Effects of Digital Media on Children Adolescents and Parenting

Posted on September 5, 2019

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Expansion of Digital Media in Everyday Life

Human learning has been developed in a new way through a digital explosion as it has introduced a new boundary of understanding for the economic markets, developments in medicine, industrial industries, and the production and utilization of energy. Ways of human interactions are altering because of it. Digital applications have been created to meet every need and want of a consumer in this epoch of digital social living. A total of 2,200,000 applications of iOS were present in the application store in May 2017.

Connection with friends or family across the seas is merely achieved by the use of an application on the phone. A romantic date for the evening can be found using a dating application. The highest consumer-rated restaurant can be analyzed by people and afterward chosen for dining. An Uber can be utilized to make journeys, and afterward, a day's routine can be shared with the aid of different applications on social media. The impression of these advances is to be further assessed to conclude their effects, although apparently, these have made a person's life conventional.

Digital Technology and Childhood Development

The impact of the digital explosion is investigated by the youth of society. Young children who develop in the epoch of changing advances in technology are exposed to its effects. Life without these advances has been experienced by adults. For example, adults experienced the excitement of having a telephone at the house for the first time, gradually the introduction of a voicemail recorder, proceeding to a pager, and then to a cellular telephone, at last reaching the age of smartphones such as an iPhone. The first iPhone was released in 2007; thus, the children born after that will never know the feeling of living without a smartphone. Further assessment of methods in which the digital explosion has altered child development and early learning programs is needed. Social websites have been there since the 1990s, and Facebook was launched in 2004, after which there was huge utilization for newly developed social media sites and applications. Further investigation is needed to determine the effect of these advances on adolescents and teenagers. Assessment of how parents are compensating for these technological changes is mandatory because the youth of society is greatly impacted by the digital explosion.

Societies adopt environmental, cultural, or technological changes as they evolve. Children are most adaptable to change. They perceive the world by all that is happening in the present, as they are not familiar with the experiences of generations before their time. Due to the digital explosion, technology plays a role in child development. A lot of toys on the market have technological features. For instance, previously, fast food chains used to attract children by placing toys in their meals, but nowadays, they feature an application for children so that they can electronically interact with toys and play with them. Furthermore, a lot of toys have electronic access to them, allowing them to be customized for a child's age, teaching children the methods to access the internet, navigate a computer, and digitally communicate with devices.

Digital Learning, Access, and Educational Change

In 2012, the British Journal of Educational Technology published a study comparing traditional and digital communicative and creative competencies in the early years. The authors observed the experiences of young children with digital technologies at home and how they can improve or expand their communicative and creative experiences. They compared the digital and traditional examples and categorized developmental skills in the study(Council on Communications and Media, 2016). Technical skills to support communication practices, combining and transforming narrative, visual, and musical expression were the categories. The article highlighted how children's playing in early life affects their communication and expression. Their communication and creativity abilities will be expanded, and that will allow them to access different technologies as well as traditional methods of exploration. This article promotes the idea of using digital technology as an extra tool for developing children to access, describing that there are many forms of expression and that these children's experiences of using digital technology for communicative and creative purposes can be extensive.

The gap between socio-economic classes widened due to the digital explosion. On one side, digital advances can expand the ability of a child to communicate and express; on the other side, there are limitations that limit access to digital technologies, creating an unequal developmental course amongst the children. Most families may have access to smartphones or computers, but some do not have this facility, mainly the ones who cannot afford them. Time spent at home to teach the child these developmental skills will be evident as he reaches kindergarten.

The teaching approach of schools has changed after the development of educational software due to advances in digital technologies. A lot of websites and applications track a child's grades, activities, lesson plans, and projects as soon as he enters the school. For instance, at Forth Worth Charter School and Harmony Academy, many digital technologies have been introduced into their curriculum. A student there in first grade has computer classes where he has access to many websites to play games on, eventually making him understand the concepts in phonics, math, science, reading, and social awareness. The first grader is also introduced to the concepts of programming and engineering.

Digital Culture in Early Childhood Education

A study about how digital culture is altering development in young children and the effects of these changes on the kindergarten curriculum is published in a paper in Moscow. To engage the children, the teachers are encouraged to inoculate digital artifacts. In early childhood curriculum, traditional artifacts are very important as they play a productive role in continuing a child's expression and learning.

It is believed that more exposure to digital technologies will only advance childhood development, but some precautions must be taken, such as limiting screen time. The Brown University Child and Adolescence Behavior letter in June 2011 featured an article that underlined these warnings. Doctor Baretto and Doctor Adams were the authors who wrote that excessive digital screen dependency can lead to over-exposure, intense arousal, poor regulation, and less reading time, as reading is critical to ensure children's cognitive skills and language development. Many pediatricians are concerned about this fact as well. Excess of anything is bad, but the most important task of parents has become to maintain a balance between trying to advance early childhood development through the digital explosion and limiting screen time to digital technologies. There is constant nagging of consumer digital products offered to the parents to give their children a start, and that is frustrating. These confusions are difficult initially, but the digital explosion's effect on adolescents and teenagers is harder to maneuver.

Adolescent Social Media, Gaming, and Internet Use

Adolescents and teenagers are exploring the vastness of digital mediums as social media is getting vast by the minute with popular sites like Facebook, Instagram, Twitter, Tumbler, Snapchat, YouTube, and so many more. A group of people studied how the internet was accessed by teenagers, and they found that the families of teenagers with lower incomes used phone internet more than computer internet. The article put forward the socio-economic gap and also stated how the internet was utilized in terms of its access and resources. Technical access has become a significant part of society, and that has been illustrated by teenagers as they prioritize internet access(World Health Organization, 2020). Their prioritizing technology is reflective of our culture as a whole.

Teenagers and adolescents can be affected by video games and internet use in many ways. The effect of computer games on people is explored. Whether computer games could become addictive or not is explored by the author, and the term addiction is defined as something that causes mood modifications, developing a tolerance, having withdrawal symptoms, creating conflict, and having a relapse. Addiction may be to video games, but it can also be to a social media application that may capitulate the teenager as a result of its demands and pressure.

The long-term effects of excessive internet use were published in a study in 2016. A relationship between recurring extensive internet use leading to school burnout and school burnout leading to

excessive internet use was observed. School burnout predicted depressive symptoms. The exchange of knowledge, media creation, playing games, social activities, and contact with peers are all excessive forms of Internet use. The article throws light upon the youth. The specific part of the internet that causes burnout and depression is not stated. The horrifying fact is that depression has a connection to the internet in teenagers.

Parenting, Online Safety, and Child Privacy

The digital explosion has made it difficult for parents to manage and cope with the changes brought about by it. Parents are informed about how to keep track and be vigilant regarding their children in every age group in a lot of blogs. There are experts in child development, social development, and physiological development with the aid of published books, articles, or talk shows. Almost everyone claims they are an expert on child-rearing in the digital age and how best to protect them.

In the digital era, parents must be careful about the well-being of their children as well as digital safety. It is very easy to attack people through digital means, and from the 1990s to date, every Friday night, there has been an episode on television that warns parents about the digital abuse practiced by people.

Information shared by parents about their children on social media should be posted with vigilance. Privacy has the greatest value, and it needs to be protected. Each day, social media accounts get hacked, which leads to the stealing of identities, and lives are turned over. Parents must know about the identities their children use digitally. In this post-digital explosion era of today's society, parenting is very tough, but to ensure the safety of children, one must take precautions and understand the significance of privacy.

References

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