

INTERNET GENERATION: LIFESTYLE & HEALTH

Teenagers and social isolation

Topics

- Definitions
 - Internet generation
 - Social isolation
 - Teenagers
- Statistics
- Consequences of social isolation
 - Physical inactivity
 - Diseases
- Social isolation in health care
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 - Occupational therapist
 - Nurses
- Discussion

Internet generation

- Millenials, an abbreviation for *millennial generation*, is a term used by demographers to describe a segment of the population born between 1980 and 2000 (approximately).



Social isolation

- Social isolation is the condition of aloneness experienced by the individual and perceived as imposed by others and as a negative or threatened state; impaired social interaction is an insufficient or excessive quantity or ineffective quality of social exchange.
- No face-to-face contact
- No interpretation of a persons voice
- No reading the facial expressions

Teenagers

- Teenagers are a group of people in age between 13-19.
- Lots of changes
- Looking for own identity
- Confrontations with parents
- Learning to be independent



Roleplay



Statistics

In general:

20% of children prefer finding out their friends via internet

40% of children has one or more online identity

More than 50% of children can orientate on the internet in better way than their parents can.

More than 50% of children has own computer/laptop or gameconsole.

Consequences of social isolation



Diseases

- Social isolation > Depression > underweight or overweight
- Inactivity > Overweight/obesity
- Using computer > Complaints of Arm Neck and Shoulder (CANS)
 - ▣ For example syndrome of carpal tunnel, frozen shoulder
- Changing of daily routines (day/night ritm)



Physical inactivity

- *“Less than 2,5 hours of activity of moderate character a week”* (WHO)
- Leads to:
 - Surplus of calories
 - Overweight (obesity) + other..
 - Adult: higher risk of problems related to overweight
 - Muscle weakness – over time (atrofi)
 - Less energy
 - Less stimulation of the brain
- Recommendations:
 - 60 minutes a day
 - 3 times a week high intense activity at least 30 m



Internet usage >< Physical inactivity (DK)

Internet use	Physical inactivity
<p>81 % are online everyday</p> <ul style="list-style-type: none">- School work, playing games, social network, messaging, watching video clips etc.- 98 % use the internet at home- 95 % of these: acces in their own bedroom. <p>124 minutes – highest average online time/day</p>	<p>Physical inactivity in a early age higher the risks of being physical inactive later on.</p> <p>Persons that die because of physical inactivity loose 11-12 years</p> <p>2 hours a day = not physical active + more</p>

How to prevent..?

- Prevention (when talking physical inactivity):
- *“Supportive environments and communities may help people to be more physically active*
- *Urban and environmental policies can have huge potential to increase the physical activity levels in the population. Examples of these policies include: ensuring that walking, cycling and other forms of active transportation are accessible and safe for all; or that schools have safe spaces and facilities for students to spend their free time actively.” (WHO)*
- - In the future: make sure that facilities etc. will motivate to activity
 - Ethical: not making rules but facilitating

Social isolation in health care



- Physiotherapists
- Occupational therapists
- Nurses

Physiotherapist

- **Inform** the person about the positives/negatives of the internet in relation to physical inactivity
- **Make a training program**
 - ▣ **Specific exercises**
 - ▣ **Motivator & inspirator**
 - **“Teach”/inform about how the human body works**



Occupational therapists

Definition

- OT's try by working together with their clients and their context to enable them to be more independent in activities that are important to them.
- In this, it is important to focus on the clients surroundings as well as empower the client to increase his quality of life.



Occupational therapists

Advises/Treatment

- Try to find the main problem of the isolation
- Empower and help the client and context to socialise again by doing activities that are important to him



Nurses



□ Interventions:

- Spend time with the child
- Teach assertiveness techniques
- Making workshops with children to connect each other
- Provide positive reinforcement for clients voluntary interactions with other
- Education in nutrition and medication

Interprofessional

□ Positives

- Efficiency
- Lots of information and knowledge
- Saves time
- Easier to communicate between professionals

□ Negatives

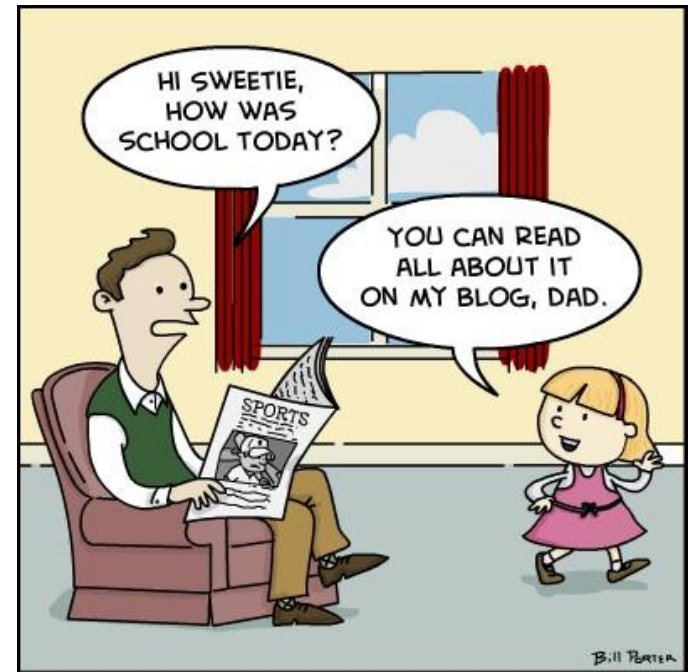
- Dependancy
- Laziness



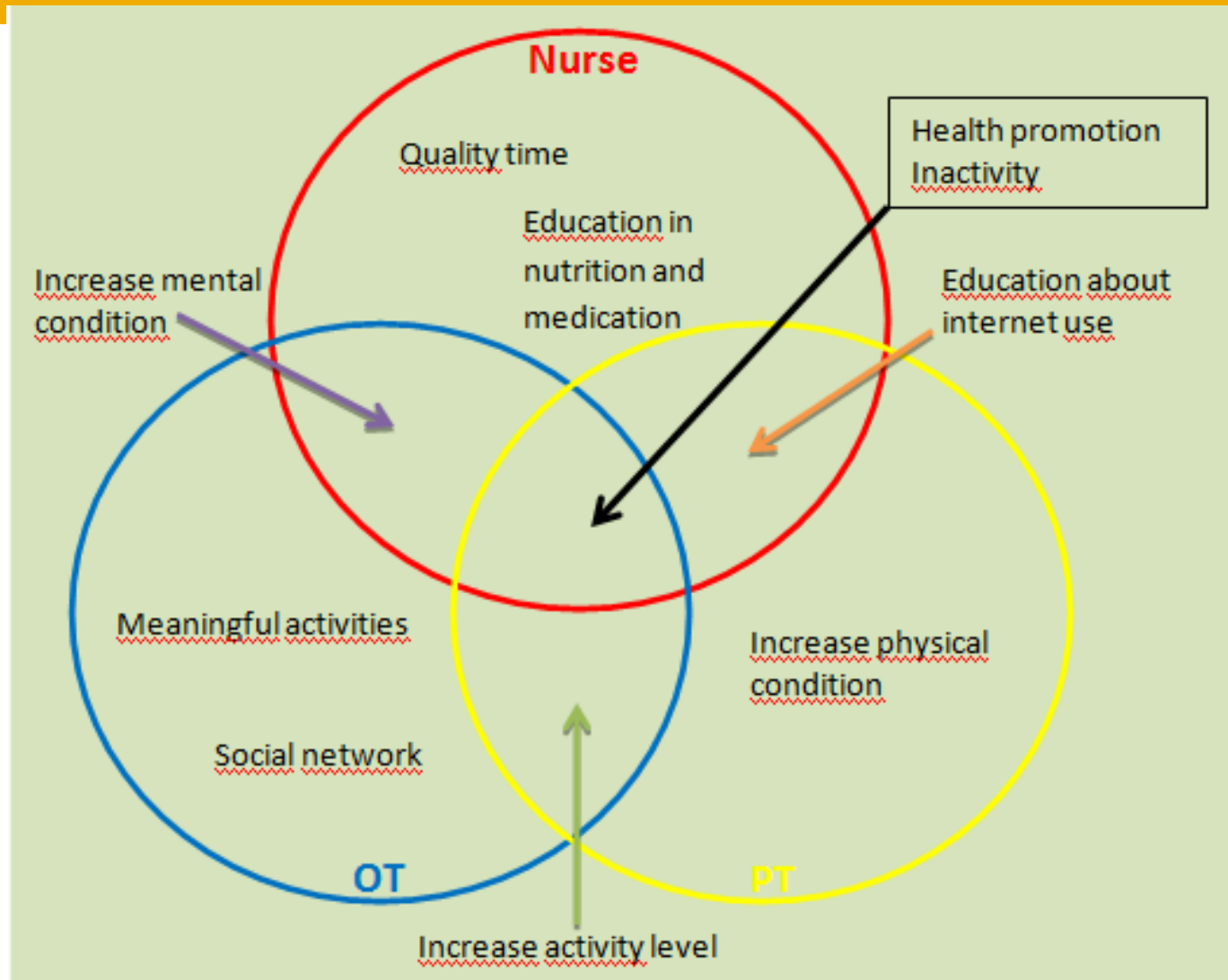
Interprofessional

□ Promotion & prevention

- Going to schools: give education about for example internet using
- Activities with community
- Talking with parents and friends
- Promoting sportfacilities



Interprofessional co-operation



Discussion



We will do a socratic discussion

When you read the statement, pick a side in the room.

The middle is not a option, choose YES or NO. It's allowed to change your opinion during the discussion.

Statement 1



**If I have kids I will not
limit their internet use**

Statement 2



Parents are responsible for their kids between 13-19 not getting social isolated due to internet addiction.

Statement 3

**Due to the internet; my
privacy is gone**

Statement 4

I think, using the internet
for >5 hours a day is
normal

Statement 5



**These days it is impossible to
live without internet as a
health care professional**

Statement 6



**Internet is the beginning
of the end**

Thank you for your attention

Are there any questions?

