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Modern Technology and Children

**Introduction**

 In the modern world, it is difficult to imagine the present days without the aid of advanced technology. Undoubtedly, technology is helpful in every aspect of our lives. It is obvious that we are plagued with technology. Over the last few decades, technology has completely changed each aspect of our society. Children in the modern generation are enamored with technology. It is noteworthy to mention that technology has changed the way in which children play and interact with each other in comparison to the former generations. Although, there are many positive benefits of technology regarding education and learning. However, if misused, it has certain negative consequences on the quality of life and the development of children. Here, the focus is to identify the positive and negative effect of technology on the development and quality of the life of children.

**Discussion**

The use of technology can ultimately affect the cognitive development of a child. With the advancement in technologies, there is an immense impact on the thinking abilities of children. People are dependent on their gadgets such as cell phones, iPad, and laptops. Therefore, their children are also dependent on these gadgets. The wide range of entertainment is available for every individual through the assistance of technology. Much dependency on technologies can also have a crucial impact on the children’s learning experience. Many parents have a positive perception regarding technology, so they encourage their children to use these technological gadgets. However, the assumption is incorrect. Interacting with the screen for a long period has certain limitations that can be catastrophic for children. Long interaction with technology engrosses the fingertips, eyes, and ears of the children in order to respond to prearranged right or wrong replies.

Physical exercise is essential for a sound mind and a sound body. Excessive use of technology restricts the timing of physical exercise of a child. Due to this, most of the children are unable to spend time outdoors and feel fresh air. There are certain benefits of spending time outdoors as it fulfills the overall requirement of Vitamin D in our body due to the exposure of sunlight. Sunlight provides beneficial nutrients that aid our immune system to combat certain infections in order to keep our skin healthy. Furthermore, regular exposure to sunlight influence the production of melatonin in our body that keep our sleep cycle regular. In addition, technology alters the thinking and feeling of children. Children often find it difficult to concentrate on one thing as technology has altered their thinking capabilities due to its multiple stimuli. Children who spend less time on playing video games are more likely to keep their focus on a particular thing in comparison to those who are addicted to technology. Technology amends the thinking capabilities of children from reality to superficially. Children should need to think critically while learning new concepts. However, excessive use of technology forces a child to think superficially as it affects the ways in which he/she process information.

Technology provides valuable tools to children as their brains are still developing and malleable. Parents should restrict time for the usage of technology instead of prohibiting technology use altogether. It is their core responsibility to talk with them about what seems reasonable. Parents must explain the negative aspects of technology to their children that how these adverse facets can destroy the ability to think.

**Conclusion**

Technology has made a marvelous impression to society. Children have become overly dependent on technology, which affects their cognitive, physical, and socio-emotional development. Hence, it is the responsibility of parents to restrict the use of technology as it directly interacts with the health and intellectual aspects of children.

Works Cited

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