

Using Digital Media to Bring Behavioral Change in Special School Classes

1. Dr. Taha Shabbir

(tahashabbir51@gmail.com)

*Assistant Prof. Media and Comm Studies.
Shaheed Benazir Bhutto University, Nawabshah.*

2. Dr. Muhammad Latif

(muhammad.latif@gcwus.edu.pk)

*Assistant Professor, Department of Education
GC Women University Sialkot Pakistan*

3. Dr. Sana Shahid

(sana@smiu.edu.pk)

*Assistant Professor, Media and Communication Studies Department
Sindh Madressah-tul-Islam University*

4. Dr. Muhammad Nadeemullah

(nadeemullah@uok.edu.pk)

*Associate Professor, Social Work Department,
University of Karachi*

5. Inam Nawaz Wassan

(wassan.inam6@gmail.com)

*M.Phil, Asian Studies, Taxila Institute of Asian Civilizations
Quaid-i- Azam University Islamabad*

ABSTRACT

Digital technology quickly provides single-handed access to virtual world. A single push switches between video, audio, and internet links. Kids are renowned as adults nowadays. The research aims to examine children's social media usage and mental health. Connectivity may be achieved using these devices. New state adds stress. These are the effects of employing several long-range interpersonal interaction locations due to lack of focus, horrible resting propensities. We're really removing ourselves bit by step. Late-night sweets, minimal drinks, late napping, and slumping are common pitfalls. Blood is our body's fuel or foundation. It helps our muscles adjust and provide strength as needed. Well-structured and sized television curricular services might be beneficial. Well-designed educational material will achieve academic milestones. New media's optimism is unsurprising. Individuals and exceptional children might spend most of their early years in front of the screen, but YouTube has replaced TV. YouTube is now great for kids. Quantitative analysis was used to observe the impact of new media on children's well-being. This investigation shows social media harms pupils. Positive: social networking and immorality. New technology's influence on kids is likewise being studied. Quantitative Analysis examined the impact of digital media on children's well-being. The 'Open Data' barometer analyses under-18 online public media data consumption. Our research reveals digital technology affects teenage wellbeing when more youngsters admit they are hooked on digital media and face serious health and emotional issues. Modern media make student or youngster sluggish, which contributes to procrastination.

Keywords: *Special Education, Online Media, Social Media, Educational Tool*

Introduction

In addition to making our lives more exciting and convenient, digital media can have a positive impact on our well-being. Using social media allows us to connect with everyone in our lives. Facebook and other social media platforms allow us to stay in touch with our loved ones. Music, movies, sports, games, and more may all be found on social networking platforms. We are able to contribute input and take part in the programme because of the transparency that social media provides. Social media participation also improves our communication abilities. Web-based existence has had an enormous impact on our lives. Creating a mobile phone is one of the simplest ways to access web-based life

sites at your fingers. Using the internet to learn has a positive effect on education and training. We can provide the greatest information to oppressed people with the help of this new medium. As a counterpoint to teachers' criticism of undergrads, they choose to spend more time on web-based social networks, which is why the scholarship continues. As a consequence, children of mothers who put in long hours were more likely to become obsessed with drugs and crime.

Advanced media is providing a broad range of educational resources to people all over the world while at the same time creating the impression that students aren't focused on their education. There has to be a shift in the focus of students' attention away from academics. Advanced media is beneficial to businesses. Many well-being activities may now be carried out over the globe because to the ease with which people can communicate nowadays. You can get all the knowledge you need from Force off-web. Health promotion via social media is an option worth exploring. Messages may be sent throughout many online sessions. Some people find that it helps with their mental health. Extreme social media users often struggle with mental health difficulties. Social media is projected to occupy the majority of the attention of the current generation. According to some studies, youngsters use screen media, such as television, laptops, DVDs, computers, video games, and mobile devices, for approximately two hours every day. every. single. day. When it comes to online activities, adults choose to engage in them on platforms like Facebook, Twitter, Instagram, Snap Chat, and Whatsapp. The amount of time children spend on cellphones is steadily growing. The use of digital media technology has brought the world's population closer together. Distance buddies are no longer a problem because of today's technological advances. Families were able to spend time together by watching movies and playing games as a result of this. Today's youngsters are constantly surrounded by digital devices. In addition, new digital classrooms are providing digital learning on new technology for students. The ease with which students may get academic resources through the Internet is invaluable. It is also possible to accomplish research, assignments, and projects on time with the assistance of the Internet. Access to social media is made simple by digital media. In video games, for example, where there is also a lot of violence. Fighting videos may also have a negative impact on our personality. The new digital classrooms have seen a dramatic change in design. Little Red Riding Hood and The Lion King are excellent examples of story-based learning in the classroom. Children and teenagers are found to spend 4-6 hours a day interacting with digital media, according to studies. Advances in digital media have created a generational divide in our society. Facebook is one of the most useful websites out there, adding new features on a daily basis. Increasingly, youngsters are spending their free time on social networking websites. For both communication and entertainment, Digital Media is making a significant impact.. The greatest method to promote good health is via open communication. It's no secret that the entertainment industry is doing all it can to promote a healthy lifestyle. A great deal of effort is being put forward by health communicators to help people quit smoking, using drugs, and abusing food. Changes in behaviour may be achieved via the use of effective communication tactics. The primary cause of death from illnesses including heart disease, cancer, lung disease, and traumas is a lack of attention to health. Life's most basic requirement is to be happy. Your health is essential if you want to live a long and healthy life. As a sound person, you are supposed to be happy and have great aspirations for your life. There is no better way to pass the time than with digital media. Social media has a wide range of effects on youngsters, as well. Digital media has also had an impact on educational methods. As a result, you feel like you have the full support and encouragement of everyone around you. A healthy diet is essential to maintaining a high level of physical and mental health. Infectious diseases and foodborne illnesses may spread via the air, which is one of the environmental conditions that harms humans. Emerging digital technologies have also been a source of knowledge, and these technologies are now accountable for both experience and development. Everyone is swayed by the allure of new media. As a result of their exposure to digital media, many of today's youngsters face a variety of issues. Various mental health and developmental issues are widespread. Disappointment and worry might result from an answer. Children's needs should be recognised and met by parents and caregivers. There will be no analogue devices in the future generation. To foster a feeling of responsibility and maturity in children, the media should provide material that is suitable for their age group. Individuals in small networks reflect the social assessments of the network as a whole. Mark can't handle the human resources for rural networks." Problems with the teeth and gums have become all too common in modern society. The vast majority of young people have decayed teeth, which has a negative impact on both their looks and their digestive system. Additionally, due to oral difficulties, absorption is also hampered. Health may be seriously harmed by mental illnesses such as Generalized Anxiety Disorder (GAD), panic disorder, social anxiety disorder, or obsessive-compulsive disorder (OCD). People who spend the majority of their waking hours on social media are more likely to suffer from depression and other forms of emotional discomfort. Low self-esteem, social anxiety, and self-consciousness occur

when expectations are not met. Literacy and education are now at a new level thanks to the rise of digital media. Rumors are often disseminated as a result of the ease with which information can be accessed and communicated. In addition, this displays the rumoured thinking and ideas. False news may be propagated for a variety of reasons. Everyone has a fundamental right to communicate with one other. To be heard and to create one's own cultural identity. People may express themselves more openly and honestly when they have good lines of communication open to them. Communicating with others boosts children's self esteem as well as teaches them problem-solving abilities. Aggressive conduct is a direct outcome of violent media material. Extreme violence may occur as a result of these tendencies. Children who play video games are expected to be violent as well. There is a direct correlation between the amount of violent material children view and their level of aggression.

Literature Review

Parents and teachers need to be aware of the innovation, its usefulness, and its drawbacks in order to build trust with their children. Playing computer games is considered as a substitute for real-world physical activity. Playing video games has the potential to influence how much energy people consume in their daily lives, and this relationship between gaming and stoutness is certainly plausible. Excessive and unprotected use of mobile phones has been linked to stress, preoccupation, and attachment in the form of latent social contradiction.

Young people's devotion to food and drink labels should be documented through social media. Children's ability to use any platform to its fullest potential depends on their understanding of the media's unique strengths and visual structures, as well as how that information is presented. Multiple image structures are used in media communication to provide a variety of organised learning opportunities for young people. Online communities like Facebook, YouTube, Pinterest, Twitter, and Instagram allow users to share and interact with one another's content, as well as their own. Pregnancy and childbearing experiences may now be shared with a wider range of parents because of the rise of web-based social networking at the beginning of this century. To keep pace with the rise of digital technology and social media, children's television viewing time has significantly decreased over the previous two decades. It is possible for a Facebook user to look disheartened for a number of different reasons. A user who was previously reluctant to utilise or develop their S.N.S. may be swayed by other components. Obesity in children and sleep problems are two of the most well-documented links between traditional media usage and poor physical health in children. Overt depictions of self-harm on social media are common, as shown by online content analytics that uncover images or live recordings of people engaging in self-harming behaviors, many of which have no warnings about the graphic nature of the material.

We may even refer to the younger generation as being in the advanced stages of life because of their reliance on computers and other forms of digital media. Having access to the Internet allows us to share our thoughts and ideas with the world. In addition, we are surrounded by our loved ones, who make us feel safe and secure. Establishing social connections allows us to get more intimately connected with others' dynamics and emotions. Similarly, the way we learn is evolving in the digital world of computer-generated creativity. Guardians and educators need to be well-informed about the innovation, its applications, as well as its pitfalls; they also need to have a solid sense of confidence in the infant.

This modern medium is so interesting for people in a variety of social situations. All of these options are available to us because to the progress of computers, which have shown us that studying can be more exciting than ever before. By providing crucial information about height, weight, food, nutrition, efficiency, and physical activity, web-based life pages typically attract attractive young people. Emerging technologies like laptops, tablets, and smart gadgets are generating more data. We may easily communicate with our loved ones through voice messaging, video calling, sending words of love, and sharing images with the help of advanced technology. One of us is a genuine person, while the other is only an image that we project to others in the social arena. Through this social disposition, the remainder of one's experiences would be transformed into a real representation of one's character. Similarly, the gap between young men and women is closing as media attention grows. Being happy is a must for everyone. It is important to be both intellectually and authentically sound. Guardians and educators need to be well-informed about the innovation, its applications, as well as its pitfalls; they also need to have a solid sense of confidence in the infant.

Teachers who engage in coaching report feeling uplifted and motivated as a result of the experience. In the early years, individuals and exceptional children may spend a significant amount of time in front of the screen, but social media

such as YouTube have replaced television. At the moment, YouTube is the best location for youngsters to go. Young people's futures have been portrayed in a variety of ways in a wide range of media outlets. As can be observed on the one hand, a positive outlook contributes to the physical, emotional, and social well-being of newborns. Brands stand out enough to be noticed and alter our thinking in general. Cigarette, booze, and drug-related health problems are often reported in the media. There are still articles and advertising on social media about liquor slaughters, the dangers of smoking for certain people, and so on.

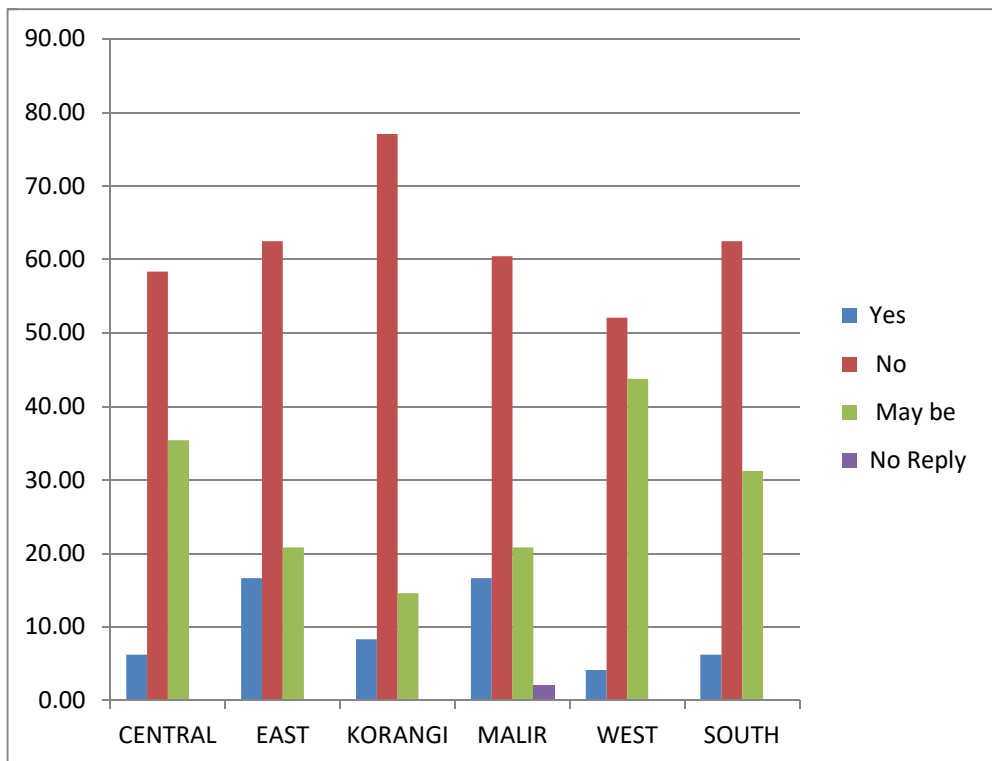
Methodology

We have to cross-examine its effect on two separate variables when it comes to following the analysis methodology. Therefore, when we study for using the 'Shared Data' framework, we use regression analysis to exploit the usable data. Also, to observe the effect of new media contact on children's well-being, a quantitative analysis approach was introduced. A sampling of numerous Parents and Teachers of special kids taken from visiting schools in various districts of Karachi. To address the questions, about 400 sample size participated. The outcome indicates that interactive media use has a beneficial influence because it is not surpassed 3 hours a day. A study design is built so that cross-sampling of the results of Comprehensive Research is used to observe the effect of new media communication on the welfare of children—focused on habits, concepts, customs, values, qualitative analysis designs.

Findings

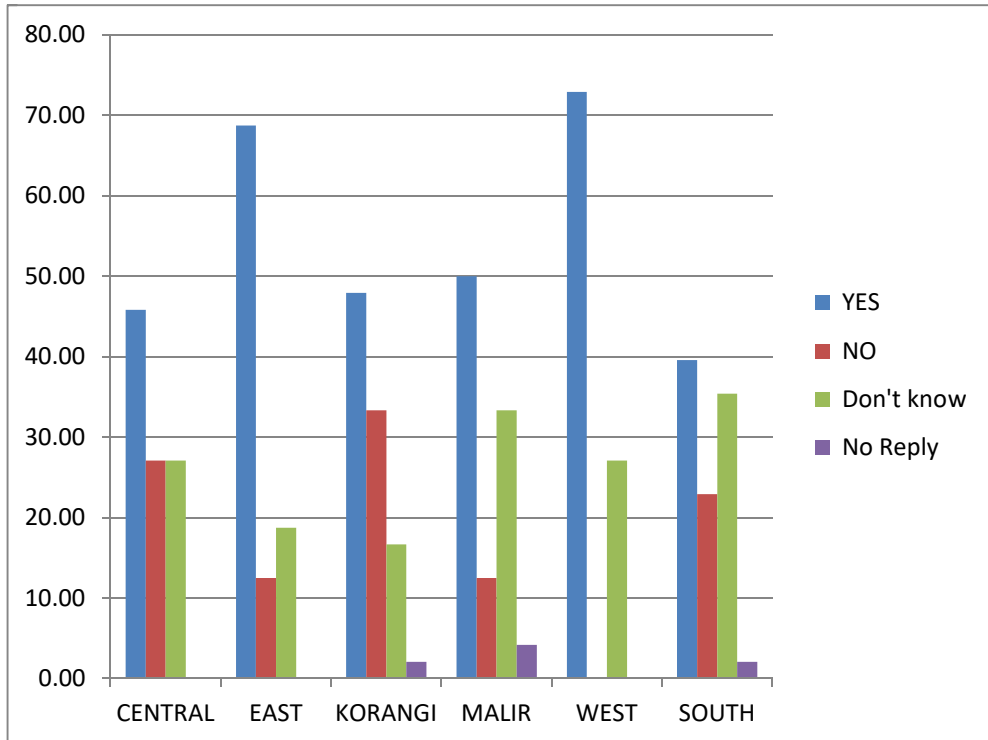
Responds of Parents of Special Children

DISTRICT WISE COMPARATIVE DATA IN PERCENTAGE					
Does using Digital Media Bring Positive Change in Child Behaviour?					
Yes		No		May be	
EAST	16.67	KORANGI	77.08	WEST	43.75
MALIR	16.67	EAST	62.50	CENTRAL	35.42
KORANGI	8.33	SOUTH	62.50	SOUTH	31.25
CENTRAL	6.25	MALIR	60.42	EAST	20.83
SOUTH	6.25	CENTRAL	58.33	MALIR	20.83
WEST	4.17	WEST	52.08	KORANGI	14.58



Responds of Teachers of Special Children

DISTRICT WISE COMPARATIVE DATA IN PERCENTAGE					
Does using Digital Media Bring Positive Change in Child Behaviour?					
YES		NO		Don't know	
WEST	72.92	KORANGI	33.33	SOUTH	35.42
EAST	68.75	CENTRAL	27.08	MALIR	33.33
MALIR	50.00	SOUTH	22.92	CENTRAL	27.08
KORANGI	47.92	EAST	12.50	WEST	27.08
CENTRAL	45.83	MALIR	12.50	EAST	18.75
SOUTH	39.58	WEST	0.00	KORANGI	16.67



Discussion

Students are being harmed as a result of social media's effect, according to this study. Relationships with people who engage in morally questionable behaviour are beneficial. New technology's effect on youngsters was the focus of the current study. According to the findings of this survey, almost everyone has an Instagram or Facebook account these days. Digital media may have a negative impact on a child's cognitive, physical, and linguistic development. This study shows that digital media students are involved in a variety of academic and non-academic activities. According to research, youngsters who spend a lot of time on digital gadgets face a variety of problems. They have a lower sense of well-being. According to the findings of this study, students who spend a lot of time on digital media are more likely to have difficulties with personal deployment. The effects of digital media on children's well-being are the subject of this research, which is being conducted on children. Several studies show that children's development and well-being are influenced by their exposure to digital media. The results show that the majority of television viewers prefer to be fed while watching. Research shows that advertising influence people's eating patterns. This B.M.I. stage typically impedes quick meal intake, which is mostly fast food. B.M.I. is also caused by a lack of physical exercise. This study shows that social networking may cause a variety of psychological conditions. Anxiety, despair, and social and psychological suffering may be common among young people who are expected to spend time on social media. Children are also studied as part of this study to find out how new media affects their well-being. According to many studies, visual advertising has a significant impact on children's eating habits. Everyone is drawn to junk food advertising. Unhealthy eating may lead to a variety of physical and mental issues. Fear, sleeplessness, anxiousness, and hypertension may all result from excessive use of digital media. The research shows that social networking engagement may have both positive and negative effects on people's lives. This research reveals that media may have both positive and negative effects on a child's development, with the latter having a greater impact on a child's social and functional progress. This research found that social media has both positive and negative effects on young children. The health and development of children was also a focus of the study. 100 Health and wellness efforts may be encouraged via social networking, according to this study's findings. 101 The purpose of this research is to determine the impact of modern media on children's health. Research shows that children are impacted both appropriately and wrongly by the proliferation of new media. It all comes down to how and why you use the technology you have at your disposal. Successful academic accomplishment may be aided by the use of digital media for research and study. On the other side, a negative outlook is typically the effect of employing these gaming and socializing devices.

Conclusion and Recommendations:

It is essential for organizations, guardians, students, and everyone else to keep an eye on how social media affects ourselves and those around us, especially youngsters. It's possible that young people who engage in online activities may gain additional benefits that affect their outlook on themselves, their social networks, and the environment, such as opportunities to participate in charitable causes and contribute to local events, such as those that are both political and charitable. There is strong evidence that screen time is linked to a range of negative health outcomes, yet the ability to influence these outcomes is mainly ineffective. Guardians and schools should encourage their students to engage in physical activity and social interaction, rather than relying on advertisements to live a better lifestyle and buy food. In order to educate the public on the positive and negative effects of media use, advertising firms might sponsor and disseminate ongoing educational programs. Extreme screen use has been linked to negative physical, emotional, and social well-being traits, as well as learning and behavioral challenges for teenagers and young adults. In contrast, time spent outside and in close contact with nature is essential to one's well-being and success. When a child is showing signs of savagery, there should be plenty of warnings to keep parents and local media informed, such as medical advice.

To make the most of digital communication, users should limit their online activities to a small number of well-chosen websites and apps. A positive mental attitude is essential for youngsters, whose emotional maturation is occurring at the same time as their physical maturation. By limiting students' access to social media, the psychiatrist believes that disruptive behaviour may be controlled. Because of this, it is wise to double-check and counter-balance your Internet use. It is only possible to get the benefits of a healthy diet and exercise regime if mobile phone radiation is kept to a minimum. Children become sedentary and less engaged in their education as a result of the usage. An approach to philosophy that emphasizes student participation rather than instructor involvement might help students develop a deeper understanding of the subject matter. Access to the 'Free Data' plan will allow us to monitor and balance the usage of new technologies by children in our care. This enables for a time restriction to be imposed on the usage of the product. In many cases, parents are expected to keep an eye on their children's digital media usage. Students may improve their academic and intellectual performance by using digital technology in the right way.

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