



## Comentario de interés científico

### Building a Healthy Future: How Screen Time Impacts Teenagers' Physical Activity in the Digital Era?<sup>1</sup>

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In today's digital era, where smartphones, tablets, and computers are ubiquitous, adolescents find themselves immersed in a digital landscape that profoundly shapes their daily lives. This pervasive integration of digital technology has raised concerns about its potential impact on adolescent physical health. In this essay, we delve into the multifaceted relationship between screen time and adolescent health, exploring underlying mechanisms, effective interventions, and the implications of longitudinal studies.

#### *Understanding the Correlation*

Recent research underscores the correlation between screen time and deteriorating physical condition among adolescents. Studies by Gutiérrez-Sanhueza (2023a) and Gutiérrez (2024) have shed light on this association, highlighting that increased screen time correlates with poorer physical health outcomes. This correlation is particularly concerning in a world where digital interactions are prevalent, necessitating a deeper understanding of its implications.

#### *Exploring Underlying Mechanisms*

To comprehensively grasp the impact of screen time on adolescent health, it is crucial to delve into the underlying mechanisms. Physiological responses to prolonged screen exposure, such as alterations in hormone levels or neurotransmitter activity, could elucidate the biological pathways involved. Additionally, psychosocial factors, including the influence of social media on self-esteem or the development of addictive behaviors, play a significant role in shaping health outcomes.

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Research by Gutiérrez-Sanhueza (2023b) emphasizes the importance of considering not only the quantity but also the quality of screen activities and their contextual nuances.

### *Effective Interventions*

Addressing the detrimental effects of excessive screen time requires the identification and evaluation of effective interventions. Educational initiatives promoting digital literacy and responsible screen use are essential in empowering adolescents to make informed choices about their screen habits. Furthermore, behavioral interventions targeting sedentary behaviors and promoting healthier alternatives can mitigate the adverse effects of screen time on physical health. Longitudinal studies, as advocated by René & Vargas (2024), are indispensable in unraveling the long-term implications of screen usage patterns on health outcomes, guiding preventive strategies and healthcare policies.

### *Contextual Nuances*

Consideration of the contextual nuances surrounding screen time is crucial in understanding its impact on adolescent health. The nature of screen engagement, whether passive consumption of social media or active participation in virtual physical activities, may yield differential health effects. Additionally, factors such as socioeconomic status, parental involvement, and peer influence can modulate the relationship between screen time and health outcomes. By exploring these contextual nuances, researchers can develop targeted interventions tailored to the specific needs of adolescents.

### *Implications of Longitudinal Studies*

Longitudinal studies offer valuable insights into the dynamic nature of the relationship between screen time and adolescent health. By tracking individuals over an extended period, researchers can discern potential trajectories of health risks associated with varying levels and types of screen time. This longitudinal approach allows for the identification of critical periods of vulnerability and the development of timely interventions to mitigate adverse health outcomes. Furthermore, longitudinal studies provide evidence to inform public health policies and initiatives aimed at promoting healthy screen habits among adolescents.

In conclusion, the impact of screen time on adolescent physical health is a multifaceted issue that requires a comprehensive approach. Understanding the underlying mechanisms, exploring effective interventions, and considering contextual nuances are essential steps in addressing this growing concern. Longitudinal studies play a crucial role in unraveling the dynamic nature of this relationship and guiding preventive strategies and healthcare policies. By working collaboratively across disciplines, researchers can contribute to the development of evidence-based interventions that promote the health and well-being of adolescents in an increasingly digitalized world.

### **Conflictos de interés**

El autor declara no tener conflicto de intereses.



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