

BÖLÜM 9

ÇOCUKLARDA EKRAN MARUZİYETİ VE SAĞLIĞA ETKİLERİ

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GİRİŞ

Ekran maruziyeti, gün boyunca herhangi bir zamanda ve bir yerde televizyon gibi sabit bir cihaz veya akıllı telefon veya tablet gibi ekran tabanlı herhangi bir cihaz aracılığıyla ekrana bakarak geçirilen süre olarak tanımlanmaktadır (1). Ekran tabanlı cihazlar artık çocukların ve ailelerin hayatlarında her yerde bulunmaktadır. Son 20 yılda, çocukların ekran tabanlı cihazlara maruz kaldıkları günlük süre artarken, ilk kez maruz kalma yaşı düşmektedir (2). Çocukların düzenli olarak ekranla etkileşim kurduğu yaş, 1970’te dört yıl iken günümüzde dört aya düşmüştür (3). Aynı zamanda, mevcut cihazların çeşitliliği artmış ve kullanım alanları hızla genişlemiştir. Evde televizyon izlemek eskiden birincil ekran izleme şekli iken, günümüzde ise küçük çocukların da ulaşabildiği ekran tabanlı cihazlar arasında bilgisayarlar, oyun konsolları, akıllı telefonlar ve tabletler gibi dijital cihazlar bulunmaktadır (4). Mobil cihazların ortaya çıkışı, çocukların ekran süresini nerede ve nasıl deneyimlediklerini de değiştirmiştir. Bunlar arasında tek başına izleme, eş zamanlı cihaz kullanımı, mobil cihazlarda geleneksel televizyon içeriklerini izleme, ev dışında izleme ve erken çocukluk eğitimi ve bakım ortamlarında kullanım yer almaktadır (5).

Bu değişim, çocukların ekran tabanlı cihazlarla etkileşim kurma biçimini değiştirmiştir. Televizyon izlemek, film veya kısa video içeriklerini mobil cihazlardan izlemek gibi kullanımlar büyük ölçüde pasif etkileşim olarak kabul edilmek-

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