

The Impact of Computer and Internet Use on Children's Daily Activities

Thesis

*Submitted for Partial Fulfillment of the Master
Degree in Nursing Science
(Pediatric Nursing)*

By
Nour Al-Sabah El-Sayed Mohamed
(B. Sc. Nursing 2002)

**Faculty of Nursing
Ain Shams University**

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ABSTRACT

This is a descriptive study aimed to assess the effect of computer and internet use on the children's behavior and how internet usage changes children's daily activities. The study was carried out in English (El-Nasr) schools affiliated to Maser El-Gedida as a private schools and Unity Experimental schools affiliated to Nasr City as a Governate schools. The subjects of this study were included all available students in 1st and 2th grade at primary stage, 1st and 3rd in both preparatory and secondary stages at the previously mentioned settings, the total number of students was (380), primary stage (160), preparatory stage (104), secondary stage (116), regardless their age, both gender and educational stage. Data were collected by using interview questionnaire form to assess knowledge. The results of the study revealed more than half of them were female and the majority of them were graduated from primary and preparatory schools; the majority of students were having computers, and one hundred percent were using internet. Although more than half (64.9%) of students used computer since less than 1 - <3 years, they reported complaints at certain body parts. The most common health problems were eye problems, followed by musculoskeletal complaints, backache, and headache and neck pain. The present study finding revealed there was no change in daily activity in study day, hygiene, sleeping, eating, and exercise. While, there was change in daily activity in playing, watching TV, family time and reading. It can be concluded for this study that a highly statistical significant relation between the effect of students' usage of computer and internet on physical condition and their age/gender/education and a highly statistical significant relation between the effect of students' usage of computer and internet on physical condition and their duration of having computer/duration and hours of using internet. The study recommended that Health education programs should be directed to school students to increase their awareness about health & safety during using of computer, and how to prevent health hazards.

Keyword: Children, computers, internet, activities of daily living.

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LIST OF ABBREVIATIONS

<i>Abbr.</i>	
<i>AAP</i>	<i>American Academy of Pediatrics</i>
<i>ADLs</i>	<i>Activities of daily living</i>
<i>AOA</i>	<i>American Optometric Association</i>
<i>CANS</i>	<i>Complaints of the arm, neck and/or shoulders</i>
<i>CCOHS</i>	<i>Canada's National Centre for Occupational Health and Safety</i>
<i>CDC</i>	<i>Centers for Disease Control and Prevention</i>
<i>CIT</i>	<i>Communications and Information Technology</i>
<i>CTDs</i>	<i>Cumulative Trauma Disorders</i>
<i>CVS</i>	<i>Computer Vision Syndrome</i>
<i>CWA</i>	<i>Communications Workers of America</i>
<i>ENIAC</i>	<i>Electric Numerical Integrator And Computer</i>
<i>EOHSS</i>	<i>Environmental and Occupational Health and Safety Services</i>
<i>EUN</i>	<i>Egyptian Universities Network</i>
<i>IAD</i>	<i>Internet addiction disorder</i>
<i>ICDL</i>	<i>International Computer Driving License</i>
<i>MCIT</i>	<i>Ministry of Communication and Information Technology</i>
<i>MSDs</i>	<i>Musculoskeletal disorders</i>
<i>MUDs</i>	<i>Matched Unrelated Transplants</i>
<i>NCES</i>	<i>National Center for Education Statistics</i>
<i>NCHS</i>	<i>National Center for Health Statistics</i>

<i>Abbr.</i>	
<i>NIOSH</i>	<i>National Institute of Occupational Safety and Health</i>
<i>NSC</i>	<i>National Safety Council</i>
<i>OECD</i>	<i>Organization for Economic Co-operation and Development</i>
<i>OSHA</i>	<i>Occupational Safety & Health Administration</i>
<i>OSHC</i>	<i>Occupational Safety & Health Council of china</i>
<i>PC</i>	<i>Personal Computer</i>
<i>PISA</i>	<i>Program for International Student Assessment</i>
<i>U.S</i>	<i>United States</i>
<i>VDUs</i>	<i>Visual Display Units</i>
<i>www</i>	<i>World Wide Web</i>

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INTRODUCTION

New interactive digital media have become an integral part of children's lives (*Kaiser, 2003*). Computer technology has ushered in a new era of mass media, bringing with it great promise and great concerns about the effect on children's development and well-being (*Diekman, 2006*).

Computers are increasingly used in all aspects of life by people of all age. Too younger generations, learning to use computers will be as essential as learning the languages or mathematics. Computers are also become an important leisure tool for these teen-agers both at home and "cyber coffee" (*Szeto, 2007*). Furthermore, *Pakhare, (2010)* stated that computer access, and use among adolescents has grown exponentially over the past decade.

Today, Children and adolescent are overwhelmed by computers and have perhaps begun to take at it as somewhat of an "every thing appliance". Millions of them around the world now use computers as their primary business tool. In the last decade, the number of hours children use computers has been increased tremendously (*Aragua Com., 2010*).