

NAZIV DISERTACIJE: UTICAJ INFORMACIONIH I KOMUNIKACIONIH TEHNOLOGIJA NA ZDRAVLJE DJECE ŠKOLSKOG UZRASTA U DOBA PANDEMIJE**Autor:** Miloš Lazić**Mentor:** Prof. dr. Amra Mačak Hadžiomerović**Datum odbrane:** 19.05.2023.**DOI:** <https://doi.org/10.17532/DD.2023.12>**Sažetak**

Uvod: Svijet se danas nalazi u centru tehnološke revolucije koja se događa tako brzo da se jedva može pratiti broj uređaja i mogućnosti koje su dostupne djeci na računarima, tabletima, mobilnim telefonima i konzolama za igrice. Široka primjena IKT uređaja od strane djece i adolescenata postala je evolutivni fenomen. Dugotrajno korištenje moderne tehnologije je potencijalno povezano sa povećanim rizikom od štetnih posljedica na zdravlje djece i adolescenata.

Cilj: Analizirati uticaj informacionih i komunikacionih tehnologija na zdravlje djece školskog uzrasta.

Materijal i metode: Studija je dizajnirana kao epidemiološka, presječna, deskriptivno–analitička i komparativna studija. U istraživanju je bilo uključeno 549 ispitanika ranog adolescentnog uzrasta. Studija je provedena u doba pandemije, u formi online upitnika, putem platforme Microsoft Forms.

Rezultati: Ispitanici su najčešće imali povremene bolove (1–3 puta mjesečno), i to najviše u regijama vrata/ramena i donjih ekstremiteta, u kojima je bio najveći intenzitet bola i predstavljao je blagu bol. Učestalost javljanja problema s očima nakon korištenja mobilnog telefona ili tablet uređaja bila je ponekad, s najizraženijim simptomima umora, suzenja i naprezanja očiju. Ispitanici su koristeći IKT uređaje najčešće imali paniku, teško opuštanje, uznemirenje, aktivnosti u prisustvu negativne energije, kao i pretjerivanje u određenim situacijama. Zaključak: Svaki peti ispitanik imao je bolove posljednjih mjesec dana u barem jednoj regiji tijela. Gotovo polovina ispitanika je imala prisustvo barem jednog simptoma očiju, uključujući i glavobolju u toku ili nakon korištenja IKT-a. Svaki treći ispitanik je imao ponekad barem jedan simptom psihološkog stanja nakon korištenja IKT uređaja.

Ključne riječi: Informacione i komunikacione tehnologije, djeca, zdravlje, bolovi

DISSERTATION TITLE:**Author:** Miloš Lazić**Mentor:** Prof. dr. Amra Mačak Hadžimerović**Date of defence:** 19. May 2023.**DOI:** <https://doi.org/10.17532/DD.2023.12>**Summary**

Introduction: The world is nowadays at the centre of a technological revolution, which is happening at such a speed that we can hardly keep track of the number of devices and possibilities that are available to children on computers, tablets, mobile phones and gaming consoles. The wide-spread use of ICT devices by children and adolescents has become an evolutionary phenomenon. Long-term use of modern technology is potentially associated with a higher risk of adverse effects on children's and adolescents' health.

Objective: To analyse the impact of information and communication technologies on school-age children's health.

Materials and methods: The study was designed as an epidemiological, cross-sectional, descriptive-analytical and comparative study. The research involved 549 respondents of early adolescence age. The study was conducted at the time of pandemic, in the form of an on-line questionnaire, via Microsoft Forms platform. Results: The respondents most often felt an occasional pain (1-3 times a month), predominantly in neck/shoulders region and in lower extremities, where the highest pain intensity was described as a mild pain. In terms of frequency, the eye-related problems following the use of a mobile phone or a tablet were reported as occasional, where the most prominent symptoms were eye-fatigue, tearing and eye strain. The respondents who were using ICT devices most often experienced panic attacks, difficulties to relax, anxiety, negative-energy impacted behaviour, as well as exaggeration in certain situations.

Conclusion: Every fifth respondent felt pain in the last month at least in one region of the body. Almost half of the respondents experienced at least one eye symptom, including headache during or after the use of an ICT device. Every third respondent experienced at least one symptom related to psychological disorder following the use of an ICT device.

Keywords: information and communication technologies, children, health, pain