

Q1.

Read the introduction and literature review below. In the column on the right, make notes on how the authors communicate the importance of the issue, summarize the research on the issue, and introduce their own research.

Children and television watching: a qualitative study of New Zealand parents' perceptions and views

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Children and adolescents in developed countries watch on average 2.5–3 h of television (TV) per day (World Health Organization, 2000). Young New Zealanders (5–14 years) spend an average of 131 min/day watching TV (Nielsen, 2004). Because TV watching is so prevalent and is hypothesized to displace physical activity and encourage overeating (French et al., 2001), it has been widely implicated in the aetiology of youth obesity (Bar-Or et al., 1998). In New Zealand, almost one-third of children (31%) aged 5–14 years are overweight or obese, with a higher prevalence among Māori (indigenous people) and Pacific children (Ministry of Health, 2003). Increased TV viewing has also been associated with poor academic performance (Hancock et al., 2005) as well as attention and behavioral issues in school-aged children (Christakis et al., 2004; Christakis & Zimmerman, 2007).

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<p>A number of intervention studies have been conducted with the aim of decreasing children's TV watching (Epstein et al., 2004; Faith et al., 2001; Jason & Fries, 2004; Robinson, 1999), and results from these few studies have been encouraging. As TV viewing is often a collective family activity, the home environment offers a good opportunity to intervene to decrease TV watching. An Australian study involving 1926 children aged 4–12 years (49% boys, 28% overweight) suggested that simple strategies such as having family rules restricting TV viewing and not having the TV on during dinner were promising approaches to reducing time children spend watching TV (van Zutphen et al., 2007). Despite this, implementing family rules may work to reduce TV viewing in some cultures; while other cultures may require different strategies. Cultural-specific research is needed to determine the types of strategies used, thereby avoiding making assumptions around the role TV plays within families and how this behavior is perceived by both children and adults.</p>	
<p>Research in the USA with 180 parents and their children highlighted a number of barriers to reducing TV viewing time. Watching TV staves off boredom, reduces bickering between siblings and serves as a low-cost-effective babysitter, with parents also reluctant to alter their own viewing behavior (Jordan et al., 2006). Similar research among New Zealand parents is lacking. In order to develop appropriate and effective TV watching interventions for New Zealand children it is necessary to determine parents' attitudes regarding their children's TV watching. Thus the current study was conducted to assess parents' views about their children's TV viewing, strategies they use to reduce viewing, obstacles faced when trying to implement such strategies and their views of two types of electronic monitors that can be used to restrict TV viewing.</p>	

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Q2.

Write an APA reference for this source.

Q3.

Is this a qualitative or a quantitative study? What do you think the authors did?