

### The Effects of Digital Technology on Middle Childhood

Middle childhood is between the ages of six to twelve years old. Children in this age have changed children's physical and cognitive capacities with the introduction of digital technology. Digital technology has been spreading in the world in recent years. The current generations are using many digital devices, such as iPhone and iPad. Those are fundamental to our routine. Based on the video "Physical Growth & Development" mentioned that middle age children spend too much time in front of screens such as television and the internet (Poglitsch, 2008). Also, Yeomans (2013) illustrated "the poll frequency of play type in children 12 years old and under age touch screens are the most popular form of play toy more than the traditional toy". As a result, this problem has negative effects on middle age children, which are the digital addiction, health problem, relationship in family, and educational problem.

From my perspective, screens have a bad effect on children's daily lives. Frequent use of digital technology leads children to be a "digital addiction". One example of digital addiction can be seen in my cousin, a 12-year-old who grew up with digital technology. He has used iPad and iPhone since his early childhood. He spends more than seven hours a day using media too much time with digital devices. When he gets up, the first thing is checking his cell phone. My cousin is one of the interesting cases of digital addiction.

The potentially harmful digital devices have the bad impact on children's health. Before the bedtime, many children like to entertain themselves on screens, such as playing games and chatting on social network sites. Jary (2015) stated, "Brains are being stimulated before bedtime in the way that books don't do. Exciting games just before bedtime is not a good idea. Electronic devices should be switched off at least an hour before bedtime". That led to plenty health problems, such as

myopia and sleep disorder. Those are a huge concern in our society right now. I believe digital technology has interfered children on educational and health.

Heavy using digital devices lead children to avoid society and relationship in the family. Some families advocate that digital devices can help them to raise and entertain their kids when they do household. I thought that currently iPads and iPhone look like a babysitter. Many parents give them to their kid for entertainment. That lead children interest only digital world and ignore the real world in the society. A parent can raise their kid without technology in the best ways, such as playing outside and making activities without digital devices.

Finally, digital devices have a bad impact on children's educational development. Some parents claim that digital technology such as iPads and tablets can help children to improve creativity and children's digital skills. For example, Apple company develops many applications and games for children to build the skills of critical thinking. In contrast, nowadays, many children spend too much time on digital technology. That is one of the causes why they are listless and lack of concentration in class.

In conclusion, I think learning from the digital technology of children is not quite of a negative way for children because it can reinforce a creativity in child development. On the other hand, it has impacted children in many ways, such as addiction, educational, children's health and social problem. My suggestion, adults should supervise and monitor children's use electronic in limit time. Also, they should be a good example in using technology for children. A parent should set the rules for using iPod and iPhone and also parents should provide activities outside more than screen time activities.

## Reference

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