

# Example of essay on the loss of play in children's lives

[Technology](#), [Development](#)



## **Education**

2014

Essay

Let me start with a famous quote ' all work and no play make jack a dull boy.' The statement finds its fair application to our present societies where children spend their much time inside and less in the playgrounds. This is a big social issue that badly influences the future of the world. Children around the world are losing sense of sports and adventure. They utilize less time for outdoor physical exercises and pass more time with the electronic gadgets inside. This behavioural change in the children results in the poor development of their physical and mental capabilities.

Many research studies have shown that most of the children devote less time in outdoor play as compared to previous generations (Clements, 2004). Most of the parents and teachers describe outdoor play as a vital part of child development. But, according to many psychologists and educationists, the parents and even the teachers are very much responsible for such kind of behavioural development in the present generations. Playing and going outside enhances the social cognition of the children along with their physical improvement. Interaction with the physical environment and nature is much vital for the developmental process of the children.

The extra-curriculum activities now do not look that much interested to the children when they have the latest gadgets in the form of computer, videogames, and smart phones in their hands. In order to accomplish their goals and to push the human race progressively forward, the children need to develop adventure mind-set. Such quality enhances the work culture and

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team spirit in the children and that in turn influences in their social, physical and cognitive development. According to many scholars (Elizabeth PhD), not participating in the outdoor activities causes poor physical and mental development in the children. Visiting a park or playground paves better opportunities for interaction with other people that is again very essential from a social perspective. Climbing a tree, playing in mud, raising a fog dusty for enriches the adventurous being in the children. Such activities boost and advance the children for future challenges and difficulties. It is always important (Clements, 2004).

It has been observed that the excessive access to the electronic devices have deteriorated the physical as well as the mental development of such children. For instance, spending too much time on computer has resulted in severe health complications in the children including obesity, poor cognitive development etcetera. Also, excessive playing of video games can cause irreversible dysfunction and grave pain in the affected body parts like neck and back pain.

However there are many reasons responsible that prevent the children from participating in the outdoor activities. Firstly, children are being exposed to huge knowledge and they hardly get time to release their stress through physical actions. Also, parents pretend to be over-protective and do not let their children to go outside and play. Even the children seem to have lost their will to indulge themselves in explorative ventures. Likewise, with an easy access to the advanced technological dogmas, the children also prefer to spend their time in utilizing them (The Telegraph, 2014). Many studies have shown that children prefer video games over outdoor play.

Children are the future of a nation. The stronger they are, the more resilient will be the future itself. Children need to go outside and indulge themselves in outdoor activities. Such qualities offer supportive aura for social, physical and mental development of the children. These qualities matter for the progressive enhancements for better and sustainable future. Moreover, children need to understand the nature and environment so that they can have its practical experience and can come with better solution for future problems.

## **References**

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