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Harmful impact of digital technology on Children

The technological evolution has altered nearly every aspect of our civilization over the past few decades, from the way we socialize to the way we work everything in between. The most noticeable impact is however seen on children. Children's exposure to digital devices in a young age of 10 or below, is a serious debate as children cannot envisage the consequences involved. There are many harmful aspects of digital devices that affect children . A clear check on children should be maintained through monitoring their exposure to such devices as they hold harmful effects affecting childs cognitive and physical health

Digital devices have brought a worrying change in the way children engage in physical activities and socialize with others. Technological exposure at a very young age can affect the way children think and feel. In todays worlds technology is full of stimuli that divides childs attention to multiple makes it the child divide his attention simultaneously on multiple digital tasks making himnm loose focus in time. For instance, children who spend much time on digital devices tend to have a reduced amount of aptitude concentration levels than children who do not use technology regularly. Moreover, a regular and frequent contact with technology also disturbs the way children process information and learn. This happens when children areare exposed to technology constantly, they think superficially and do not mature the capacity to think analytically and develop ideas.. In addition to his frequent usage of digital devices alters the the process of socialization and cognitive development within children. . Digital devices like cellphones exposes children to unsupervised more online activity this further raises concerns regarding what the young can access on the internet or with whom they might be networking with (Haddon, p. 91). This also means that children are vulnerable to almost anything that is on the internetand can dilute their minds with uineccesaary information at the age.. The number of internet linked digital devices and applications jeopardize and comprome the security of youngchildren. (Holloway et al., p. 4). This means that children are unsafe on the internet without parental supervision. A huge number of cases of abduction ,reported around the globe, were because of children's careless use of social media on tech-savy devices.

A lot of children today, spend most of their time watching TV, surfing the internet, socializing on social mediums or playing games on their digital devices everyday. Although technology aids parents in keeping their children engaged, however, excess of such activities and exposure to screens may very well implant harmful routines that continue into maturity. Many children in the age of digitalization , own and use digital gadgets autonomously, making regulation and monitoring way more challenging (Chassiakos et al. p. 7). This means that children can hide things from their parents easily making it hard for parents to know about their childs lives.

The cyberbullying on social media also adds to the menace of hazardous consequences of using digital devices and socializing on the web. Cyberbullying is the use of digital mediums to harass, threaten or embarrass another person. A lot of children are suffering from serious psychological issues because of it. If children exposure to technology at early ages is restricted, then these effects can be countered significantly as they would have matured enough.

Not only this, use of digital devices by the children also have harmful effect on their physical , It has been noted to cause obesity amongst them. This is directly linked to their excessive indulgence with digital devices rather than physical activities. . An augmented contact with digital devices goes hand in hand with a drop in physical movement. As children expend more time being physically inactive, with a mobile phone or in front of the television, laptop or a PC, they spend less time outdoors, running and playing around adding to their physical development. . With time, combined with an increased intake of junk food this can lead to substantial gain in weight. Most of the youth in the United States are considered overweight, making obesity in children the most prominent health distress for parents.

The eyesight of children is affected as a result of excessive usage of technological devices., Children do not get much exercise as they used to. Many children do not experience the advantages of spding time in the open since they are occupied and dependent on technology..

In addition, utilizing time outdoors has an enormous number of constructive effects on children physical health. For example, outdoor activities and physical movements provide children with sunlight exposure, which provisions body with Vitamin D. This e greatly helps in fighting infections and retains healthy skin and bones. For children aged 0-8, there are early signs of a variety of dangers because of excessive exposure to technology (Holloway et al., n.p)

Troubles with sleep and insomnia are also becoming very common in theyounger generation. Other than a decresed contact with sunlight that aids in keeping sleep cycle ordered by prompting the body's assembly of melatonin, sleep is largely affected by the damaging blue light of screens of the digital devices. Furthermore, information from studies suggest that for school-aged children, sleep complications are often linked with a drop in sleep time (Calamaro et al., p. 279). This makes it increasingly troublesome for a child’s physique to efficiently prepare for a fine sleep. In a study, juveniles’ poor sleep quality was linked consistently with use of greater digital devices such as cell phones in the sleeping room. In preadolescents, poor sleep cycle was related to greater World Wide Web usage and its use till late at night (Chassiakos et al. p. 8).

To conclude, when used excessively, all sorts of technology and digital devices can have harmful effects on children. Digital devices can severely damage children's physical and cognitive health if not supervised and thought to exercise balance in technological usage at an early age. Problems like lifestyle diseases and other health problems can be avoided to a greater extend if childrens technology use is monitored and is used in a constructive way. Thus, children's exposure to these digital devices shall be limited and balanced, primarily to ages 10 or below.

# Works Cited

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