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The impact of using gadgets on children's psychology

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Abstract

Using a gadget has become a trend in today's generation. Learning gadgets proves good as well as bad relationship between learning and technology. The main purpose for the study is to find out the positive relationship between children and technology. In the education sector technology shows children become more social, emotional, physical, and cognitive development. As now a day's learning apps helps children to solve difficulties and shaping their learning abilities. With the use of various gadgets children become more comfortable with subjects like science and math's. Many Researchers has found The Positive Impact of Gadget in better development of motor and Cognitive skills. Games proves the positive relationship in gathering information, reasoning and grasping power. Through educational websites we can get complete information regarding particular topic as they have many online quizzes, online tutorials and brainstorming riddles which help to developed ability in the formulating of ideas. Technology has positive impact as well as negative impact, it depends upon the individual how they make the use of modern technology. Technology has got Negative impact as well for instance negative impact on individual include Distorted Body Image, Risky Sexual Behaviour, Making Everything Commercial, risk of obesity and score Low in School. It can be prevented with the limited use and proper access of modern technology. Protecting children from the adverse impacts of electronic devices is become task for the parents as it has both positive and negative effects. Following are some tips for parents: Restrict the amount of time children spend with gadgets. Encourage your children to play outside with their friends and siblings with improve interaction and communication skills. Ensure adequate sleep of your child for body and mind relaxation. And help your children to differentiate between reality and fantasy world.

Keywords: Impact, using gadget, children's psychology

Introduction

Technology, it has made a big impact on human being especially on their lifestyle and daily activity. Advance is the common source of information and entertainment where the students are compulsion in using Gadgets to satisfy their desires in terms of entertainment and getting the newest of the new ideas and also including in their studies. Online education is the biggest proof that how education has been impacted with technology and improve the knowledge of children. All regions in this world have filled with new technologies of education system. The gadgets are very advantageous, they help us to attach each other, and they make us learn new things and come up with new things and also solve studies difficulties.

Back ground for study

Using a gadget has become a more trend in today's enlightenment for literacy and knowledge. It shows clear relationship between learning and technology integration in the education sector with so many benefits and also some researchers still believe that using a technology may impeding on children's social, emotional, physical, and cognitive development. The fact is technology has not at all a culprit if we use it safely and solve the problems and fill the gap in the education system as expected. The main purpose of this study is to find out the positive relationship between children and technology along with the professional judgment of the teacher and parents to determine if the specific use of technology is appropriate individually, culturally, and per age.

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Importance of communication technology in psychology

Nursing, technology and informatics system it focused on designing syllabus for early children for improving children's learning skills and cognitive function, attention and concentration through use of advanced technology. Now days as world become more digitalization everything become on online process and with different apps and software's. After the completion of the article, the researcher come to know that advance technologies or various study gadgets helps to increase the efficiency, productivity, capability and skills as expected. Different controlling mechanisms for technology abuse should be identified and the perfect and appropriate technology should be implemented before applying the change.

Within the past decade, many advances in technologies are available to help nurses to improve their jobs quality and efficiently and safety in patient care. From such inventions as tablet, computers and mobile electronic charts, to radio-frequency identification (RFID)- enabled devices so, healthcare becoming more advanced and efficient, in the field of nursing has adapted along with these advances knowledge and their productively.

Health Care providers use technologies included in health benefits plans or psychological disorder management programs, addressing coverage and reimbursement to improve the mental health of children. Health professional associations work for improve the role of a technology in clinical proposals or practice guidelines health care product companies about product development and marketing decisions and also it using for study purposes and improving learning skills.

Rationale for the article

This article helps to understand the effect of gadgets on children in positive and negative manner. It is found that gadgets have impact on their cognitive and motor skills of children. It also describes that the parents how they can monitor their children by limiting their time of gadget uses. Now a day as rapidly use of advancing technology has contributed to an increase of physical, psychological and behaviour disorder that the health and education system are just beginning to detect, much as understand. Sensory inputs help to develop posture bilateral coordination and self regulation for achievements of foundation skills and scholastic developments. Addiction of using T.V., Video games are causing on irreversible epidemic of mental physical health disorders. Analysis of impact of technology on developing children indicate that vestibular proprioception, tactile and attachment system are under stimulated the visual and auditory system are overload.

Gaps in Knowledge/Services

Psychology plays a key role in promoting higher standards of health through maintain a proper balance as a link between the psychology, Mental Health and children behaviour. An advance technology has a more impact on the children adaptive behaviour because. They needs to be updated with current technological knowledge and practices in the field which their children will not get a disturbance in the cognitive function. Parents have to maintain possible update knowledge regarding Information System and new technologies.

Emerging Areas Addressed

Confidentiality and professionalism in electronic communication has to improve in cognitive function and academic performance of the children but their also restriction also necessary to maintain usages of the all kind of gadgets. The children psychology needs to be trained and practice the usage of various technologies for reducing their stress level and satisfaction in their academic area.

Discussion

Review of Literatures

Researcher Sundus M has found the following point from the study.

The Positive Impact of Gadget

- a) Children has better motor skills development.
- b) It improved Cognitive skills are the ability to process information, reasoning, remembering and relating objects with other objects.
- c) Playing games on like puzzle, race or shooter game, children have fun and also understand simple aspects of cause and effect, action and reaction.
- d) Children can access the educational websites and can get detailed information about required topic as they can have many online quizzes available, online tutorials and brainstorming riddles.
- e) Competition skills it enhances their skills of competition and enables them to manage themselves in competing environment.

Negative Effects of Gadgets Use

- a) Speech or language delay- because of technology children are not interactions with others. This is the way how they will learn to communicate well if they r not communicating they are not learning.
- b) Attention deficit: Hyperactivity Disorder (ADHD) is a mental disorder. This can occur in children and cause them to be fidgety, unable to focus, restless and easily distracted.
- c) Exposure of theses gadgets are linked to cognitive delays and impaired learning.
- d) Children became anxiety if they get failure in the game.
- e) Childhood depression
- f) Children use internet to see pornographic content rather to search for educational websites so, its effect on children character.

One more researcher has found that some positive points which helps in formulation of ideas and information that they might not have access to in their daily life. As technology, it easier for communication with other, friends, family, etc. There are some unique and new opportunities for learning that simply don't exist without the technology and it help to improve cognitive function of children but also it has some negative points this all are likes, the growing need for instant gratification in all areas of life. Gullibility for technological media is also creates some consequence in using advance technology if you are struggling to use. This is a problem for adults too, but I have seen an enormous amount of what equals cyber bullying with middle school children's. School children are also prone for Internet predators and over exposure to sexualisation.

Researcher has found in his study that the most of the participants (323 students = 94.2%) used at least one kind of electronic gadget. The growing use of electronic gadgets was found to have an impact on the psychological behaviour and attitudes of middle school children, majority of excessive users of gadgets having a poor attitude and also majority of excessive users (90%) admitted to feeling sad, anxious, or angry when their gadgets were taken away.

Researcher took total of 100 babies were as sample for study, out of 62 were males and 38 were female. Group 1 consist 25 babies as control group, group 2 had 75 babies on which shows effect of use of electronic gadgets was observed. This study showed 18 babies from group 2 was having delayed cognitive milestones and 5 babies of age group of 1-2 years were much more involved (in terms of delayed cognitive milestones) and they became very irritable after withdrawing the gadget from them. Further in this group of 18 babies Follow-up was done at 2 months interval for this group of 18 babies who showed gradual improvement in cognitive milestones.

Researcher has showed positive Media Influence on Teenager as per the below points that is Help Develop Awareness, Help Develop Social Skills, Inspire Them, Help Fine Motor Skills, Help Develop scholastic Skills. Also it has some Negative Media Influence on Teenagers like Distorted Body Image, Risky Sexual Behaviour, Making Everything Commercial, Obesity and score Low in School.

Conclusion

Protecting children from the adverse impacts of electronic devices is become task for the parents as it has both positive and negative effects. Following are some tips for parents: Restrict the amount of time children spend with gadgets and don't allow them to use after their time is finished. Encourage your children to play outside with their friends and siblings and also improve interaction and communication skills with other children because these gadgets are work as babysitters as it's not a good idea. Ensure adequate sleep of your child for body and mind relaxation. Parents should sit down as a family and discuss the pros and cons of media. Encourage your children to express her feelings about various programs, media outlets and about various gadgets. Help your children to differentiate between reality and fantasy world. Try to keep TVs, video games, etc. out of your children's bedroom and also restricts to use it with parental control. Block channels and websites those are inappropriate for your children. Try to spend time together as a family doing other activities which interact with children. Now days there are also some new study apps or online web sites which very much favourite and helps in improve the children cognitive function. Following apps most favourite in India Meritnation, BYJU'S – The Learning App, Wikipedia, TED, myCBSEguide – CBSE Papers & NCERT Solutions, SoloLearn: Learn to Code for Free, Khan Academy, Coursera: Online courses.

Recommendations

- The paper concludes with recommendations for further study of better understanding of more problems in children by growing impact of computers and various gadgets.
- Study should conduct on knowledge of parents regarding various gadgets.

- Children should have sufficient knowledge regarding gadgets get to help for stay safe online.
- An awareness programmer is very necessary to prevent cyber crimes and draw backs of use of the different web sites.
- Strategies need to be improvised for the knowledge and management of psychological and behavioral problems of children.
- Plan for educate parents and children regarding different software of study material and cognitive enhance games, puzzles and video assisted study apps.

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