

# Parents experiences they need to have in

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Parents today are allowing their children to spend most of their time using technology without being aware of the negative consequences the overuse of technology can have on them. Some parents give their children iPads or other tablets in order for them to behave or keep quiet in public, some parents give it to them because they believe the tablet will help them boost their learning abilities. But in reality, the hours children spend playing on tablets or on the computer replaces the real life experiences they need to have in order to learn about their surroundings and about themselves.

It is essential that children and toddlers experience real-life in real time.

These same children who are so accustomed to always playing on the tablet are more likely to never have been disciplined because they are always handed the tablet as soon as they whine or cry. Modern technology is hurting the children because it does not allow them to develop good communication and social skills, leads to epidemic obesity, and also aggression. Children's moral, social, emotional growth may be at risk due to the amount of time they are spending on technology. The use of technology is putting our relationships with our children at stake. The more time kids spend playing video games, the greater likelihood they will have a lower attachment or relationship with their family members. Less face-to-face time with other people leads up to children having less time to tune in to their thoughts, feelings, attitudes, values, and actions. Too much time using technology affects the development of emotional intelligence skills and character traits.

It is obvious that children do not learn crucial life and character skills such as communication, emotional intelligence, respect, sharing, friendship-making, social skills, and many other skills, by staring at screens all day or having

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earphones jammed in (Borba). Although technology can help children's cognitive growth, it does little to affect their moral, social and emotional development. " More than one-fifth of all children between 8 and 18 report having a computer in their bedroom (Roberts et al., 1999) indicates that the computer may often be used in solitude; indeed, Roberts et al. found that, among junior high and high school students, over 60% of all computer time is spent alone" (Subrahmanyam). Building relationships and friendships cannot be made when a child is always attached to a tablet or cellphone. Technology may be a great thing in some cases. But it also has the ability to become one of our biggest concerns when it comes to the health of our children.

With more children now eating processed foods or being placed under stress, or spending more time indoors playing on tablets, childhood obesity is a rapidly growing epidemic. Parents only have so much control over these factors, but technology is one that they can control. " Among children aged two to five, 69% can open a webpage browser, yet only 20% know how to swim. 58% can play a computer game, but only 52% know how to ride a bike" (dailymail. co. uk).

Children nowadays wish for a tablet for their birthdays instead of a bike or other toys. Increased exposure to technology can lead to a decrease in physical activity. " Screen time may be displace more active pursuits advertising of junk food and fast food increases children's requests for those particular foods and products, snacking increases while watching TV or

movies, and late-night screen time may interfere with getting adequate amounts of sleep, which is a known risk factor for obesity” (pediatrics.

aapplications. org). As more children spend time inside sitting in front of a computer screen or just nudging their finger on a touchscreen, they are spending less time doing physical activity, like running or playing, to burn off calories. This also leads to an increase in snacking and it will eventually lead the child to obesity.

As technology improves, the health of people as a whole declines. Things like exercise have become an obstacle for many young people. Although some do exercise, they are likely plugged into their phone or iPod listening to music.

While technology can be a place to learn new things and connect with others, it is also a place filled with violent media content. Young children are exposed to rising incidence of physical and sexual violence commonly found on social media and video games. For example, video game, Grand Theft Auto V, portrays inappropriate language, explicit sex, murder, rape, torture, and mutilation, as do many movies and TV shows like The Fast and Furious (2001) film series and the movie Ted (2012). Another video game that is commonly played by young children is Five Nights at Freddy’s; the game is based upon a man who dresses up as a character to lures children to murder them and later hides their bodies in robots. “ Almost 13% of the nation’s estimated 22 million children between the ages of 10 and 14 are viewing extremely graphic depictions of violence in film, whether in theaters, on DVDs, or on television” (washingtonpost.

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com). Violent video games and movies may set kids up to react in more hostile and violent ways. This form of content is becoming easier for children to access.

In January 2013, The American Psychological Association Task Force was established with the purpose of systematically scouring scientific literature for any link between playing video games and antisocial behavior. It's motive to be created was after the mass shooting at Sandy Hook Elementary School in Newtown, Connecticut, in December 2012; 20 students and six adult staff members were killed. The shooter was 20-year-old, Adam Lanza. He had spent most of his time playing violent video games alone. The violent video games he had played pushed him to go on with his rampage (zmescience.com).

In conclusion, technology ultimately harms us and our children in ways that many people are unaware of. Although technology does come with its benefits, it also can have harmful effects. From affecting children's communication and social skills, to leading to childhood obesity, and to aggression, technology cause put the child's life and future at risk.