Janette Orosco

EN202-02

Dr. Kimberly Bunts-Anderson

February 2. 2018

Topic: Technology Impact on Children

Research Questions

* How beneficial is technology to young kids?
* How many hours a day kids spend their time using technologies?
* Is spending too much time bad for young kids?
* Does it affect their social behavior?
* Will technology help the young kids as they grew older?
* Are there other reasons why parents let their young children use technologies?

Purpose

The purpose of this research is that I want to learn if using technology at a young age will create a good or bad effect on their behavior as they grew older. Not many parents are aware of the effects when they let their kids, from age 2 to 7, using technology in this modern world. I want to find out if kids using technologies have benefits.

My Plan & Sources

I will conduct an interview to families with young kids from the age of 2 to 7. I will also conduct surveys. I plan to observe the young kids when they are using technologies.

* Interview
* Survey
* Online
* Observation

Primary Question

* How does technology affect young children?

Secondary Questions

* What are the positive and negative impacts?
* How does it affect parent-child relationships?
* How does it affect child development?

Reading Notes #1

1. Author’s Name: Hanna Rosins

2. Author’s Credentials

3. Publisher [or title of organization]: Atlantic Monthly

4. Heading of Section [title of reading]: The Touch-Screen Generation

5.  Year Written: 2013

6. Pages: 57-65

7. Website URL: N/A

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| **Main Ideas/Points** | **Important Quotations** | **Supporting Details** | **Relevance to Your Assignment** |
| * The pros and cons of young kids using technology
* How children spend their time on technology

    | * “Touch technology follows the same logic as shaking a rattle or knocking down a pile of blocks: the child swipes, and something immediately happens.”
* “There are enough hours in a day to go to school, play a game, and spend time with a parent, and generally these are different hours. Some people can get so drawn into screens that they want to do nothing else but play games.”
 | * Kids can easily use technology
* Excessive gaming is bad
* Does it create addiction in children?
 | * The positive and negative effects
* The impact of technology
* Ways kids are spending their time on technology
* How parents limit the screen time

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In this article, is it possible that any of the authors might have a bias about the subject matter?  No, it provides information on how technology is used at home, at school and in everyday lives

Is the article timely or a bit outdated ?  Timely

Was it published in a reputable source? -Yes because it is an article from a periodical

It is not an academic source. No

Reading Note #2

1. Author’s Name: Bernard Gallagher

2. Author’s Credentials: Child Abuse Review Vol. 14

3. Publisher [or title of organization]:  John Wiley & Sons Ltd.

4. Heading of Section [title of reading]: New Technology: Helping or Harming Children?

5.  Year Written: 2005

6. Pages: 367-373

7. Website URL: [www.intersciencewiley.com](http://www.intersciencewiley.com)

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| **Main Ideas/Points** | **Important Quotations** | **Supporting Details** | **Relevance to Your Assignment** |
| * Whether new technology is good or bad for children
* Harmful exposure from the internet
* How parents can avoid this

   | * “Technology has changed our society in the past decades. It can risk the child from being expose to child pornography and making them feel less safe”
* “as child pornography is, in terms of numbers of cases, the single greatest harm to children posed by new technology.”
 | * Use of ‘computer-based-assessments tool (CBAT) that would ‘facilitate communication with children, while collecting information
* Protection of Children Act 1978 and Criminal Justice Act 1988
* Sexual Offences Act 2003
 | * Shares the negative effects
* Shares positive effects
* To know if the Internet is a safe place for kids to go online
* Ways to prevent kids from looking at inappropriate contents in the Internet

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 In this article, is it possible that any of the authors might have a bias about the subject matter?  No, it gives readers an insight how parents can protect their children when using the internet

Is the article timely or a bit outdated? A bit outdated.

Was it published in a reputable source? Yes

It is not an academic source. No

Reading Notes #3

1. Author’s Name: Dhruvin Patel

2. Author’s Credentials:

3. Publisher [or title of organization]: Thrive Global

4. Heading of Section [title of reading]: Will Technology Ruin Your Children’s Development?

5.  Year Written: 2017

6. Pages: N/A

7. Website URL: <https://journal.thriveglobal.com/will-technology-ruin-your-childrens-development-663351c76974>

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| **Main Ideas/Points** | **Important Quotations** | **Supporting Details** | **Relevance to Your Assignment** |
| * If technology will ruin a child’s development
* The use of technology can disturb sleep
* It can affect how kids socialize
 | * “Although technology does provide many positive benefits for learning, it also can have several negative effects on child development and quality of life.”
* “sleep is also disturbed by harmful blue light when children are exposed to screen time in the evening due to the suppression of the hormone melatonin which regulates the sleep wake cycle.”
* “It has now become common knowledge that high levels of social media use, in both kids and adults, can lower self-esteem and create negative moods.”
 | Child obesity rate is risingScreens from devices emit harmful blue lights that can cause headaches, eye irritation and eye strains. Children expose to the screen at night can affect their sleepIt can affect sleep cycleIt can affect their mood | * If technology help or ruin a child’s development
* Negative and positive effects
* Technology can affect sleep in children
* How it changes their way of socializing
* Technology can affect children’s mood.

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In this article, is it possible that any of the authors might have a bias about the subject matter?  No

* Child obesity rates have risen drastically over the past several decades. In 2012, the child obesity rate was measured to be 18 percent, which is an 11-point difference from the obesity rate in 1980.

Is the article timely or a bit outdated? Timely

Was it published in a reputable source? Yes

Reading Notes #4

1. Author’s Name: Sarah O’Grady

2. Author’s Credentials:

3. Publisher [or title of organization]: Express: Home of the daily and Sunday express

4. Heading of Section [title of reading]: Is YOUR at risk? Warning over toddlers and children using too much technology

5.  Year Written: 2016

6. Pages: N/A

7. Website URL: https://www.express.co.uk/news/uk/732607/Risk-child-children-warning-toddlers-using-technology-digital-nannies-tablets

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| **Main Ideas/Points** | **Important Quotations** | **Supporting Details** | **Relevance to Your Assignment** |
| * The risks of young kids using technology

   | * “But there is ample evidence to demonstrate the negative effects of screen time on older children, particularly on those using screens for more than three hours a day; these include structural and functional brain imaging changes, increases in emotional distress and higher rates of anxiety and depressive symptoms, as well as lack of sleep.”
* “I would advise parents to take even greater precautions in this age group than in school age children”
 | * Too much use of iPhones, iPads, laptops and television was damaging children's sleep, fitness levels and ability to socialize with others
 | * Technology use for children should be limited
* Knowing the risks

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In this article, is it possible that any of the authors might have a bias about the subject matter?  No

* Recent research by the American Academy of Pediatrics found too much use of iPhones, iPads, laptops and television was damaging children's sleep, fitness levels and ability to socialize with others

 Is the article timely or a bit outdated? Timely

Was it published in a reputable source? yes

Reading Note #5

1. Author’� s Name: Markham Held

2. Author’� s Credentials

3. Publisher [or title of organization]: Time

4. Heading of Section [title of reading]: The View: Inside the new standards for kids and screen time5. Year Written: 2016 6. Pages: 15-16

7. Website URL:

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| **Main Ideas/Points** | **Important Quotations** | **Supporting Details** | **Relevance to Your Assignment** |
| Exposure to media platformsWatching quality shows online for childrenAs kids get older, they are expose to more contents online | “As children get older, we know whatever media you put in front of them or allow them to be exposed to, they will learn from”“Time spent in front of screens or devices isn’t inherently good or bad,” | Kids, 18 months and younger should be kept away from screens. Parents should decide what’s appropriate, regarding violent and sexually explicit contents. | Kids’ relationship with technologyHow technology can be used for educational purpose.  Kids are at risked from exposed to different contents online such as violence or sexual content.  |

Is the article timely or a bit outdated? Timely. It was published on 2016

Was it published in a reputable source? yes

What Are the Negative Effects of Kids Using Technology at a Young Age?

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EN202-02

Dr. Kimberley Bunts-Anderson

Young children – even toddlers – are now seen holding and using iPhones, tablets, or other electronic devices. Technology comes in different forms like phones or tablets. Kids in the CNMI are now usually indoors playing games or watching videos instead of going outside to socialize or spend time outdoors. The student’s topic is about the negative effects of kids using technology at a young age. Not many people are aware of the effects of the excessive use of technology and it can create negative effects that will lead to addiction, child obesity, or disruptive sleeping patters. It can also risk the safety of the child from being exposed to inappropriate stuffs. This research proposal presents a plan to identify and learn about the negative and positive effects of technology. The studies will also determine how it also affect a child’s development and how it will affect a parent-child relationship. while collecting data from interview, surveys and observations in between 10 – 13 weeks of the course

First, technology for young children can either be good nor bad. Technology has changed our society in the past decades. It can risk the child from being expose to child pornography and making them feel less safe (Gallagher, 2005, p. 367). Children who spent most of their time looking at a computer screen or at the phone will likely cause an addiction hence their behaviors will be affected. Screens on electronic devices will irritated the child’s vision because of the emitted blue light radiation from the screen (Patel, 2017). Likewise, parents began to let their kids use devices for distraction so that the parents have some peace and quiet while their kids are being entertained by the electronic device.

“Recent research by the American Academy of Pediatrics found too much use of iPhones, iPads, laptops and television was damaging children's sleep, fitness levels and ability to socialize with others” (O'Graddy, 2016). If this happened, kids will not be able to socialize with others or to their parents. Sleep will be affected and they will always be tired from staying up late using their devices. “Every new medium has, within a short time of its introduction, been condemned as a threat to young people” (Rosin, 2013, p. 65). Letting kids use technology does their waste time, therefore bad habits will start developing.

The study into negative effects of technology use on kids can be performed through surveys, interviews, online research, observation, and data collection. Surveys will be given to selected families with kids between the age of one to eight years old. Observation will be conducted with the permission of the parents to observe their kids. Interviews will be conducted to experts. An example will be an NMC instructor at the Education Department who is an expert in this field.

The project can be completed in between 10 to 13 weeks time period following the schedule outline in Table 1. Questions for interview and surveys will be prepared. Interviews and surveys will take about two to three weeks in order to gather more data for this research. Gathering collected data will take one week. Revision will take two weeks and using the Northern Marianas College’s English Language Lab (ELL) and peer reviews will help polish the final draft.

Overall, technologies can have a good use, but too much screen time is bad. A child’s social behavior can be affected when using phones or tablets for a long period of time. This will cause problems like child obesity and blurred vision. Technology can be good because there is a possibility that it could help their development, but it will greatly affect the development milestone. Therefore, using existing literature and resources will be gathered over the course of this project. This project will provide the information to share the awareness of negative effects of technology uses for young children.

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| **Week**  | **Focus** |
| Week 1 | Learn the format that will be used to write the essay and brainstorm topics for research proposal |
| Week 2 | Decide possible topics for research project |
| Week 3 | Gather information about the topic |
| Week 4 | Create survey and interview questions |
| Week 5 | Surveys, interviews, and observation |
| Week 6 | Interviews, surveys and observation |
| Week 7 | Interviews and surveys |
| Week 8 | Gather and conclude data collection |
| Week 9 | Write first draft of proposal research  |
| Week 10 | Revision |
| Week 11 | Revision and work on Final draft |
| Week 12 | Revision |
| Week 13 | Submission |

# References

Gallagher, B. (2005). New Technology: Helping or Harming Children? *Wiley InterScience*, 367-373.

O'Graddy, S. (2016, November 6). *Is YOUR child at risk? Warning over toddlers and children using too much technology*. Retrieved from Express: https://www.express.co.uk/news/uk/732607/Risk-child-children-warning-toddlers-using-technology-digital-nannies-tablets

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Rosin, H. (2013, April 1). The Touch-Screen Generation. *Atlantic Monthly*, p. 65.