

Consequence of Showing Mobile Phone While Feeding Kids

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Abstract

In today's fast-paced world, mealtimes have become increasingly challenging for many parents, who frequently use their mobile phones to motivate their children to eat. This practice has become increasingly common as smartphones and tablets offer a variety of entertainment options for young children during mealtimes. Although showing mobile phones to children in order to get them to eat can be effective in getting them to consume their food, this essay argues that it can have adverse effects on their cognitive, emotional, and social development. In the following paragraphs, I will first discuss the potential impact of this practice on children's attention span and academic performance, then examine the implications for their emotional and social well-being, and finally propose alternative strategies to make mealtimes enjoyable for parents and children alike.

Keywords: Consequence of showing mobile phone kids addiction

Introduction

In today's fast-paced world, mealtimes have become increasingly challenging for many parents, who frequently use their mobile phones to motivate their children to eat. This practice has become increasingly common as smartphones and tablets offer a variety of entertainment options for young children during mealtimes. Although showing mobile phones to children in order to get them to eat can be effective in getting them to consume their food, this essay argues that it can have adverse effects on their cognitive, emotional, and social development.

Description

In the following paragraphs, I will first discuss the potential impact of this practice on children's attention span and academic performance, then examine the implications for their emotional and social well-being, and finally propose alternative strategies to make mealtimes enjoyable for parents and children alike.

As soon as a baby weans himself, the parents usually give him or her a mobile phone in order to encourage him or her to consume food. Recent surveys show around 60% of parents show mobile phones to feed their kids. As the children view the colors and music on the smart phone screen, they experience a rewarding sensation. In the meantime, the parents make this a routine in order to feed their children. There will be a convergence between the physiological need for food (food) and the self-esteem need for a mobile phone in the brains of children. The classical conditioning theory is defined as follows: Based on classical conditioning theory, behaviors are acquired through a connection between a neutral stimulus and a positive stimulus, such as Pavlov's dogs hearing a bell (neutral stimulus)

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and anticipating food (positive stimulus). Maslow's hierarchy of needs is a theory of motivation that states that human behavior is determined by five categories of needs. A physiologic need, a safety need, a love and belonging need, an esteem need, and a self-actualization need constitute these needs. As the mechanism implies, this is a combination of classical conditioning as well as operant conditioning. Consequently, the kid unconsciously replaces the mobile phone with a physiological need, which may lead to addiction. Thus, these children will develop a strong desire for mobile phones as early as three years of age. As a result of the rewards derived from dopamine in the brain, mobile phone use will be triggered at an early age. By the age of six, these children may become tolerant of the mobile screen and seek other ways of triggering their reward pathway, which may lead to dangerous drug addictions [1-6].

Conclusion

Thus the most best way, even though difficult, is not to show mobile phones for feeding the kids. Better to talk or interact in a play while feeding. Showing the nature outside house while feeding also can reduce the clinging behaviour of kids to mobile phones and other drugs.

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