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English

September 25, 2019.

The Influence of Modern Technology on Children

Modern life spins around technology and tech products. For quite some time, the use of technology has shown a dramatic increase and now it has become an indispensable element of human lives. The hype and prevalence of technology in all the aspects of life have impacted people of almost all the ages. Likewise, children are significantly impacted by the technology which has resulted in some serious concerns as well. The modern technologies are very powerful, they magnetize children and impact their brains in positive and negative ways.

Technology has both constructive and adverse impacts on children. Technology has revised the manner of learning and entertainment for children. Additionally, it affected their ability to have a real face to face interaction with their friends. Due to the tremendous evolution of technology kids, today use additional technology compared to the children in 1990. Technology has also played a huge role in altering the method children learn and get pleased. However, the way they act with their friends highly impact their level of creative thinking, and the way they behave in society.

The prime technologies that kids engage the most comprise of video games, Smartphones, Tablets, social media sites, and etc. One of the largest concern of children utilizing modern technology is internet and online video games that are highly addictive and children are prone to become habituated. In addition to this, video games are full of violent content that can result in making children more aggressive and also impacts their academic performance (Gentile et al.). Several adolescents became prey of web predators and become game addicts that leaves them with no time to interact with kids of their age resulting in increased cases of solitude and depression among children.

Spending excess time online can make a child fat owing to the reduced time spent on healthy physical activities. Children who channel their energy gazing at the TV, playing computer games. This results in binge eating due to which fat accumulates in their bodies making them obese. Since they engage in less physical activities, this fat aggregates in their body leading them toward becoming obese. Corpulence can bring about ailments like cardiovascular diseases, diabetes and etc. that can be expensive to treat. Technology has also opened the doors to a “false experience” or a virtual experience and such is very bad. Instead of living their own feelings kids stick to the hand computers “mobile phones” and are brainwashed to become dumb. Kids are natural manipulators and one of the key ways of their learning is, interacting with their surroundings. Computers and technology allow them to interact and also allows them to enhance their cognitive skills. Technology also changes kids for the good when it teaches the kids to be “useful to themselves”.

One of the negative impacts according to critics is that technology creates a generation of idiots as far as it turns kids into mechanical robots. The remedy is giving kids the opportunity to overcome difficulties by themselves. This works by putting the problem and let them look for the solution by themselves. It is necessary to administer the children’s technological tools such as tablets, iPad, computers and many more, in order to mitigate the negative impacts and enhance the benefits of technology for juvenile minds. Further, it is the parents' responsibility to guide them regarding the potential impact of social media, video games, and television by putting limits on the tools and applications they use. Thus, technology by itself works in a good or bad direction depending on the school systems and mainly on parents’ orientation.

Works Cited

Gentile, Douglas A., et al. “The Effects of Violent Video Game Habits on Adolescent Hostility, Aggressive Behaviors, and School Performance.” *Journal of Adolescence*, vol. 27, no. 1, 2004, pp. 5–22.