

28th WORLD NEONATAL, PEDIATRIC AND FAMILY MEDICINE CONFERENCE

March 21-22, 2019 Dubai, UAE

A study of knowledge, attitude and practice of children in and elementary school about using smart devices in Majmaah, KSA

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Introduction: Smart devices usage has increased among children recently. Young children are using smart devices anytime and anywhere, especially with the invention of smart phones and the replacement of desktop computers with digital tablets. With the rapid improvement advancement in smart devices, there is an explosion of electronic media games/education packages directed at preschool children in many societies.

Methodology: This is a cross-sectional study dealing with the knowledge, attitude and practices of children in elementary school about using smart devices in Majmaah city. It involves the use of a close ended self-questionnaire by the 231 participants between 7-12 years old analyzed by using the SPSS version 23.

Results: Majority of the participants 176 (76.2%) use smart devices for playing but very few 10 (4.3%) use them to help them studying. Majority of the parents strongly agree on that the devices have a negative effect on studying, sleeping, behavior (aggressiveness) and physical activities of their children. Only 22.5% of parents (52) are aware about risks of the smart devices. Children who playing game are not aware of its risks $p=0.012$. Children's attention significantly reduced after using of smart devices for two hours or more $p=0.041$.

Conclusion: Smart devices are widely available and regularly accessed by families and their elementary school children as an accepted part of daily life. This raises the need for parents to monitor their children's smart devices use to minimize potential health and development. Many issues were identified within this study including the negative impact of smart devices and the link between children's behavior and smart devices.

Biography

Mansour Khater Alzahrani is working as a Consultant and Associate Professor of Family Medicine in Saudi Arabia. Currently, he is the Chairman of the Medical Education Department in Dar Al Uloom University. He was the Vice Dean of the Academic Affair and the Chairman of Family Medicine Department for more than four years at Majmaah University. He has published more than 12 scientific papers in the field of family medicine. He was involved in teaching of different modules in the college with great input in the family medicine module. He is the Head and Member in multiple scientific committees.

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