

DOES DIGITAL SOCIETY HAVE A NEGATIVE IMPACT ON CHILDREN?

Sadly yes, digital systems are everywhere. Children's life is surrounded by technology at home, at school and everywhere. Here comes the impact.

- Developmental/Behavioural Risks:



Due to the use of digital technology, lack of attention in studies, aggressive behaviours due to long hours of usage, being physically neutral, obesity, and sleep problems in preschool and school-age children due to overuse.

The need for digital technology is not efficient when children overuse it. Attention should also be paid to the intellectual and emotional conflicts that these technologies have on the improvement of children.

- Musculoskeletal problems:



The increasing rate in the use of digital technology at places like home and in school has been proven to cause an increase in musculoskeletal problems.

In addition to psychological factors such as monitoring anxiety, eye discomforts and musculoskeletal disorders such as the neck, lower back, shoulder and wrist are associated with such physical factors as sex, age, body mass index (BMI), and exposure to sedentary activities.

- Obesity issues:



Physical inactivity occurs due to digital technology development without any doubt, but it is being researched whether the overuse of gadgets is the reason for late sleepless nights. In a study on children aged 4-11 years, it was found that 37% of the children had a low active play level, 65% had high screening time, and 26% had a combination of these two.

Another study found that only 4 out of 10 children aged 6-11 years met the recommendations of the guidelines for both physical activity and screening duration, further showing that increased age was associated with decreased physical activity in children.