

How Do Smartphones Affect Childhood Development?

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Purpose of Study

To examine how cell phone usage affects childhood sociological and mental development.

Introduction

Does your child have possession of a cell phone (cellular device)? According to Psychcentral.com, almost 70% of eleven to twelve year-olds use mobile phones and increases to 90% by the age of 14. It estimates to 25% of children between ages 2 to 5 have a smartphone. This is important because children rather prefer to play on their cell phones instead of going outside which can reduce how much vitamin D they get from the sun which could stop them from growing. We think scientist should dedicate time and resources into this subject because it can affect social behavior, mental health, and brain development.

Public Perception

According to some researchers, some people feel that you should not give your child a phone. Other people think that children should have phones because of safety reasons and because it keeps their younger children from misbehaving, so a lot of parents and teachers etc. are not approving of smartphones for various reasons.

Discoveries

A cell phone does not produce enough radiation to harm a child but after enough time, it will start to harm them. For the average child most critical brain stages are between ages 2 and 3. During that time they develop social skills, Because technology is being given to children of young ages, they are deprived of those critical moments that give them social skills and critical learning steps. According to recent studies, the average 8-10 year old sends almost 8 hours a day on their phone and children older spends 11 or more hours on their phone.

Applications in Medicine

Cell phones emit a form of electromagnetic field called radio frequency (RF) radiation. We have been led to believe that this radiation is harmless because of the low power levels involved, and because its non-ionizing. Unfortunately, the cell phone radiation has the ability to penetrate our bodies and cause untold damage. Using your cell phone for a half an hour per day increases your risk of brain tumor by 40%. Cell phone radiation exposure has been principally linked two types of brain tumors gliomas and acoustic neuromas.

Data

what japan thinks.com **What age did you start carrying a mobile phone?**

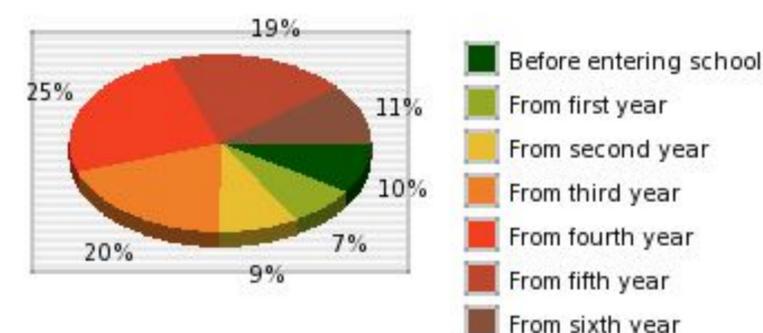


Figure 1. Age when first phone was acquired.

Conclusion

According to the American Academy of Pediatrics, parents should limit the amount of total entertainment screen time to 1 to 2 hours per day. Children under 5 years of age should not have access to cellphones. Adults should monitor what media their children are using and accessing, including any websites they are visiting and social media sites they may be using. Co-view TV, movies, and videos with children and teenagers and use this as a way of discussing important family values. Parents should create a curfew for all devices.

References

1. www.psychcentral.com
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4. <https://whatjapanthinks.com>