

Electronic Media and Physical Activity of Primary School Children

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Abstract : The constant expansion of technology has further accelerated the development of media and vice versa. Although its promotion includes all kinds of interesting and positive sides, the poor functioning of the media is still being researched and proven. Young people, as well as children from the earliest age, resort to the media the most, so it is necessary to defend the role of adults as it were parents, teachers, and environment against virtual co-educators such as the media. The research aim of this study was to determine the time consumption of using electronic media by primary school children as well as their involvement in certain physical activities. Furthermore, to determine what is happening when parents restrict their children's access to electronic media and encourage them to participate in alternative contents during their leisure time. Result reveals a higher percentage of parents restrict their children's access to electronic media and then encourage children to socialize with family and friends, spend time outdoors, engage in physical activity, read books or learn something unrelated to school content even though it would not be children's favorite activity. The results highlight the importance of parental control when it comes to children's use of electronic media and the positive effects that parental control has in terms of encouraging children to be useful, socially desirable, physically active, and healthy activities.

Keywords : elementary school, digital media, leisure time, parents, physical engagement

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