



## THE IMPACT OF CARTOON PROGRAMS ON CHILDREN'S PHYSICAL HEALTH, INTELLIGENCE, BEHAVIOR AND ACTIVITIES

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### Abstract:

The aim of this paper is to illustrate the impact of cartoon programs on children's physical health, intelligence, behavior and activities. The findings of this paper are beneficial to the personnel involved in social science studies, public health studies and especially to those communities who are in charge of practicing physiotherapy and rehabilitation studies. Cartoon programs are both advantageous and disadvantageous to the children's health and activities. Children learn too many good lessons by watching cartoon programs which directly contribute to the language development, behavioral development and educational development. Furthermore, children become aware about physiotherapy and rehabilitation activities, health activities, medical activities which they directly learn from cartoon programs. Besides, cartoon programs have several destructive influences such as injuries to eyesight and hearing, imagination, superstition, learning to lie, inattentiveness in study and violence those are also illustrated in this paper. Investigation was carried out on several popular cartoon programs and then the information was collected to prepare the manuscript. This paper is practice based and the outcomes are helpful to the scholars involved in cartoon program studies and to work for the improvement of children's both physical and mental health. This paper opens possible ways for the scholars to further study in this field.

**Keywords:** physiotherapy, rehabilitation, intelligence, physical health, imagination, violence, creativity and superstition

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## 1. Introduction

There is a great importance of this paper in the field of social science and public health department. Children are fond of watching cartoon programs due to so many reasons. Cartoon programs are sometimes advantageous and sometimes they are disadvantageous to the children. All the things are briefly illustrated in this paper [1].

Different scholars worked related to the cartoon programs at different times where literate review exposed different findings. Some of which are similar and some of them are widely dissimilar. But at some cases most of the researchers have agreed that cartoon have both merits and demerits to children physical health, attitudes, behaviors are activities [2].

As per the Oxford Advanced Learner Dictionary, a cartoon is a funny illustration in a paper or magazine. Sometimes, it states animated cartoon as a movie created by photographing a sequence of step by step altering drawings, providing a false impression of movement [3]. Animated cartoon programs are created with the help of computers to look like film or cinema displayed in television, mobile or computer screen, those characterize some stories [4].

Cartoon programs have been shown to have a variety of positive and negative effects on children's behavior and development. The good or bad cartoon debate is nothing new. That's the rule when kids watch cartoons in retirement [5]. But, it is worth considering that the excess is not good enough. However, in this modern age, children spend most of their time behind this cartoon. They cannot eat without watching cartoons, must-watch cartoons while sleeping. The back of this cartoon, except for reading is read all the time. It is unimaginable how much children suffer [6].

The most favorite TV cartoon program Tom and Jerry is invented in American by William Hanna and Joseph Barbera. It is a comedy like short films invented in 1940. In this popular cartoon program Tom is a character of cat where Jerry is a character of mouse [7]. They live together sometimes by cooperating them each other as like as friends and sometimes they fight each other as like enemies. Whether ever they do but the motto is to give pleasure to the children [8].

If anybody ask question to any kid about their favorite program, undoubtedly, cartoons and cartoons are a great source of fun and entertainment for kids. Kids love cartoons for many reasons. Because they find people in cartoon shapes with cute or weird shapes and colorful costumes, they like it a lot [9]. Usually, kids aged 3 to 9 like to watch cartoons. However, as children grow older at this age, they observe curiosity and quick observation. And that's why cartoons have a direct impact on their mind and nature as well. It's better to lead by watching cartoons that have a positive impact on kids [10].

It's not at all absurd to watch a cartoon. There are many cartoon lessons from some cartoons that are useful to children in real life. But it does help create a mental problem for the child who is behind the cartoon 24 hours. It is important to remember that there are both good and bad aspects of everything. So, you have to reduce the tendency to watch cartoons. Let's talk about why it's so good or bad to watch a lot of cartoons [11].

Due to stylistic likeness amid comic cartoons and previous animated cinema, cartoon came to consign to animation, and the term cartoon is presently used in position to equally animated cartoons and retch cartoons [12]. As animation cartoon programs expresses any style of demonstrated photos seen in speedy sequences to provide the feeling of association, the term "cartoon" is habitually used as an exemplifier for television shows and short films intended to children, perhaps characterizing quadruple creature like superheroes and the tour of child central character or connected themes [13].

Children are sometimes involved in cartoons programs and it has become a most important act to some lives. Characteristically, children start looking cartoons programs on television set at a premature age like 1 year and by the age of two or three they turn into excited spectators. It is a difficulty, since children are enjoying television and the programs that they are enjoying cartoons are aggressive and addictive [14]. The kids who look at too much cartoon programs on television are possibly to have psychological and touching problems, along with brain and eye damage and unpredictably the jeopardy of a bodily problem rises [15].

## **2. Positive Impact of Cartoon Programs**

Cartoon programs have too many positive influences on children's physical and mental health, sanitation, early learning, enhancing creativity, and respecting to seniors which are illustrated below.

### **2.1 Helping Children to Familiar about Physiotherapy and Rehabilitation**

Several cartoon programs telecast physiotherapy and rehabilitation related activities. They teach children how to take treatment of physiotherapy. Physiotherapy provides immediate remedy to pain related difficulties. Children increase their interest on these shows to support other people by giving them or by influencing them to take physiotherapy related treatment. Severe pain sometimes cannot be cured by medicine where physiotherapy and rehabilitation can give cure to such diseases [16]. The body of children is immature and sometimes they cannot take powerful pain killer. In that sensitive case physiotherapy can be best suited to children. Carton programs telecasting such types of shows can reduce fears from children mind. Figure 1 shows how the Cartoon programs inform children about physiotherapy.



**Figure 1:** Cartoon programs inform children about physiotherapy [17]

## 2.2 Helpful in Maintaining Good Health

The first thing kids do is watch cartoons because of the cartoons that make us laugh about their activities and fun things. Moreover, research says that smiling keeps you healthy because it's a type of exercise that also regulates blood circulation. It's one of the best aspects of watching cartoons and eating a dose of laughter that makes you healthier [18]. Yes, it is true that; Different cartoon characters have a good physical feature and are a fitness freak. Popeye Sailor is a famous cartoon character who eats spinach for energy and as a source of energy. It would be nice to know that kids who do not eat spinach have changed their taste and now prefer to eat greens. Some cartoon characters teach how to be clean and how to take care of themselves, which is undoubtedly a good thing. Watching this type of cartoons children get encouraged and learn to take care of their health [19]. Figure 2 shows how the Cartoon programs teach children to rehabilitation studies.



**Figure 2:** Cartoon programs teach children to rehabilitation studies [20]

### 2.3 Helping to Explore and Monitor

Of course, cartoon characters are fictional and not exactly exist in their lives and actions, but apart from those, the hidden message and purpose behind each cartoon character is based on the realities and events of life [21]. And nobody can deny that kids can learn a lot from cartoons. Curiosity and the excitement of observing everything cartoon characters and episodes allow a kid to explore new things and surroundings. This is how kids can explore the real-world through a fantasy world. At least one cartoon can help them find the curiosity of knowing all aspects of real life [22]. Figure 3 shows how the cartoon programs teach children to health cleaning.



**Figure 3:** Cartoon programs teach children to health cleaning [23]

### 2.4 Helps Kids Get Started Early in Learning

Cartoons can help kids get started early. Kids have a positive influence on cartoons, especially in educational cartoons that teach size, number, and color. These types of cartoons can teach kids the basics in a fun and interactive ways, thus making learning an enjoyable activity. Moving, talking pictures and colorful visuals make learning fun for children. In some shows, cartoons usually dance and sing [24]. Moreover, the moment where dancing and singing happens, a child especially makes it more fun and interesting. This is a new unusual thing for a baby to do. Since they are in the learning time of life, they are eager to learn it. Finally, children try to dance and sing in the same way as they sing or dance to their favorite cartoon [25]. Figure 4 shows how the cartoon programs incline children to learning at an early age.



**Figure 4:** Cartoon programs incline children to learning at an early age [26]

### **2.5 Helps in the Cognitive Development**

Watching cartoons can help your child develop cognitive skills. It can help with judgmental and reasoning skills, visual and auditory processing, and develop a child's sustained and selective attention. Kids can judge good or bad things. Children's creativity reveals through watching cartoons. Sometimes they dream that they will be a scientist, doctor, and engineer or become a lawyer [27]. They create a competitive mentality to become a brilliant student or no one in their class. Watching cartoons sometimes helps children to become a good learner. Kids usually do not like reading books, because kids think nothing is attractive or interesting in the book. However, if a child watches a video, they can easily catch the message. That is why schools nowadays like to teach a kid with video or animation [28]. And entertaining with learning here is a good combination to teach a kid. Tutors to teach kids also use many video games and play stations.

### **2.6 Helps in the Language Development**

One of the best successful and constructive effects is that kids discover not only the mother language but also the overseas languages. Many cartoon series are in different languages. Depending on which country the show is promoting [29]. It helps kids develop their language skills. Permitting children to watch cartoons in their exotic language, for example, can help them acquire their language better. It improves the level

of language learning of a child and teaches him to speak the right way. By watching different cartoons, kids can improve their pronunciation and speaking style. If they watch cartoons in different languages, they will learn different languages. Speaking different languages is of good quality [30].

### 2.7 Enhances Creativity

It has been scientifically proven that our minds are more active in visual learning than other educational methods. Watching cartoons can help children to develop their imagination and creativity [31]. The main thing being that cartoons are seen with beautiful animations, colors and other scenes, a child can learn different things at once. Attractive colors can enhance a child to detect color differences and allow him or her to use them in drawing. Sometimes they draw new pictures [32]. Children will be capable to imagine new thoughts motivated by particular cartoons and appear with new stories or a piece of artwork based on the cartoons he watches. Sometimes they make something new by throwing things in; sometimes they make new toys by pairing two or three broken toys [33]. Figure 5 shows how the cartoon programs teach children to caring the patients.



**Figure 5:** Cartoon programs teach children to caring the patients [34]

### 2.8 Promotes Laughter and Relieves Stress

Cartoon characters could reduce the likelihood of a heart attack. Because these animated characters infused our lives with happy and humorous memories and scenes. Children find cartoons delightful and frequently laugh aloud at the mirthful cartoon characters [35]. Laughter is superior to a stress reliever and a self-confidence builder. Laughter puts endorphin production in our body, and it is important for the heart and mind [36]. It also enhances immunity and grounds the redemption of endorphins that cause us to have an optimistic approach. As a result, it keeps our body disease-free and many more positive

effects work on our health. In this busy life, perhaps everyone has different sources of stress reduction, and cartoon characters are one of them [37].

### 2.9 Helps Kids Learn About Different Things

Watching cartoons can help children learn about rules, regulations, customs, health benefits, history, tradition, and mythology. Like watching Mina cartoons children can teach about health benefits like sanitization, washing hands with soap before eating and after use the washroom. Children can also learn the local customs of Bangladesh [38]. Watching the animated stories of Ramayana or Mahabharata children can learn about Indian mythology. Many cartoon characters have a decent personality as students and fetish daughters or sons [39]. If a child sees Dexter's cartoon character from Dexter's Laboratory, he may want to own a talented teenager like him. He is a scientist and always strives to discover new things. So, if a kid likes to watch this talented boy on television, he will want to be as active and smart as Dexter as a result. Observing what a child sees affects his or her mind [40]. Figure 6 shows how the cartoon programs teach children to help the poor people.



**Figure 6:** Cartoon programs teach children to help the poor people [41]

### 2.10 Watching Cartoons Make a Kid More Loyal

There are family and friends in the cartoons. There a cartoon character is always loyal to his loved one and always speaks the truth [42]. And if a child is watching cartoons of these national kids on television, it will surely have an impact on the child's mind. It turned out that kids always start learning to speak the truth to parents [43]. Figure 7 shows how the cartoon programs teach children to sharing foods.





**Figure 7:** Cartoon programs teach children to sharing foods [44]

### **2.11 Cartoons Programs Tending to Respect Their Parents and Elders**

Kids actually learn a lot from watching cartoon shows. In the cartoon show, their hero or favorite character treats his family with respect. It makes a kid prone to do it the same way. Moreover, the child begins to respect the older siblings of the family [45]. They speak respectfully with their parents and learn to love their grandparents. They can also understand the importance of grandparents. In other words, we can say that the child learns to behave well and admirably. Figure 8 shows how the cartoon programs teach children to caring the family members [46]. Figure 8 shows how the cartoon programs teach children to caring the family members.



**Figure 8:** Cartoon programs teach children to caring the family members [47]

### 3. Negative Impact of Cartoon Programs

Cartoon programs have too many negative influences on children's eyesight, hearing system, imagination, superstition, physical and mental health, learning to tell lie, violence and adopting unfair means which are illustrated below.

#### 3.1 Cartoon Programs Injures Children's Eyesight

Watching cartoon programs at a stretch create eyesight problems to children. Television monitor transmits rays those are injurious to eyesight's. Sometimes children are seen to keep on watching cartoon programs without doing other activities at home [48]. They become addicted to cartoon programs. Most often it becomes impossible to move them away from television set. Parents should be aware of their children's health and allow them to watching cartoon programs in a scheduled time instead to watching it all day long [49]. Figure 9 shows how the cartoon programs injure eyesight to children.



Figure 9: Cartoon programs injure eyesight to children [50]

#### 3.2 Cartoon Programs Creates Hearing Problems

Cartoon programs create hearing problems to children. Children watch the cartoon programs for day long and do not concentrate in other activities. Due to watching such types of programs affect the hearing system of children [51]. Children sometimes are seen to enjoy cartoon programs with increased volume and this increased volume injures the hearing system to children. Parents should be aware about their children activities and should monitor how children are watching the cartoon programs [52]. Awareness from parent's side can reduce such types of problems. Figure 10 shows how the cartoon programs injure hearing system to children.



**Figure 10:** Cartoon programs injure hearing system to children [53]

### **3.3 The Mountains of the Imagination**

Children become addicted to watching cartoons. In addition to knowing and learning about cartoons, there are some mythological stories. Seeing them children creates thousands of images in their minds [54]. He began to think of himself as the king-queen of the realm of fantasy. They become emotionally frustrated when they cannot find any results in the realization of the imagination. It will increase trust in unrealistic things and make children more likely to be in danger. Therefore, children should be prevented from seeing cartoons everywhere but should be encouraged to watch educational cartoons [55].

### **3.4 Impairment of Mental and Physical Health**

Excessive cartoon viewing can lead to mental and physical health problems of the child, such as eye problems, headaches, restlessness, inadequate, imaginative problems. Cartoon addicted children are found to be antisocial and unpopular in their education [56]. Therefore, it is important to reduce cartoon addiction to maintain good physical and mental health. In Japan 1997, 653 children were hospitalized due to epilepsy. After detailed research, it was revealed that the red and blue light flashed caused the trauma, which was revealed in the 38th episode of Pokémon, which the children saw that night [57]. The episode was not commercially published or re-broadcast anywhere in the world as the Japanese government banned it. Sitting in front of the TV all day is not a good practice to watch cartoons. It can only weaken children's eyesight or cause a spinal curvature disorder [58]. Lack of physical activity also creates obesity problems. Furthermore, many experts emphasize the negative impact of cartoons on the development of children's speech by the age of three. Psychologists claim that watching cartoons is a harmful activity where no interaction is needed to develop proper speech [59]. Figure 11 shows how the cartoon programs help children to learn suicide.



**Figure 11:** Cartoon programs help children to learn suicide [60]

### 3.5 Trends of Superstition

Many fairy tales are full of superstition. Common superstitions are spreading to children every day. Children get used to some false and miraculous beliefs which supernaturally capable: they can fly, shoot spiders webs from the wrists, and jump from the top of a skyscraper in nearby buildings, throwing thunderbolts, rather than winds. Run fast, fall to the 10th floor and be harmless, combining 15 criminals Defeat and the like [61]. And in real life, they start to obey. Girls are humiliated in fairy tales. So, parents have to choose from these stories to watch cartoons of educational stories that will be useful to them in real life [62].

### 3.6 Impact of Culture

Cartoon characters have also been undergoing a lot of profanity for a long time. Most of the cartoons that are shown on TV channels nowadays feature foreign culture [63]. Nowadays, children have started speaking a foreign language less than their mother language in the impact of watching cartoons. It is likely to have a bad impact on their culture and heritage. So, it is very important for parents to be aware of watching cartoons of children [64].

### 3.7 Learning to Lie

A lot of fun stuff from the cartoon. Lying in the fun does not diminish the lies. But from this, the children also begin to learn a lot of lies. Kids take it as fun. But gradually they also began to lie to the elder. And this becomes a very detrimental thing for the children's future. As a result of lying, they begin to conceal the truth. Therefore, children should not be allowed to see anything that your child sees as false [65].

### **3.8 Lack of Interest in Multi-Tasking**

As children grow up, they need to be encouraged with creative and multi-faceted work. But if they are slowly getting addicted to it as a result of watching the cartoon, then they cannot pay any attention to it. Gradually they lag behind in terms of creativity. Therefore, it is important to keep an eye on the cartoon at all times without showing interest in it and encourage their multi-faceted work with talent and mind [66].

### **3.9 Imagine Themselves with the Cartoon Characters**

Kids sometimes find themselves in cartoons to watch cartoons. Their conduct, conversation, and conversation are constantly imitated. They find themselves in the characters that make up their mind. The character's role is that they start to think in real life. When watching a cartoon, children often identify themselves with the characters [67]. The problem, however, is that these characters are generally inappropriate for any detection since they are too aggressive. These aggressive characters can easily turn into role models. This kind of cartoon should never be shown to children without parental supervision. This can be a threat to a child's emotional development. Unfortunately, there are instances where children find cartoons to be extreme. Therefore, parents need to be very careful so that this addiction is not created [68].

### **3.10 Inattentiveness in Study**

The effects of the cartoon when working within a child impede their learning, among other things. It also happens that the cartoon does not agree to do homework without seeing it. None of this is right. For this reason, a cartoon is a medium of entertainment, so as not to become a habit [69].

### **3.11 Encourages Violence**

Watching cartoons delineating violence can inspire children to become violent in actual life. Also, kids may confide that no one can get hurt or feel pain by the cartoons being dispersed after violence or an accident. For example, the characters of Tom and Jerry, The Road Runner and Oggy and the Cockroaches often hit each other or fall off each other's heights, often with no actual outcomes [70]. Children who see that violence is very realistic, are often repetitive or unpardonable, are more likely to imitate them. Experts at the American Academy of Pediatrics (AAP) say that children who watch cartoons full of violence tend to be hateful, aggressive, and disobedient. Moreover, these children are impatient [71]. The cartoon has three main effects that concern violence against children such as, they become sensitive to the pain and suffering of others, kids do not feel uncomfortable with any element of violence around them in real life, children are at risk of aggressive reactions and violent behavior [72]. Figure 12 shows how the cartoon programs teach children to killing others.



Figure 12: Cartoon programs teach children to killing others [73]

### 3.12 Promotes Involuntary Behavior and Lack of Sympathy

The characters exhibit rude or disobedient behavior towards their teachers and elders in several cartoons. Kids can mimic this behavior and challenge their parents or teachers when they are disciplined for bad behavior [74]. There are a number of cartoons which persuade antisocial activities and present immoral messages to children. Then there also some cartoons that include sexual implications, inspired offensive, and raise rude behavior. These can affect your child's behavior and make it appear normal to be aggressive, destructive or violent [75].

### 3.13 Promotes Bad Role Models

Kids frequently admire their preferred cartoon character and imitate them or seek to be like them. Over and over again, the purpose of their esteem could be deceptive role models who support the incorrect practice or exhibit insensible activities towards associates [76]. Such types of programs of cartoons on kids' psychology can habitually direct to shocking consequences and result in children being inhibited, silent, harmful, or wild [77].

## 4. Conclusions

It is seen throughout the paper that the positive and negative influences of cartoon programs are briefly illustrated, and the findings are beneficial to the cartoon specialists. In some ways, children are negatively influenced by cartoon programs. We have some traditions, some values too. It is our responsibility to reach out to them and inspire them to our future generations. The role of parents does not end with healthy eating, beautiful clothing and good schooling; parents also need to be aware of their child's mood. It is the parent's responsibility to decide to watch the cartoon. It's not a crime, but as the elders

know, the cartoon character is just a fictional anime. But the kids have no idea that there aren't real spiders that can jump overbuilding or have no superman with supernatural powers. The cartoon show for kids is important and recommended by kids' psychological behavior experts and recommends parents to make decisions. A baby's mind is empty and at this stage, the child begins to learn by observing what's going on around it. At this age, they cannot distinguish between good and bad things. They always take what they see and follow it. Parents need to spend some time with their children by watching cartoons with their children. And they also have to be careful about what the cartoon effect will be on their mind. This will inform you of the child's level of observation and help you improve your bond with them. Children are innocent and sincere with a sincere heart; they just need to be guided.

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