

ABSTRACT

This diploma thesis focuses on the usage of digital technologies by children of early school age (1st to 3rd grade of elementary school). The aim of the thesis is to map in detail the use of screens in children aged 6-9 years and determine the age that would be suitable for the implementation of prevention programs aimed at the healthy use of technologies by children. The research is interested in how much time the children of a given age spend using electronic screens and what type of screens they usually use, what activities they do on the device, how the use differs between boys and girls and whether there are differences in use by children among the first three grades of primary school. The chosen research design is a cross-sectional questionnaire survey in an online form intended for parents. The results of the research showed that the amount of screen time increased with the age of the child and a larger increase was observed mainly in children in the 3rd grade of primary school. Most often, children spend time on mobile devices (smartphone or tablet) and watching TV. We also noticed a slight increase in the use of game consoles for boys in the 3rd grade of primary school, while girls use these devices hardly ever. Thus, prevention programs and education on the safe use and the risks associated with the excessive use of technology can be in the future targeted at this age group of children and their parents.

KEYWORDS

Digital technologies, early school age, screen use, screen time, risky use