

### Section 03. Smart Solutions in IT

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## **The Effects of Electronic Media on Children**

Nowadays, mobile phone, the Internet, mp3 player are important parts of our lives. They have a great influence over all age groups. Gadget dependency especially concerns children who are affected a lot by all kinds of modern devices: they listen to loud music on headphones, watch cartoon close to the screen and spend too much time playing video games. Thus, digital addiction of children is becoming an issue of increasing importance we can not just dismiss.

It is generally admitted that preschoolers should not use mobile phones because of various health hazards. Scientists believe that children who use the phone are prone to various diseases and tumors. However, future validation of these findings is needed when young generation will grow up. But gadgets do affect children. This requires no proof. High or low blood pressure, poor eyesight, cancer, tumors, mental health problems can occur while using phone.

However, an underage can be affected by gadget in other ways. For example, to watch new cartoon online a child can get access to Internet connection through tablet. Unfortunately, negative information dominates more positive content over the Internet. That is why a child can stumble on bad things or something startling. The most vivid example from my own life is children who don't have friends and ignore outside play as they spend every free minute playing computer games. These young ones feel so lonely and unhappy. And I believe that they will face serious difficulties with socialization.

In short, we can say that gadget dependency has negative impacts on society. Children as an integral part of our society are especially vulnerable to Internet addiction and the dangers of excessive computer gaming. There are certain things which parents need to consider while buying mobile phone and computer for their kid. They should treat with caution restlessness, irritability, anger, anxiety or withdrawal as the signs of their children's problematic relationship with tech or gadget dependence after access is limited or denied. Not to make bad habits compulsive parental control of their children's patterns and habits of excessive use of technology is needed. Healthy habits are to be learned through norming screen time and favouring face-to-face social time. Otherwise parents could experience a sad practice when a child gets used to looking at the world through the screen of gadget and giving preference to inanimate devices.