RISKS OF USING DIGITAL DEVICES ON CHILD DEVELOPMENT

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The way we live and work has changed dramatically over time and replaced with sequences of progressive steps. We are in the midst of the digital age where reliable technology serve as provider in navigating a path forward that ensures everyone will benefit from this historic period so called the new era from industrialization to an economy based on information technology and education as well.

In recent years, digital devices have actually revolutionized in all aspects of people’s lives. Despite the several benefits of these to our children’s education and development, we can also list out the risks of using digital technology especially on children’s learning. There are down sides and trade-offs with the frequent use of these advances.

Addiction in using digital devices like computers, cellular phones, laptops, Ipods, tablets and the likes is really dangerous to our children and has consequences that might affect their physical health, academic performance and social interactions. These can control their lives without them knowing it and even simply robs the joys of their childhood.

From the excessive use of electronic devices, negative effects may follow. It reduces their self-motivation even their ability and interest to learn. It makes them feel that they don’t have enough time to learn new things. This time of pandemic, with these devices they feel some difficulties to complete their academic works. It interferes with their study time. This can be dangerous. It may even replicate what they see and hear, therefore, it increases their aggression. In addition, the rays emitted by screens might lead to a
problem in the retina and there can be temporary vision loss. It leads to unhealthy lifestyle. They may forget to maintain good health condition because they have failed to drink water and eat food on time.

Studies have shown that too much gadgets may negatively affect a child’s brain on its function and may even cause attention deficit, cognitive delays, learning impaired, increased impulsivity and decreased ability to self-regulation. Parents should encourage their children to expose more into physical activities and do not hinder the chances to normal communication development and social interaction. The excessive use of electronic devices may also miss out on the needed rest and suffers sleep deprivation. If parents continue to feed the whims of their children, they fail to promote the mental, physical and emotional development of their child.

In the current generation, we can see how technology became an integral part of our lives. Don’t misuse them, or it may possibly lead to addiction and risks.

References: