at home.
3. Adaptation of parental involvement is needed to help children in the PJJ / online process from home, which has an impact on increasing the cost of living to buy internet access.
4. Children's daily activities must be carried out as before the pandemic
5. Do not discipline children with corporal punishment, and educate children to take care of themselves.

REFERENCES

1. WHO. Screen-use -COVID19-eng.pdf. Published online 2020. www.emro.who.int/mnh
2. Sultana A, Tasnim S, Bhattacharya S, Hossain MM, Purohit N. Digital Screen Time during COVID-19 Pandemic: A Public Health Concern. SocArXiv; 2020. doi:10.31235/osf.io/e8sg7
3. Morand A, Fabre A, Minodier P, et al. COVID-19 virus and children: What do we know? Arch Pédiatrie. 2020;27(3):117-8. doi:10.1016/j.arcped.2020.03.001
4. Minges KE, Owen N, Salmon J, Chao A, Dunstan DW, Whittemore R. Reducing youth screen time: Qualitative metasynthesis of findings on barriers and facilitators. Health Psychol. 2015;34(4):381-97. doi:10.1037/hea0000172