Child Development Influences

Your Name (First M. Last)

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**Introduction**

A wide range of factor impact the development of children in the early stages of their life. Some factors are genetic and out of control while others comprise environmental factors which can be regulated and govern by parents or guardians. It is essential to deliberate the primary factor which aids to the development of a child in either positive or adverse manner. In the contemporary era, several children are inclined toward pervasive dependence on television shows. The middle age development of children is very crucial for cognitive, emotional, social and physical nourishment (“Importance of Healthy Lifestyles - Child Development Theory: Middle Childhood (8-11),” n.d.). Irrefutably, technology has both positive and adverse impact on the development of children as expressed in several empirical research. The adversities range from mental illness to distraction from studies and health issues. Parents and guardians ought to be aware of granting access to technology, television and games to children. However, there exists a school of thought that terms these aspects healthy for the mental growth of children and encourage parents to permit their children to cultivate the perks of technology in true letter and spirits. It is essential to discuss the research conducted on the impact of television on the growth of children in the middle ages of development.

**Research# 1**

A research study published in 2013 by Raja Raslana discusses the impact of environmental factors on middle childhood development (Chandra Guru, 2013). Media and television are particular elements whose impact on children is assessed. The author advance to elaborate on the choice of programs children should watch under the seasoned guidance of parents or guardians. A wide range of behavioral scientists have stipulated viewing television extensively will cause children to exclude healthy activities from their lives. The repeated experiences observed by children can later manifest into permanent patterns which transition into adolescence. Television is a potential source of introducing stories, songs, messages and traditions. Al these factors play an instrumental role to invigorate the development of children. For instance, the kind of message children get from television shows will dominate their nature of thinking. Children ranging from six to ten are faced with the challenge of discerning between reality and fantasy. They desire to be a hero and have the passion to investigate and learn about fashion, heroes and relationship between a boy and a girl.

Since child development is a multi-dimensional element, there exist several traits that illustrate the process of development. Common elements include pattern and speed of development, population differences, mechanism of developmental change, motor development, individual development and language development. The impact of television and media on children have been discussed critically since the 1950s. It is worthy to underpin the research methodology utilized by the author which is a descriptive analysis of past experiments and theories related to child development. Van era conducted an extensive review of major research related to child development and children. She found out moderate viewing of television programs to supplement the communication skills of children from deprived or disadvantaged backgrounds. Edgar observed that television can enhance a child’s imagination by offering infinite opportunities. Technology enables to design shows which are not only viable for a specific age group but also adjustable to distinct levels of development. A meta-analysis of 23 studies concluded moderate viewing was positively associated with knowledge while excessive viewing caused children to express poor academic performance. The onus lies on parents to motivate children to watch informative shows instead of wasting time and establishing radical development patterns.

**Research# 2**

In 2013, Hiroshi Hashizume and Michiko Asano conducted an empirical study to discuss the impact of television viewing on children's brain structure. Longitudinal and cross-sectional analysis was conducted which revealed it had both positive and adverse impacts on intelligent quotient (IQ) of children during their middle ages (Takeuchi et al., 2015). Excessive exposure to television programs can cause detrimental consequences for the establishment of intellectual ability. Predictive Software release version 18.0.0 was utilized to conduct behavioral analysis. Previous longitudinal and cross-sectional studies have concluded adverse impacts of television on verbal functions of childhood which are critical for the development of children in middle ages. In this research study, the impact of TV viewing on brain structure was assessed. The duration of viewing was positively associated with rGMV/rWMV of areas in the visual cortex. Moreover, the duration of viewing TV was adversely associated with academic excellence in most of the cases and positively associated with developmental changes. It is also known to affect psychological properties other than intellectual abilities.

Moreover, it was concluded in the research study that viewing TV is indirectly or directly associated with the neurological development of children in the middle stages of development. It is one of the potential aspects which has a significant impact on a child’s development. Several observed associations were not beneficial for children and their guardians ought to consider these impacts when the permit children to view TV excessively.

**Conclusion**

Irrefutably, television causes negative impacts on middle childhood development. Various research studies have proved it and therefore it is essential for parents and guardians to regulate timings and material for their children. Children should be motivated by sharing stories of an interesting show which can enhance their knowledge base and establish positive permanent patterns of development which are carried into adolescence. Harsh treatment or punishment is not advised as it may cause children to develop radical developmental patterns to watch the show without letting parents know.

**References**

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