

## Information Communication Technologies Effects on Physical Health of 6 to 12 years old children according to their mothers perceptions

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### Abstract

Currently, ICTs are used and integrated into all aspects of life such as in the home, work, and school setting, which justifies humans using ICTs every day to stay up-to-date (Ramey, 2012). Children are still developing physically, environmental factors at home and at school directly or indirectly impact on their physical health. As the rate of children's Information Communication Technologies (ICTs) use continues to rise with time, it is currently considered the most significant environmental factor (Hockenberry & Wilson, 2013). Mothers' perceptions affect their attitudes regarding guidance and supervision related to ICTs used by their children. Aim of the Study: this study was to assess mothers' perceptions regarding the effects of ICTs on their school-age children's (6 to 12 years old) physical health. Sitting: Data were collected from mothers of school-age children at King Khalid University Hospital in Riyadh city, KSA. Methods and Sample: The descriptive correlation design was used in this study. It included 400 mothers of school-age children (6-12 years) of both sexes collected by a purposive nonrandom technique, excluded mothers of children with special needs, also who did not live with their children in the same house. Data collection tools: the instrument used to the data collection was questionnaire tilted (Parent Media Opinion Survey) with the reliability was reported as a Cronbach's alpha of .95 after modifications conducted. Results: The result shown that more than half of mothers reported that their children with use of ICTs complains of sleep disturbance and has not gained weight, also more than one third of them stated that their children with use of ICTs not complaining of neck, wrist, hand, and back pain. In another side, more than one third of mothers reported that their children's level of physical activity decreased and complains of vision problems with using of ICTs. Conclusion: the study concluded that the mothers perception regarding use of ICTs on physical health are generally positive. Recommendations: the study recommended that develop a culturally competent program that enhances public awareness regarding the negative effects of using ICTs on children's physical health. Enhance the role of school health nurses and pediatric nurses in teaching students about the negative effects of using ICTs on their physical health. Also, for nurses in primary healthcare settings, growth and development clinics, school health visits to assess media history

frequently and become a part of taken health history.



### Biography:

Reham has completed her Master of Science in Nursing (Pediatric Nursing) at the age of 26 years from King Saud University. She is the Head of Department at College of Nursing King Khalid University. She has published papers in journals and conferences. She is volunteered in many community activities and with the ministry of health in COVID-19 pandemic. She is interested in research and volunteer work. She worked as a coordinator for the pediatric nursing course and trained practical training for many nursing courses. She has written and published many essays in various periodicals.

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