GADGET ADDICTION: CAN BE HARMFUL AMONG ELEMENTARY PUPILS

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Alongside the fast-growing technology, it has a far-reaching effect on our lives. Across the globe, people used and benefit from modern technology, the rise of enormous opportunities it provides in human life gives satisfactions. However, too much use of technology has its disadvantages as well.

With the advancement of technology, pupils in elementary grade, greatly affect their study habits, health, and relation to their family. The rise of the computer, internet, iPod, cellphones, and television, bring a negative effect. They become addicted. As a result, losing the interest of pupils to use books as resources. Also, frequent usage of text messages affecting the pupils that cause problems like difficulty in writing complete sentences or spelling words. Another, they lose their appetite in eating and lack of sleep. Consequently, their bodies weakened and eventually they become sick. According to a report, the doctors said, the overuse of gadgets can cause wrist and hand pain, as well as changes to a particular nerve in their hands and if not treated immediately this will develop into carpal tunnel syndrome.

Similarly, at home, it also weakened the relationship among the family members. Gone are the days, family members would sit in the table together to talk to each other and tell a story about what happened in the school and work. But now, because of these gadgets most of the time everyone in the family is in separate room playing games, watching YouTube and chatting with friends in messenger. Therefore, spending less time with family and more time with different gadgets can cause the loss of a tight bond with the family.
The tight bond of the family is important in the child’s development hence, it should not be neglected. This can affect the behavior of the child in school, a child must feel he has a support system, love, and care of a family. By this, disruptive behavior can be avoided to develop. As such, this could lead to a better relationship with his classmates or playmates in school. Eventually, his academic performance in school will be improved.

On a positive note, the development of technology has a positive effect on education as classes become easier and more fun. Teachers can intensify their teaching strategies because of this technology. Studying has to turn into a wide range of learning since gaining access to information is more fast and easy. Noticeably, it has an advantage and disadvantage to pupils. So it should be taught to them on how to balance their time in studying and in using gadgets. Parents should pay attention to this and give them enough guidance about it.

Moreover, we need to follow the “trends”. Pupils need to learn with technology, but we should remember that too much of something without moderation is bad. So we must understand the good and bad effects of technology since it can’t be taken away from us. Learn to use it wisely and intelligently.

References:
