

# Free the effect of media and technology on children's emotional intelligence repo...

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Technology has become a very important part of the modern world and while some years ago a computer was available to a scientist only, today a two-year-old child uses various devices without making a strong effort. In recent years, the scholars have been preoccupied with the impact of media and technology on children. This paper focuses on positive and negative media and technology impact on children, particularly, on their emotional intelligence and discusses what might be the consequences of this impact in children's future.

First of all, it is important to understand the concept of "emotional intelligence" (EI) which is defined as "the ability to identify, use, understand, and manage emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges, and defuse conflict" (helpguide.org). EI appears to be a very important set of skills in the life of each person in contemporary society. That is why it is important to understand how technology affects EI in the person's childhood.

On the other side, media and technology have also negative impact on children's EI. According to Ramasubbu, the ability to focus, empathy, and individual ego are affected by technology in a negative way. Many teachers and parents report that their students are experiencing concentration difficulties and are often distracted from the subject because of devices. This is considered to be the most apparent and important effect of technology on EI, since children must learn to focus in order to achieve personal and professional goals in the future. The fall of empathy is also the result of current technological situation. Media and Internet expose children to violent videos and images which decrease their sensibility. In addition, children

rarely communicate face-to-face using verbal and non-verbal language, but instead they text each other and prefer internet communication that lacks emotional connection. This leads to difficulties in establishing empathetic relations with other people as well as pose a threat to the ability to express oneself in the future (Ramasubbu). Finally, individual ego affected by technologies becomes a “ new disease” - “ narcissism”. Children make their personal life public by posting thoughts, photos in social media and in such way an ego boost is created. This is considered to be unhealthy behavior among children and youth (thejournalizer. com). Consequently, in the future it might lead to false perception of the self.

## **Works Cited**

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