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A Cross Sectional Analytical Study: Association of Problematic Media Use and Various Problems in Pediatric Patients

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ABSTRACT

Problematic media usage is defined as excessively using digital media or internet /electronic communication to the point of dysfunction but frequency of use is not defined as sole factor it also define how one uses digital or social media and the impact of such use on one's functioning (e.g., in relationships, at work or school, with peers, etc). Excessive use of screen media devices is strongly associated with health consequences like obesity, sedentary behaviour, poor dietary habits, depressive symptoms, poor sleeping pattern and moderately associated other mental health outcomes such as behaviour problems, anxiety, hyperactivity and inattention, poorer self-esteem, poorer well-being and poorer psycho social health in young children. The study aims to evaluate the Association of Problematic Media use and various problems in paediatric patients, estimation of prevalence rate of digital media addiction and its pattern. Our findings revealed a concerning prevalence of digital media addiction among the paediatric population in our study, with an estimated rate of 100% and majority of study population have behaviour problems, emotional problems, hyperactivity problems, sleep related problems and difficult in establishing peer relation with others. In Conclusion, the Study highlights Educational initiatives and parental guidance needed to create awareness among parents about the potential impact of digital media addiction on various problems. Early detection, education, and support mechanisms should be implemented to mitigate the potential negative consequences of excessive gaming and related mental health challenges. Furthermore, research on this field and targeted interventions for each specific problem are necessary to ensure the well-being of children and adolescents in the digital age.

Keywords: Problematic Media Screen Use (PMUM), Attention Deficit Hyperactivity Disorder (ADHD)

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