

## GRG TRUST RESEARCH PROJECT

### A STUDY ON THE EFFECTS OF PHYSICAL INACTIVITY DUE TO THE INFLUENCE OF ELECTRONIC GADGETS AMONG THE CHILDREN OF COIMBATORE CITY, TAMIL NADU

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Amount Sanctioned: Rs. 0.40 Lakhs

Year: 2019-2021

#### **Project outcomes:**

The study area Coimbatore district is mostly covered with migratory urban population observed to be continuous diminishing in the mean size of families, a change in the family structure and an increase in the frequency of families size with one child has been witnessed more in this area. Added to this scenario both the parents are working for their better livelihood. This becomes a question of whether the parents are spending sufficient time with their children. Physical activity mentioned in the study includes the total number of hours the child engage in games, playing outdoor, helping in household activity, gardening and physical exercise like jogging, swimming per day. The hours of physical activity of single child and children with siblings were analyzed. Children who excessively use electronic gadgets will lead to physical inactivity. The passive activity includes watching television, playing games in electronic gadgets.

Parents should be aware of the effect of gadget exposed to children which can influence their development. It is concluded that being a single child or child with siblings does not influence the hours of being physically activity or inactive. Even though the parents are aware of the need for their child being physically active, the parent's occupation and time spent by the parents have an impact of children being passive. Parent's attention toward the children being healthy by indulging them in outdoor games and good lifestyle need to be much focused. The results concluded that spending too much of screen time has negative impact on child behavior. The parents faced much difficulty to engage their children in physical activity during their leisure time and embrace online education. Thus the study throws light on the importance of child's health and wellbeing that is being affected during the COVID-19 pandemic. Children who rely their leisure time in front of screens rather than playing outdoor games do not burn the calories they intake. Most pertaining issues like lack of interaction with others and child being adamant and feeling irritated when the screen time is regulated. The parents are aware of the side effects of spending too much time with electronic gadgets but not able to regulate the habit due reason like the education of the child is online in the pandemic time and not able spend sufficient time taking them to outdoor games. Considering the side effects of electronic screen time parents should set time for gadget usage and make them play outside and stop using gadgets as babysitters and ensure adequate sleep and physical activity of the child.



For more information, please contact: (lalithambigai@psgrkcw.ac.in)

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- ❖ Publications: 1(1 in review process)
  - ❖ Conference/ Seminar/ Workshop: Conference- 2, Workshop-1
  - ❖ Books: nil
  - ❖ Any other achievements: nil
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