Bad eyesight, unhealthy posture and obesity

EXCESSIVE use of electronic screen products can harm the health of young users in many ways. Children’s eyeball development can be hampered if they start using these products too early.

A Chinese University of Hong Kong study found more children between the ages of two and six have myopia - stitting from 2.6 percent in 1996 to 6.3 percent in 2006 - and the trend was linked to screen product usage.

Serious myopia can cause conditions such as macular degeneration or glaucoma, which can lead to blindness.

The advisory group pointed out that staring at a screen for a long time can cause visual symptoms such as ocular discomfort, eyestrain, dry eyes, headaches, blurred vision and even double vision. Since IT screen product usage is becoming more prevalent, the problem could worsen further.

Another health effect related to screen product use identified by the advisory group is bad body posture causing damage to tendons and muscles.

The group also agreed that sitting before a screen could lead to obesity, due to a sedentary lifestyle and other associated behaviours, like snacking and decreased sleep time.

Another psychological effect is addiction of cleansing the body of digital products.

The improper use of digital devices such as smartphones, tablets and computers is creating health problems, both in children and adults. Apart from physiological issues such as the increased chance of myopia, there are also psychological effects, such as addiction usage. We must be aware of these dangers and exercise restraint and care when using these devices.

Electronic screen products

People are increasingly embracing digital electronic products as necessities of daily life. But many studies have found improper use of them can damage our health. How can we enjoy these modern gadgets without being harmed by them?

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