



PANEL 3 – “Prof. Dr. Ufuk Beyazova onuruna” DİJİTAL OYUNLARIN ÇOCUK SAĞLIĞI ÜZERİNE ETKİLERİ

Panel başkanı: Prof. Dr. Gülbin Gökçay

Panel sunumu – I

Beril Aydın (*6-8 Yaş Arası Çocukların Ekran Zamanı ve Video Oyunu Oynama Alışkanlıklarının Araştırılması*)

Panel sunumu – II

Ayşe Tolunay Oflu (*Okul öncesi çocukların ekran zamanı ve dijital oyunu oynama alışkanlıklarının çok merkezli olarak araştırılması*)

Panel sunumu – III

Zeynal Yasacı (*Bebeklik Dönemi Çocukların Teknolojik Cihaz Maruziyeti ve Uyku Durumlarının Değerlendirilmesi*)

Panel sunumu – IV

Süleyman Daşdağ (*Cep Telefonlarının Yaydığı Radyasyonların Beyin Üzerine Etkileri*)



Panel Başkanının Sunumu

Gülbin Gökçay

Professor in Pediatrics Istanbul University Institute of Child Health,
Department of Social Pediatrics.

I am happy to chair a panel to the honor of Prof. Ufuk Beyazova who is one of the pioneers of Social Pediatrics in Turkey. I am sure that she will be happy with the resolutions of this meeting carried out with many stakeholders. She wishes success to the panel. Digital World offers many advantages but it also creates some health problems especially for children. Their developing organism may be influenced adversely. Studies showed that there was a significant association between exposure to violence by video games and aggressive behaviour. According to American Academy of Pediatrics, this association is stronger than the association between passive smoking and lung cancer, and smoking was banned in public places for this reason. The cognitive impact of Digital Screen Media varies according to the age of the children. For children <2 years screen exposure has mostly negative associations for language and executive functions. For preschool period screen viewing has both positive and negative outcomes. Authorities suggested that educational and/or interactive viewing with adults for a limited period has positive impact on cognitive development. Beyond the preschool years, children mostly use digital screen media for entertainment and cognitive outcomes are not well studied. There are studies showing that there are some adverse effects of digital screen media use such as sleeping problems, obesity and hyperactivity. According to the UNICEF report, there are three forms of risk as content, contact and conduct in the online life. This is especially important for school age children and adolescents. Cyberbullying is becoming an important problem. This harm should be prevented in the digital age.

In conclusion, parents should be watchful, governments should have regulations and parents should be involved in this process, conflict of interest free studies are needed. Digital media should not replace parents and outdoor activities for children. There will be fruitful presentations and discussions in this panel about child health and digital world. I look forward to chairing it.

References

1. AAP Committee on Communications and Media. Virtual Violence. Pediatrics 2016;138(1):e20161298.
2. Anderson DR, Subrahmanyam K and on behalf of the Cognitive Impacts of Digital Media Workgroup. Digital Screen Media and Cognitive Development. Pediatrics 2017;140:S57



International Child and Information Safety Congress
“Digital Games”
April 11–13, 2018 – Ankara, TURKEY

3. İlarıslan NE, Ulukol B. Akılcı Medya kullanımı. In: Gökçay, Beyazova U (eds) İlk Beş Yaşta Çocuk ađlıđı İzlemi. Nobel Tıp Kitapevleri, 2017, İstanbul.

4. UNICEF. The State of the World’s Children 2017: Children in a Digital World, 2017



International Child and Information Safety Congress
“Digital Games”
April 11–13, 2018 – Ankara, TURKEY