

Children and Technology: The impact

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The Research Problem

What effects can technology have on young children who use it on a regular basis? Technology is incorporated in our daily lives to a point where it's inevitable to put it aside. It makes our daily lives easier, but just as technology can have its benefits, it also has its drawbacks. One specific age group that can be most affected by the heavy use of technology are children. New generations of parents struggle when it comes to parenting, many of them find it hard to control their crying children, and that's when they turn to technology. For them, it is a fast way to avoid any tantrums and stress that the child might put on them. My reason behind the call for further research is because it negatively affects children's behavior, health, and ability to communicate. I noticed this when I recently had a small conversation with my 7-year-old cousin, who spends an excessive amount of time using technology. As I spoke to him, he hardly said anything, and from what we talked about, I only understood a portion of what he said. Aside from his lack of communication skills, he spends little or no time playing outside.

It is important to bring awareness of the effects technology can have on children for their wellbeing. Researching different forms of alternatives can help children live healthy lives, but also inform parents on how to deal with their children in any situation. It will not only help those who are parents already but those who plan to have kids in the future. Everyone will become parents eventually, doing this research would help millions of people, including us researchers, when the times comes to start thinking about kids. Being informed will help parents handle situations differently. It is nearly impossible to prevent kids from getting their hands on technology, but it's necessary to put a limit on the time used. This research would reduce the number of children that have a hard time socializing, as well as inform parents about the effects of technology.

Research Questions

- How can technology affect children's creative thinking?
- How does technology affect child behavior?
- Does the heavy use of technology contribute to the growing trend of child obesity?
- How does technology affect children's performance in school?
- Can technology affect children's social and communication skills?

Anticipated Benefits

Conducting this research would help prevent future disciplinary, health, and social problems in young children. Spending too much time on either phones or tablets makes children addicted to them, it becomes hard for them to separate themselves from it. By preventing the heavy use of technology, kids will be more socially and physically active. Being socially active will positively impact how well children communicate at home or in school. In addition to this, children will spend more time playing outside meeting the necessary daily exercise recommended for children. The rates of children suffering from obesity and the risk of developing illnesses would be decreased, promoting healthier lifestyles with limited technological use.

Not only would this research benefit children, but it would also benefit future parents and current parents. Raising a kid is difficult and stressful, especially for first-time parents. Young parents are more likely to allow their children to have access to technology than experienced parents. This research would inform and warn parents about the possible effects too much use of technology can have on their children.

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