

## Children exposure to media do parental control work

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### ABSTRACT:

As in this paper few important points are to be calculated which are arised in this paper are Children exposure to media do parental controls work In recent years, young children (aged 0-5) are increasingly engaged in screen-based activities on various devices such as television, smartphone or tablet, which are now part of their daily life. Despite lacking essential perceptual and symbolic understanding and fine motor skills, even infants already pay attention to media content that matches their social ideas, expectations and ability to interpret media few basic questions are asked

1. To find out how often children are exposed to different media such as television, internet and mobile devices.
2. To assess the types of parental control tools and strategies, which parents currently are using to manage their child's media consumption?
3. To provide recommendations to parents, educators, and policy makers to promote responsible and safe media consumption among children.

Few recommendations are also To begin with, the majority of parental controls have functions like activity tracking, time limitations, and content filtering. Parents can limit their children's access to age-appropriate information by using content filtering, which blocks explicit or violent content. To sum up, parental controls can be a useful tool for limiting the amount of media that kids are exposed to, but they work best when combined with open communication, active parental involvement, and media literacy instruction. As educators, academics, parents, and lawmakers, it is our collective duty to make sure kids can use the internet safely and benefit from its educational opportunities.

**Keywords:** Children exposure , media, parental controls, filtering, understanding

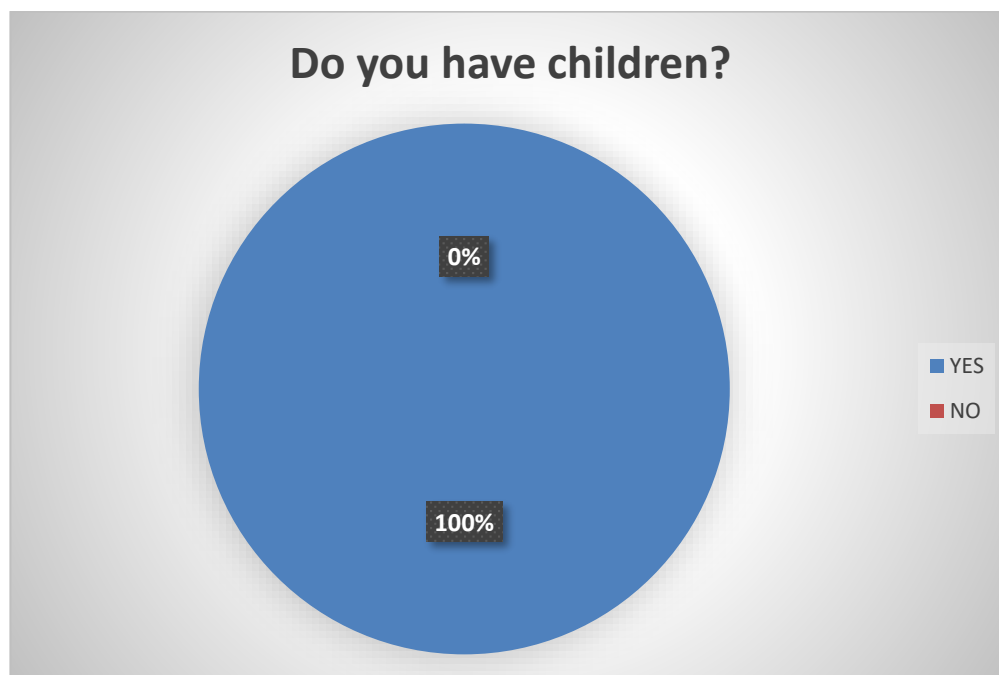
### INTRODUCTION:

Children exposure to media do parental controls work: In recent years, young children (aged 0-5) are increasingly engaged in screen-based activities on various devices such as television, smartphone or tablet, which are now part of their daily life. lives (Chen and Adler, 2019, Kabali et al., 2015, Madigan et al., 2020; Common Sense Media, 2013). This growth was even more evident due to the restrictions imposed by the COVID-19 pandemic (Bergmann et al., 2022). On the one hand, evidence-based action can stimulate imagination and creativity, but on the other hand, it can cause difficulties in focusing or regulating emotions (Livingstone and Pothong, 2022, Tamana et al., 2019). Several literature reviews (e.g. Singer and Singer 2011) have described the gradual development of a young child into a media consumer, i.e. how

the child handles media content and handles devices. Despite lacking essential perceptual and symbolic understanding and fine motor skills, even infants already pay attention to media content that matches their social ideas, expectations and ability to interpret media (Barr et al. 2008; Valkenburg and Vroone 2004). Even though problems are common for younger children using apps on their smartphones, such as swiping wildly, mis-tapping icons, deleting the app by mistake, and/or not hearing game guidelines, a lot of them are still motivated to continue using the game. (Chiong and Shuler 2010) gadget. Parents' approaches to mediation differ greatly, both in terms of strategy types and frequency of strategy use. As Ito et al. (2010) found that some parents consciously create a certain for instance, by reducing the amount of media space at home quantity of electronic screens in the home in favor of unstructured play and artistic endeavors. In this sense, some parents facilitate certain media platforms over rivals due to their superior educational worth, use certain electronic screens to reward good behavior (Chiong and Shuler 2010), or choose certain digital devices which offers them the opportunity to engage in deep sharing. to play and learn with their children (Takeuchi 2011).

#### DATA ANALYSIS AND DATA INTERPRETATION:

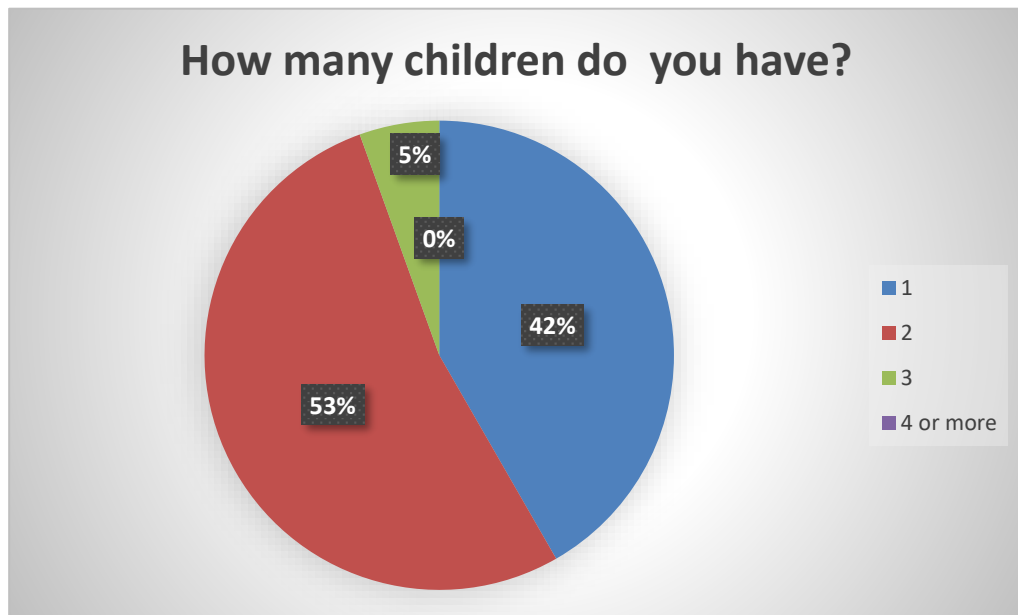
- 1) Do you possess kids?



Analysis: According to the data collected 100% parents have kids.

Interpretation:  $\frac{3}{4}$  of sample collected parents have kids

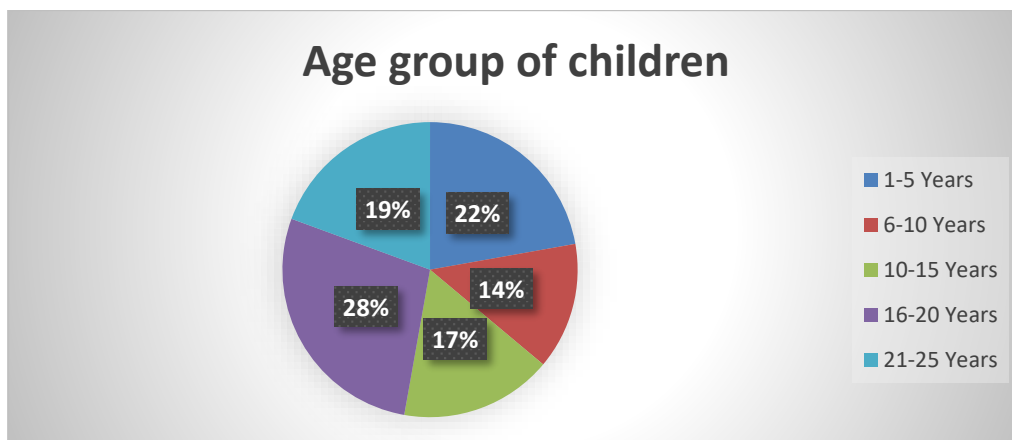
2) What is the number of your children?



Analysis: According to the data collected 53% parents have 2 kids, 42% of parents have 1 kid, 5% of parents have 3 kids, and none of them have more than 4.

Interpretation: most of the parents have 2 kids.

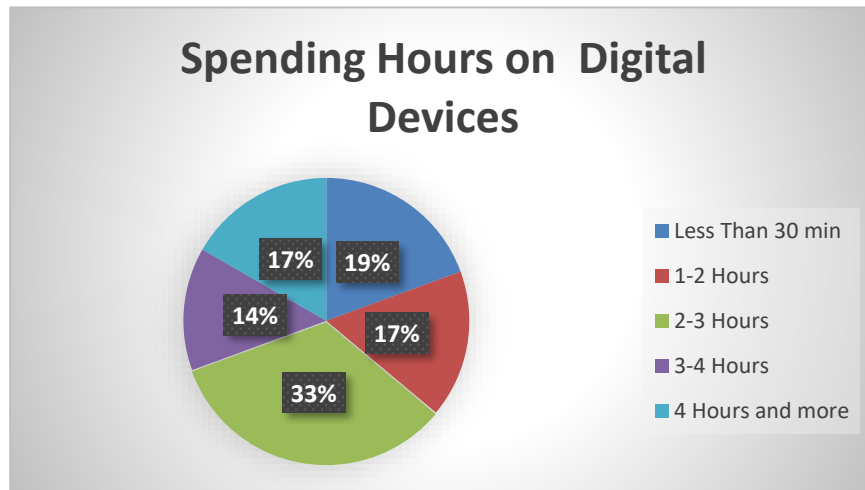
3) Age range of the kids right now?



Analysis: According to the data collected 28% of parents have their child's age group as 16-20, 22% of the child age group is of 1-5, 19% is of 21-25, 17% is of 10-15 and 14% is of 6-10.

Interpretation: most of the kids are in between 16-20 years.

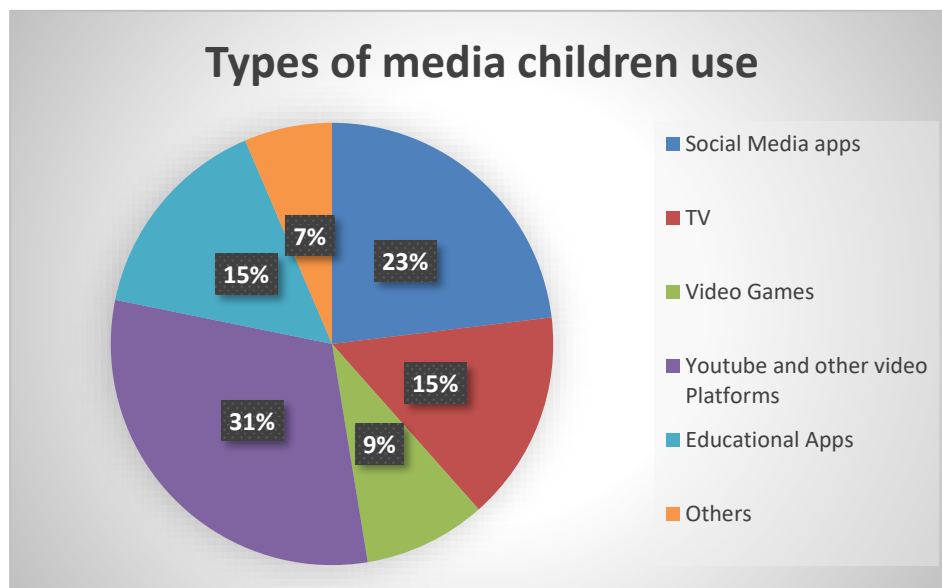
4) How many hours a day on average does your child use digital devices? (For instance, a computer, TV, laptop, tablet, smartphone, etc.)



Analysis: According to the data collected consumption of time on digital device is 33% where time duration is 2-3 hours, 19% where time duration is less than 30 min, there is a tie between the time duration of 1-2 hour and 4 – more hour with 17% each, 14% of the time is 3-4 hours.

Interpretation: childrens are mostly involved in social media for 2-3 hours.

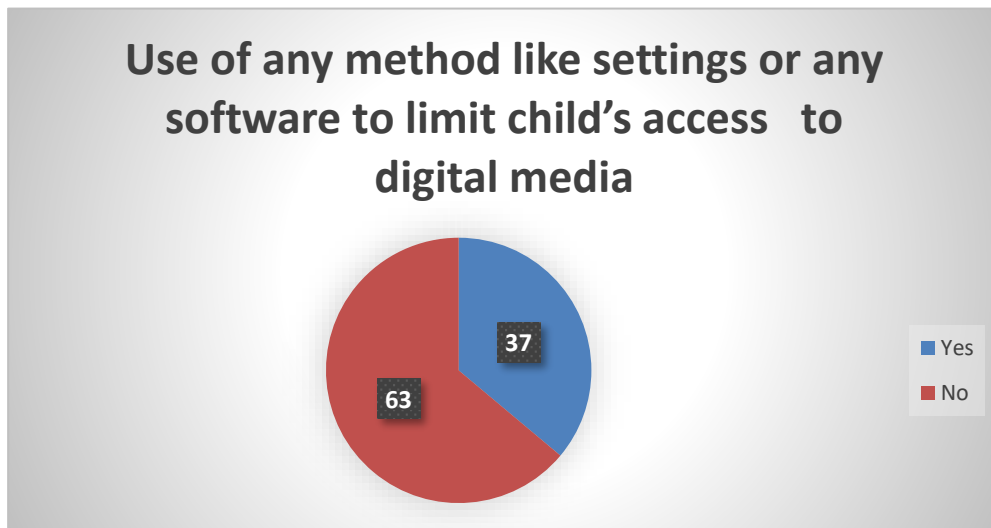
5) Which media genres do your kids like to use?



Analysis: According to the collected data of type of media kids use has 31% of YouTube and other video platform, 23% are of social media app, tie between educational apps and TV with 15% each, 9% of video games and 7% of others.

Interpretation: Youtube and other video platform are used by children mostly.

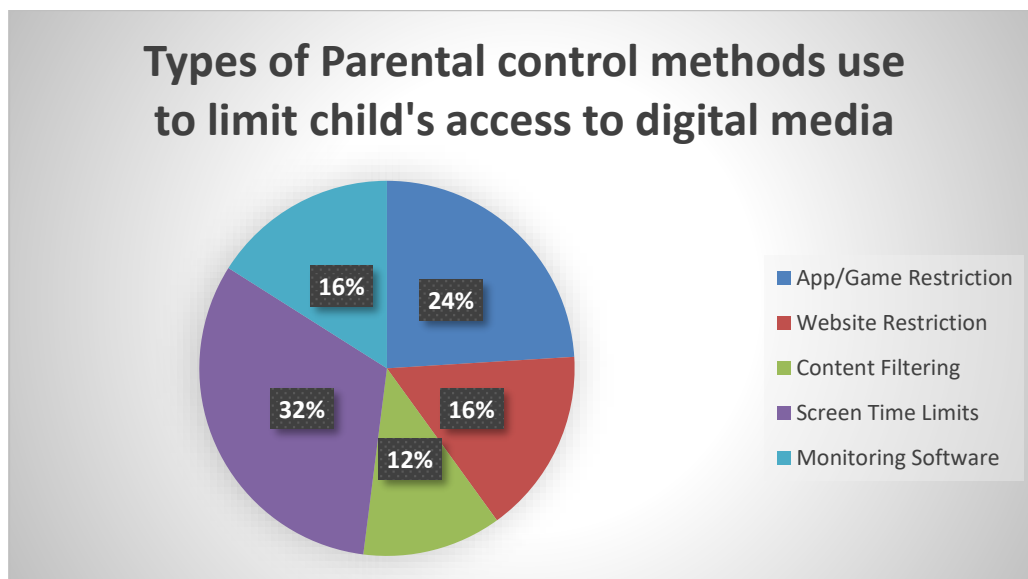
6) Do you employ any techniques, such as changing program settings, to restrict your child's access to digital media?



Analysis: According to the data collected usage of methods used to limit access is 33% of no limits set and 37% of yes limits are set.

Interpretation: most of the parents do not use any kind of restrictions.

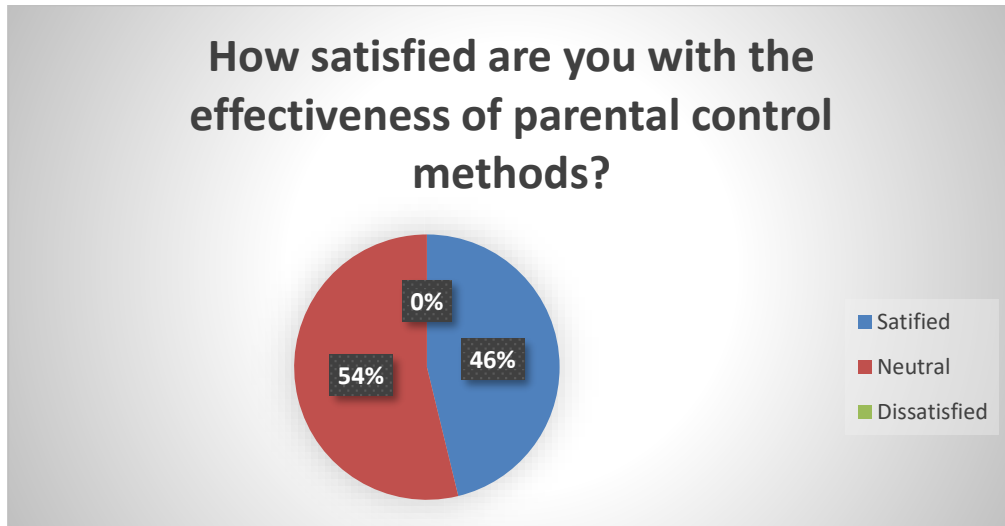
7) If so, whatever techniques do you employ for parental control?



Analysis: According to data collected types of parental control method used are 32% for screen time limits, 24% for app/games restriction, tie between website and monitoring software of each 16% and 12% for content filtering.

Interpretation: the parents who used restrictions mostly used screen time limits.

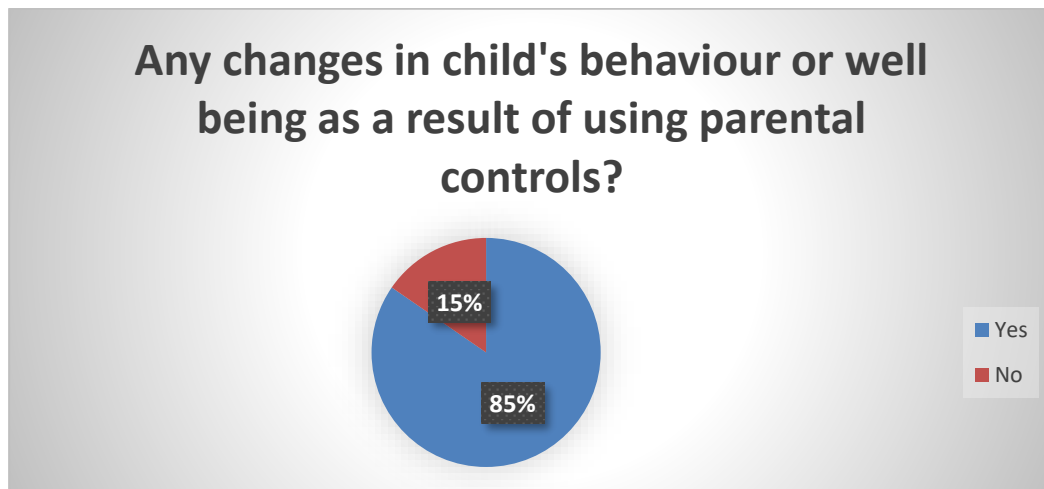
8) How pleased are you with how well parental controls work to limit your child's media exposure?



Analysis: According to data collected 54% of parents are neutral with effectiveness of the parental control ,46% are satisfied and none of them are dissatisfied.

Interpretation: parents are neutral to their restrictions which they have used for their children.

9) While implementing parental controls, have you observed any changes in your child's behaviour or general well-being?



Analysis: According to the data collected changes results in child behaviour is 85% yes and 15% no.

Interpretation: parents have seen changes in their children when they used parental control methods.



## **RECOMMENDATION:**

Parental controls are meant to limit and manage the media that kids are exposed to, but their level of effectiveness depends on a variety of factors. These sites are not infallible, but they can contribute to making the internet a safer place for children. To begin with, the majority of parental controls have functions like activity tracking, time limitations, and content filtering. Parents can limit their children's access to age-appropriate information by using content filtering, which blocks explicit or violent content. Establishing time limits encourages you to balance your online and offline activities and offers you control over how much time you spend in front of a screen. With the use of activity tracking, parents can keep an eye on their kids' online activities. To sum up, parental controls can be a useful tool for limiting the amount of media that kids are exposed to, but they work best when combined with open communication, active parental involvement, and media literacy instruction. As educators, academics, parents, and lawmakers, it is our collective duty to make sure kids can use the internet safely and benefit from its educational opportunities. Nonetheless, parental awareness and involvement are essential.

## **CONCLUSION:**

In summary, the effects of media exposure on kids and the usefulness of parental controls are complex, multidimensional problems. Positively, parental controls can help parents monitor and control the amount of media that their kids consume. They provide parents with a sense of control and peace of mind by enabling them to shield their kids from potentially dangerous information and guarantee exposure at the right age. Parental controls can also act as a springboard for crucial conversations about appropriate media use between parents and kids. On the negative aspect, though, parental restrictions are not accurate and kids frequently figure out how to get around them, especially as they get older and more tech-savvy. Furthermore, a dependence on parental restrictions that is too great might give parents a false sense of security and overlook other components of guiding, such teaching media literacy and critical thinking. Moreover, an excessive reliance on parental restrictions might damage the trust between parents and children by sending a message of suspicion and monitoring. It is critical to understand that a variety of factors other than parental supervision affect how media exposure affects children's development. Peer pressure, family issues, and the general media culture all have a big impact. Consequently, although parental controls are a helpful tool, their best results come from a combination of open communication, active parental involvement, and an entire approach to teaching media literacy. In conclusion, a variety of factors affect how well parental controls manage kids' media exposure, so it's important to keep an eye on them and don't overstate their influence. In addition to putting technological safeguards in place, parents should take the initiative to address these problems by creating a positive media environment at home, having regular talks with their kids about responsible media consumption, and discussing the possible effects of media on their development.

## **REFERENCE:**

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