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**How Technology Affects Children**

In contemporary society, it is hard to deny that changes in the world have been facilitated by advancement in technology. It has changed various aspects of the society in the past few decades from the manner in which we socialize to everything in between. It has changed how children from previous generations interact and play with one another. In the past, children played outdoors by climbing trees, running and staying active instead of playing computer and video games. The use of technology has its own importance in that it provides convenience, value, and entertainment. However, although technology brings positive benefits for learning, it can have negative effects on the child’s quality of life and child development. It encourages sedentary lives especially when children get home from school instead of going out to play with other children. This is an indication that technology has negative effects on children.

In the past few decades, the rate of childhood obesity has increased significantly. Obesity is a serious societal concern that facilitates the development of many diseases associated with unhealthy weight gain. Obesity has contributed to the increasing technology which has facilitated negative health problems on children. Television, cell phone, digital games, and computer have contributed significantly to the rising cases of negative health among children. The main reason why modern technology facilitates negative health is the fact that children often overuse technology which impacts their physical health negatively (Hatch, n.p). Technological gadgets make children sit at one place for long. Meanwhile, they may lose their control while using the gadgets which makes their body to crave for more food. Instead of grabbing nutritious food, they usually go for junk foods that taste right. Although technology is a major part of daily life, it is one of the reasons that contribute to obesity among other problems facing society. Despite the fact that parents have made relevant stride to promote organized exercise during and after school, a lot must be done to help children to play in more conventional ways.

Children fail to enjoy the benefits of spending time outdoors when they are reliant on technology for entertainment purposes. Spending ample time outdoors provides the body with exposure to sunlight which supplies it with Vitamin D. This helps to keep the skin looking healthy. This exposure also affects the regularity of sleep cycle by influencing the production of melatonin. Screen rays from technological devices such as smartphones and tablets are known to emit harmful light which can cause eye strain, headaches and irritated eyes. Besides, sleep gets affected by a blue light when children are exposed to extended screen time due to the overpowering of the hormone melatonin which is responsible for regulating the sleep-wake cycle. This affects the body’s ability to get a good night sleep an aspect that is known to hurt their cognitive development. However, some people believe frequent interaction with technology enhances children creativity significantly. Whether it hurts or facilitates the development of the child’s thinking and creativity, it is proven to affect the child’s cognitive and intellectual development. When engaged early in their lives, the relationship with technology affects their synaptic activity as well as their conscious thoughts. It affects how children think, memory learning, information overload and decision making.

Technology changes how kids interact and socialize with other children who have detrimental effects on their emotional and mental well-being. High levels of social media use can lower the child’s self-esteem which could create negative moods. When used in excess, technology can have negative effects because they lower their frequency of interacting with other children. This makes it extremely hard for them to pick on essential social cues and to develop helpful relationships with other people who are likely to have negative consequences as they develop and grow (Clements, Douglas, and Julie, 36). Most of them often experience a difficult time cultivating emotions like other children when they spend a lot of their time technology without engaging with other people adequately. This doesn’t mean that technology is depraved or that the children should not use technology. This is not the case because, technology provides a wide array of positive opportunities for children to learn, socialize, and entertain. Technology has made it easy for individuals to access essential tools that may help children in their learning. Nevertheless, technology has weakened the bond that children often build with their parents and guardians which has had direct effects on their well-being which could complicate life in various ways. Family members now find it hard to have a convivial atmosphere where they can sit and talk about important family matters. It is therefore important to limit the use of technological devices to provide families with enough time to sit play and interact.

Many people will argue that technology is essential to the day to day lives. However, its effects are detrimental to children’s social skills and have caused dependency on stimulation without getting creative. American children may get affected by their inability to keep up with social interactions and interviews. Technology has affected the growth and development of children negatively. According to records by the Center for Disease Control and Prevention, 16% of children between 16 and 9 years are obese or overweight (Wartella and Jennings, 36). Records show that this number has tripled since 1980 due to increased use of technology among the children. Children have increased their chance of developing diseases such as social discrimination, self-esteem, asthma, sleep apnea, Type II disease and blood pressure all due to the increasing use of technology. Kids are no longer burning calories like they used to do through games and social interactions. Child’s creativity, their growth and development have been drained by creative art studies on computers. Although technology is essential for learning, communication, and social interaction, it is important to use technology detrimentally to enhance the success of future generations.

**Works Cited**

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