Relation between parent spend time with children and screen time of child

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Abstract - Today's children are growing up in an unprecedented radio frequency environment, unlike any that has existed in human history before. The role of parental time is a crucial factor in every child's life, and understanding how it impacts children is of paramount importance. The radiation emitted by mobile phones may have adverse effects on children.
This study is based on a survey conducted in Pune, involving 50 children with an average age of 4 years old. Using SPSS for analysis, the study examines the relationship between parental time spent with children and the incidence of mobile addiction in these young individuals.
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IndexTerms - Social engagement, smart phone addiction, social network, parent's occupation

I. INTRODUCTION

As smartphones have become integral to our daily lives, smartphone addiction has emerged as a significant concern. Research indicates that smartphone addiction can adversely affect individuals' psychological and physical health, as well as their predictive and work performance. This study specifically explores psychological factors, revealing a positive correlation between stress, shyness, loneliness, anxiety, depression, and smartphone addiction.

While individual psychological traits contribute to smartphone addiction, they may not account for all aspects of this phenomenon. The research suggests that individuals prone to smartphone addiction may use the device for social purposes, seeking to alleviate anxiety and uneasiness in offline social interactions. Consequently, those addicted to smartphones may face more challenges in their social lives compared to their peers.

The primary focus of this study is to examine the impact of smartphone addiction on children's social networks and its influence on their level of social engagement. Overall, when excluding parents such as housewives and others who spend more time with their children, there is no significant correlation between the time children spend on mobile phones and the working hours of their parents. The Spearman rank-order correlation coefficient, a nonparametric measure of association, indicates a correlation of 0.17 for the overall analysis, suggesting a weak relationship.

In further analysis considering only housewives, the correlation between working hours of parents (specifically housewives) and children's smartphone addiction is notably weak, with a Spearman's correlation of 0.044. This suggests a limited association between the two variables.

In conclusion, this research suggests that whether parents work outside the home or not, it does not significantly impact children's smartphone addiction. The study emphasizes that the time parents spend with their children does not correlate with or influence smartphone addiction in children.

II. METHODS

The data for this study were collected in Pune through a stratified sample of households with children aged 1-8 years. The survey included 2 clusters chosen from Pune, ensuring representation of regional characteristics. These clusters were categorized based on parents with housework and parents with outdoor work. The sample consisted of 24 participants from households with parents engaged in housework and 26 from households with parents engaged in outdoor work. Data collection took place from May to June of 2019, and the average age of the participants was approximately 4 years.
The summary statistics for the study are as follows:

n = no. of children	Mean of age	SD of age
50	4.42	2.031

It is observed that the average time spent watching mobile devices is more than 4.03 hours.
Descriptive statistics, including mean, standard deviation (S.D.), and frequency distributions, were employed to characterize the behavior of the study participants. To investigate the association between parent occupation and children's phone attraction, a chi-square test for independence was conducted. This test aimed to determine whether there is a significant relationship between parent work time and the level of children's phone attraction, providing insights into whether parents' occupational engagement influences their children's phone use habits. The statistical analysis was executed using the Statistical Package for the Social Sciences (SPSS).

III. RESULT

Out of the 50 children participating in the study, 24 had parents who were housewives, spending more time with their children, while 26 had parents working outdoors. The mean age of the participant children was 4.48 years, with a standard deviation of 2.06, and a range from 1 to 8 years.

Spearman correlation analysis revealed a correlation coefficient of 0.17 between the time parents spent with their children and the children's engagement with mobile phones.

Discussion: This study is one of the first to explore the impact of social networks on smartphone addiction. Notably, 90.7% of mothers in the study spent more time with their children. The sample included a balanced representation, with 50% housewives and 50% from other occupations. More than 20% of children reported using mobile phones out of habit while eating. Additionally, 47% of children exhibited noise and aggression when parents attempted to take away their mobile phones. The study found that children learned various things from mobile phones, including the alphabet, numbers, stories, and more.

Surprisingly, 30.2% of children held their mobile phones at a distance of less than 10cm while watching videos. Contrary to expectations, the research suggests that whether parents work outside the house or not, it does not significantly impact children's addiction. The study concludes that the time parents spend with their children does not show a clear association with or influence on children's smartphone addiction.

IV. CONCLUSIONS

This study contributes a novel perspective on smartphone addiction and its implications for mental and physical health. The findings emphasize the significance of parental involvement, suggesting that the time parents spend with their children is a crucial factor in mitigating mobile phone addiction. Importantly, this influence appears to hold true across various parental occupations.

Children who are not addicted to smartphones demonstrate a potential for increased social engagement and improved mental and physical well-being. This underscores the role of parental time in shaping healthier technological habits in children. As such, fostering a balanced and engaged relationship between parents and children may serve as a protective factor against the adverse effects associated with smartphone addiction, ultimately contributing to the overall well-being of the child.

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