Influence of Modern Technology on Children in EFL Context

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Article Info

Abstract

Modern technology has become an integral part of everyone's life. The number of young users of technology is increasing rapidly day by day. This paper aims to find the key causes of modern technology that have become an obstacle in children's overall development and find common ground to solve those challenges. A mixed-method research approach is implemented to achieve this goal. Participants are the school-going children and their parents of the children. Data is collected using questionnaires for 100 school-going children and interviews from the parents and analyzed both qualitatively and quantitatively through a thematic analysis approach. The finding shows that despite some positive effects, parents and children face several challenges in development because of the harmful influence of modern technology. Finally, this study concludes and recommends a psychological and potential balance regarding the presence of technology in children's daily lives.

Introduction

The 18th century can be called the beginning of the enlightenment of technology, but the mid-20th century is marked as the period that was influenced by technology the most. Modern technology has become a crucial element in humans' day-to-day life. Panjeti-Madan & Ranganathan (2023) state that technology has become an important element in children's daily lives. While the inventions and discoveries of technology have undoubtedly opened the gate of new opportunities for children, they also pose significant challenges to the development of children. There is a contradictory opinion about whether modern technology is a blessing or a curse in disguise for this generation, because parents' opinions regarding this topic are different. This paper will illustrate the contradictory ideas of parents and children about the positive outcomes and potential negative effects of technology, which have some significant influence on children's cognitive development, social skills, physical health, and educational outcomes.

The influences of technology have a great impact on how children will behave in their lives. Through these technologies, they watch movies and videos, listen to music, play games, and gain knowledge and information. Besides, they can grasp the solution to any problem and enhance their critical thinking ability through this. With the blessing of modern technology resources, traditional teaching methods have been completely transformed. Children engage in their education more prominently when they have access to interactive learning platforms, educational applications, and Internet resources. Monteiro et al. (2022) illustrate this point by using new technology, children get more motivated and focused in their studies.

Although children get interested in new activities by using technology, parents are showing concern because Dere (2022) suggests that overuse of modern technology is very dangerous for the development of children because it can harm a child's cognitive development and social development (p. 244). The influence of technology is harming children's cognitive development, social skills, physical health, and educational growth. According to Meates (2021), while children and adolescents depend more on technology extensively, developmental issues are growing extremely common (p. 78). It is suggested that overuse of contemporary technology can lead to different issues in their development. Different studies show that children from two to six years old should spend one hour in front of screens per day. Excessive screen time has been found as one of the causes of children's disoriented physical and mental health. Furthermore, the influence of modern technology has led to children's disinterest in physical and mental activities, and face-to-face interactions which are essential for their development.

The excessive influence of modern technology on the development of children is becoming an alarming issue. It has numerous advantages and disadvantages regarding the development of children. This paper will try to find a balance for modern technology to be a positive platform for children in their development, acquiring knowledge and skills while mitigating potential harm. This paper will also explore the insight, perception, and strategies of how parents and educators can minimize the challenges posed by modern technology for children.

Research Question

What effects does contemporary technology have on children's cognitive development, social skills, physical health, and educational outcome among other elements of child development?

Literature Review

Today's generation is based on the influence of modern technology. It presents every aspect of human life, specifically on the development of children. As it is dominating how the children will talk, learn, develop, and interact with others. Nowadays, children are growing up in an environment saturated with technological influences, which have both positive and negative impacts on them. Just like how modern technology is spreading worldwide, so is its influence. Some research highlights the positive aspects, while research highlights the negative aspects of technology. According to Monteiro et al. (2022), there are advantages of technology for improving learning capacity. However, the overwhelming body of research indicates a detrimental effect on several aspects of the growth of children, including attentional challenges in cognition and other development (p. 1). However, this is encouraging children and students in their daily activities and school work. Research found that children get more motivated, influenced, and focused when new technologies are used in their activities (Monteiro et al., 2022). Many experts have claimed that introducing children to modern technology at an early age can encourage them to form a solid foundation in this new generation (Tahir & Arif, 2015). To establish this point, a journal of Shatri, Z. G. (2020) exclaimed that through exchanging opinions and information to solve challenges, modern gadgets are providing individuals the chance to gain insight and expertise in working together (p. 421). Academic performance, interaction, logical observation and

interpretation, finding innovative solutions, collaborative behavior, and other areas of Students' abilities are all enhanced and developed when modern technologies are used appropriately (Reinhold et al., 2020). Another research by Ginsburg, Committee on Communications, and Committee on Psychosocial Aspects of Child and Family Health (2007) also highlights the same point that interactive technologies can stimulate cognitive skills such as problem-solving, observation skills, and critical thinking skills.

According to them, introducing children to technology makes them interested in new activities, flourishing their skills, and making their academic life interesting. A study by Hsin et al. (2014) found that those who used technology for academic purposes showed better performance in reading compared to their peers who did not have access to similar technologies.Most importantly, the family is the very first institution for children in their lives as they acquire basic knowledge from here. Simultaneously because of the excessive use of modern technology's influence on children, it is starting to become a matter of great concern. An article points out that overuse of modern technology is very dangerous for the development of children because, it can harm a child's cognitive and social development (Dere, 2022). In addition to the effects of modern technology, researchers confirm that preschoolers and toddlers' prolonged exposure to screens leads to technology-based Sedentary Behavior, which significantly impacts their mental health (Joseph et al., 2022, p. 115).

This is beginning to prompt educators, psychologists, and parents to question whether technology serves as a blessing that can enhance development and help them achieve skills or a curse that can harm children's cognitive, social, emotional, and physical growth. Some research finds this as an unnecessary essential element in today's world because it has both advantages and disadvantages. Meates (2021) reported that, regardless of all drawbacks, there are nonetheless a lot of advantages once technologies are utilized in institutions of learning in a logical, harmonious, and comprehensive manner. Furthermore, today's generation's activities revolve around technology because of its availability. However, children who are using technology have several negative effects on their development, such as spending most of their time in front of technology, excessive screen time, and spending more time alone than needed (Panjeti-Madan & Ranganathan, 2023). Even though technological innovation is widely used with numerous educational advantages, it is crucial to be aware of its potential hazards to prevent adverse impacts on kids, teenagers, and college scholars (Meates, 2021). On top of that, many studies have shown that exposure to too much screen light interferes with the production of melatonin, a hormone which is very crucial for sleep.

There is a lot of research on modern technology's positive and negative impact on this generation. However, there is very little research regarding the contradictory opinions of parents and children where modern technology is a blessing for the children, but for parents, it is a matter of great concern. A study by Lemish (2015) found that while parents recognize the educational advantages of technology, they often struggle to find resources and strategies to guide their children's technology use effectively. This research paper will illustrate the balance that both parents and children need between development and technology without distorting the cognitive skills and physical health in the development of children. This study will show the perspective of children and parents regarding technology's influence and show a balance between modern technology and development.

Methodology

The purpose of this research paper is to explore the influence of modern technology on the development of children. This paper will examine all the layers of technology that are called a blessing and can be a blessing or a curse in disguise. The study follows a mixed-methods approach to provide a comprehensive understanding of the impact of technology on children's cognitive skills, physical health, and educational activities. This methodology section outlines the research design, participation, instruments, data collection, and data analysis techniques used to investigate this issue.

Research Design

This study adopts a mixed-methods research approach to the influence of modern technology on child development. The mix method is used to gather comprehensive data and personal perspectives to understand the challenges more prominently. This data collection is designed to focus on extent to which technology has affected children's development through standardized surveys and scales. On the other hand, the qualitative data investigates parents' perceptions through insightful interviews. This combination of quantitative data and qualitative data collection will ensure a hearty exploration of the research question and an understanding of the contradictory opinions between both parents and children.

Participations

Participants in this study include high scholars from class 6 to 10 and parents or guardians of children aged 3 to 11 years old. To ensure confidentiality, the identities of the participants are kept anonymous. In designing this, the quantitative part of the study was constructed using Google Forms. The inclusion criteria for children are that they should be within the specified age range and have access to some form of modern technology. A total of 100 children are expected to participate in the survey questionnaire to provide a sufficient sample size for statistical analysis. The parents will be asked for consent to participate in the study and complete the necessary consent forms. They are expected to participate in collecting qualitative interviews to learn about their perception regarding the influence of modern technology on their children's lives.

Instruments

The research uses two instruments: survey questionnaires and semi-structured interviews to gather data. For the quantitative data collection, a standardized questionnaire will be developed through Google Forms, focusing on the frequency and types of technology use and its impact on the various developmental components. The survey will include Likert scale items designed to measure children's emotional and physical development with cognitive, social, and academic skills. There will be 13 questions to know about their perception regarding technology. For the qualitative data collection, semi-structured interviews will be conducted with 11 parents by audio recording for around 20-25 minutes to gather data. The interview guide for parents will explore their perceptions of how technology influences their children's cognitive, social, and physical development.

Data Collection

Data collection will occur within one month. Children have filled out a child-friendly version of the survey which, will be provided to them through Gmail, Facebook, Messenger, handouts, and WhatsApp among the 100 participants. It will take only 5 to 7 minutes for them. This questionnaire will show their perspective on modern technology and a conclusion on their interest in it. For the qualitative data, interviews with 11 parents have been arranged who willingly agreed to participate in this research paper. It will be conducted either in person, face to face, or online as per participants' preference and in a quite comfortable environment. The interviews will be audio-recorded, with permission, for accurate transcription and analysis. An approximately 20 to 25 minutes will be taken to capture their detailed views on the influence of modern technology on the development of their children. This interview will give the view of parents and their knowledge of the influence modern technology has on their children.

Data Analysis

Data analysis will be regulated in two sections, corresponding to the quantitative and qualitative elements of the study. The primary goal of this data is to analyze and identify the codes, themes, and categories between concepts and connect them. Narrative and statistical analyses will be performed using descriptive statistics to condense the responses and examine the relationship between technology usage and the various developmental outcomes. Thematic analysis will be used to identify significant concerns and issues in the responses from the interviews. After the audio recordings of the interviewees have been transcribed, the transcripts will be coded to find common themes among all the parental perceptions, technology use, and children's development. By synthesizing both quantitative and qualitative data, the study will explore the prominent insights into the influence of technology which, is a blessing or a curse in disguise for the development of children.

Findings

Quantitative Data

This section illustrates the results of the study by examining the research question and the following survey and interviews related to it by navigating from both qualitative and quantitative analyses. In the survey, a series of easy but innovative questions were asked to the students and their parents to know about their perspectives. Contemporary technologies have both affirmative and harmful effects on children's cognitive development. Undoubtedly, it has access to all the educational tools and components, such as online learning platforms, educational apps, YouTube videos, AI websites, Google, and others that have been shown to enhance their learning abilities and nurture cognitive skills. Despite all of that, it is slowly making students' mental growth. The influence of technology is so accessible to the students that they do not want to do any creative or critical thinking activities to enhance their cognitive skills.

In my quantitative data collection, a total of 100 high school students from six to ten grades participated in answering questionnaire surveys. Among the 100 participants, 29% were sixth graders, 23% were seventh

graders, 19% were eighth graders, 9% were ninth graders, and 20% were tenth graders. In the survey chart, it can be predicted that among the 100 participants, when they were asked about their time spent on technology per day, most of the students spent 3 to 4 hours in the presence of technology and about 32% of students use it more than 4 hours per day which is a very disappointing rate, because of this parent are very concerned as it is making their children under develop in their age. Only 6% of the students use less than one hour per day on technology, which is also a matter of great concern, as the number of students is very low. As per the parents, students are spending more time in the presence of technology and slowly getting addicted to it and moving away from education.

In the question, it is very evident that about 88% of students are smartphone users, 41% using it for engaging in social media. There are other technologies that they use for their entertainment purpose, like 26% spend their time on computers or laptops, and other modern technology, and about 15% use video game consoles. Most of the students prefer smartphones because of their convenience. These modern technologies are occupying most of their time.

In the survey, most of the students are very much convinced that the influence of modern technology has a positive impact on their mental health. A huge number of 43% of students think like that, and 38% think that it harms their development. About 13% of students think that it sometimes has a positive effect on their life, and only 8% believe that sometimes technology has a negative influence on their mental health. Only 3% have no issue with it. Contemporary technology has an effective influence on children 's development. However, only children can dictate how it can help them or can eradicate their skills and knowledge. Simultaneously, when asked how much technology helps them in their problem-solving abilities and critical thinking skills, the survey shows that about 68% of students are very sure that it helps them, and about 28% think that technology sometimes helps them in their skills. Only 4% are in denial that it does not help them at all. Their view is that technology has a positive effect on their development by helping them in their problem-solving ability and critical thinking skills. It is proven that 65% of students among 100% think that modern technology is influencing their creative skills, and 45% think that it is enhancing their critical thinking skills. Students of other skills that have been acquired through technology 27% and 22% believe that technology is enhancing their observation skills. Nevertheless, it is stopping their cognitive development, and as a result, at the time in real-life situations, they face backlash and failure.

Students are taking technological help to complete their educational syllabus. From their perspective, their academic performance is improving because of technological help; among 100% of students, 53% of students believe it. However, a majority of 36% of students think that it is not very helpful. Only 6% think that it is somehow misleading because they cannot find the correct answer to their question, and 5% do not use it for the same reason. Technology is making them so inactive that for them, the only means of acquiring knowledge and doing good in their academic curriculum is by taking technological help. However, it is now becoming an obstacle to children's cognitive development. The survey finds that 73% of students rely on YouTube videos to gain academic knowledge and to solve their academic problems. Along with YouTube, 55% of students use Google to solve their educational queries. 25% each find online learning platforms and AI more reliable than

their teachers, as it gives them instant answers and they do not need to understand the theoretical aspects. They are becoming more dependent on these websites than anyone. Because of this, they do not understand the value of teachers or ethics and manners. The constant use of apps and social media and multitasking appears to have impaired their ability to maintain focus on their activities.

In the questionnaire, when the children were asked if they liked physical activities, a large number of students, about 67% answered positively, and 11% answered negatively. Among them, 10% of students answered that they like it sometimes and 9% answered that they do not like to engage in physical activities. Here, most of the students show that they have a clear enthusiasm for engaging in physical activities. On the other hand, when they were asked how often they engaged in physical activities or sports, their responses were not as expected as a huge percentage of 34% of students rarely engage in physical activities, and 25% of students engage monthly in physical activities. About 22% engaged weekly, and 19% of the students engaged daily in physical activities. Through this survey, it can be predicted that children have a great enthusiasm for physical activity or sports, they have free access to technology and its facilities so, they show more interest in all those technological activities than any physical activities. It is a very concerning matter as the influence of technology is decreasing the spirit and interest of children in playing outdoor games and engaging with others. Because of the availability of technology, they are more focused on these things. Along with that, their physical strength is getting disoriented. Only 6% of students have very strong physical strength and 16% of students have strong physical strength.

Furthermore, 27% of students have neither strong physical strength nor poor physical strength. About 24% of students have poor physical strength and most of the students have very poor physical strength about 27%. Here the cause can be the accessibility of contemporary technology and its influence on today's children. For that reason, they show disinterest in doing any physical activities and playing sports and without doing any physical activities there is no strength in them and they are becoming victims of many diseases like obesity, headaches, poor eyesight, getting distracted, etc. It is also affecting their social life. As they show no interest in engaging in playing outside or any physical activities, they have zero chance of engaging with others face-to-face. Only 21% of students prefer to communicate with others face-to-face. 63% of the students prefer to communicate with others through technology rather than in person. 16% of the students like both communication and 5% do not like to communicate at all. This happens because of technological influence. As they are at the mercy of technology, they prefer to be in touch with others through it. But in all these, they are forgetting about the enhancement of authenticity. They are losing their communication and social skills. They are becoming more technology-based, and all the qualities of being a good human being get distorted.

Qualitative Data

Through the semi-structured interviews with 11 parents of 3 to 11-year-old children, the challenges have been thematically explored to examine the influence of modern technology on child development. The key challenges are: Cognitive Development, Physical Development, Social Skills, and Academic Performance.

Cognitive Development

According to the interviewed parents, the biggest challenge of child development in the influence of technology is that the cognitive development of children is being distorted because of the overuse of technology and screen time, making them addicted to it. Upon asking parents about their children's use of technology, most of the answers of parents mentioned smartphones and social media and consuming the maximum time of their daily life. When the questions regarding using technology were asked, parents showed concern about it, as children are getting addicted. On the one hand, technology helps children to enhance their critical thinking and problem-solving abilities, as well as observation skills, and sharpen their memory. One parent explains, "I connect my son to every positive thing like, the critical thinking ability and problem-solving skills, which he solves very soon". Another mother says, "Children are encouraged for their responses and analyze logically by asking open-ended questions. A strong foundation in analytical abilities fosters assurance and self-determination. They can effectively acquire insight, assimilate data with their intellect swiftly, and evaluate facts". Parents claimed that through technology children are getting creative. One parent mentioned, "He tries to do a lot of things when he uses technology. So, the good thing is that he is learning creative behavior through the use of technology and trying to do creative things".

However, most parents find it very stressful for their children's cognitive growth. As per them, whatever they see on social media, they imitate it and act accordingly. One parent explained, "It is affecting their cognitive and language development. The kind of Tik-Tok videos they are seeing and thinking and talking like that". Another parent pointed out that, "everything which is seen in social media as a fashion they are trying to change themselves according to it".The influence of modern technology is the biggest obstacle to children's cognitive growth. According to the interviewed parents, technology is helping their children to encourage critical thinking ability, however, they are more concerned about their children not developing their intellectual skills because of its overuse.

Physical Development

In the interview when parents were asked about their observation of children's physical activities under the influence of technology, one parent stated, "he used to ask his mother that he needs a glass nowadays because he is facing a problem with his eyes. The doctor said that the main cause is using a lot of screen time or using the devices". Another parent eagerly said

> Children who spend more time using technology and things may experience changes in their mental and physical activity. They have a higher risk of being overweight. It's a very common physical health issue. Children may experience higher anxiety, depression, lower self-esteem, and lower academic achievement. Sometimes they are very emotional and have other physical problems. As you can see my child suffers from eye strain, muscle strain, and sleep disturbance which is also a very big problem.

Regarding this, another father exclaimed, "I noticed it physically, mentally. Since the boy used to play sports

before, he does not want to play sports now". Parents are blaming technology for their children's poor health. As one parent says, "There is no sport, just sitting and watching the mobile. As I know her physical side, she cannot play any outdoor games, she will only see her mobile phone". For them, technology is becoming a big cause of children's poor physical health. It deprives children of being physically healthy and active.

Social Development

In qualitative data, when parents are inquired about their children's interpersonal relationships with others it is found that children are not interested in gathering with others like they used to do in their time. One father exclaimed surprisingly

> As far as I have seen, in the days we used, in our time, we used to go outside and make communication with others to develop our language efficiency, but nowadays, my children and others also seem like they are not getting much influence with this, they are confined within the phone and they aren't being so suitable for interpersonal communication with others. So, it's a horrible thing, I guess, but still, we have to, because that generation is going up and they need to use devices.

Another mother put forth both positive and negative impacts of technology. As per her statement

> Technology can impact children's ability to form and maintain interpersonal relationships in both positive and negative ways. The positive impacts are that technology has positive impacts on children's interpersonal relationships, building new relationship strain, connected learning opportunities, and self-management. The negative impacts are that technology reduces face-to-face interaction and no language acquisition. Excessive use of technology can lead to feelings of isolation, disruptive behavior, and decreased attention expense.

Parents are disturbed because of their children's social skills. Children are not socially active and do not have proper language skills, and because of that, they are facing difficulties in social gatherings. Their social skills are being affected because of using technology and confining themselves within four walls.

Academic Performance

Through the interview, it is found that parents are not happy with their children using technology for academic purposes. One parent states, "My son is using AI and Google to solve his mathematical homework but when the teacher asks him to do it in front of him, he cannot do it". Another mother remarked, "…although my daughter can speak and understand English because of using technology, she is unable to do well in her class and examination because she cannot use it in her classroom". Parents are against the use of technology in education because it is halting their expertise in academic performance.

Discussion

Parents are the first teachers of children. They are like blank paper without any experience. They learn

everything from their parents. Whatever they learn and act is based upon learning and imitating their parents. All the new things are introduced to them by their parents, and so is technology. As it is by Arabiyat and Hasoneh (2019) that contemporary technologies are a clever phenomenon when it comes to privacy, leisure, and innovation activities. From the very beginning, people are always advancing with technology in terms of everything from educating their children to establishing them in this modern era. According to Aston (2018) in the OECD Education Working Paper, Children's academic success and social engagement are favorably correlated with their physical health. For these reasons, parents are the ones who have introduced technology to their children in helping them with modern times. Another reason for introducing modern technologies at an early age is to engage them in some activities without disturbing the parents in their important work. Modern technology has become a prominent gateway for parents. Parents want to be free from the chaos created by children after a busy long day, so they use modern technology as a break from all these chaos and get some peace time for themselves. From the beginning parents are using technology to their benefit and naming it as acquiring knowledge. Because, in their advanced perspective, technology can give kids fresh chances to explore the undiscovered universe. According to numerous experts, exposing kids to mobile devices at a young age helps them build a strong foundation for success in the digital world (Tahir & Arif, 2015). Another study found that using new technologies in their activities increases children's motivation, influence, and focus (Monteiro et al., 2022). However, when children are using all these technologies to an excessive level, parents are becoming anxious about it. Because researchers confirm that preschoolers and toddlers' prolonged exposure to screens leads to technology-based Sedentary Behavior, which significantly impacts their mental health (Joseph et al., 2022, p. 115). Children are getting more reliant on technology than their parents as it is helping them in everything. According to them, technology is helping them to be confident and help them in their critical thinking skills. It is an undeniable fact that technology is helping children achieve their skills however, they are using it more than necessary. According to Monteiro et al. (2022), there are advantages of technology for improving learning capacity. However, the overwhelming body of research indicates a detrimental effect on several aspects of the growth of children, including attentional challenges in cognition and other development (p. 1). Although the influence of modern technology is helping children know the unknown, it is depriving them of their basic health development. One side, this is influencing children and students during their group educational settings, individuals' opinions, behaviors, and others. On the other hand, Dere (2022) suggested that the overuse of modern technology is very dangerous for the development of children because it can harm a child's cognitive and social development (p. 244). These contemporary technologies have spread throughout the world, removing all the barriers between people of different cultures. However, this elaboration has opened an unsupervised environment for children. Studies show that youngsters who have access to wireless technology encounter harmful information and suffer poor outcomes (Livingstone & Helsper, 2010; Sharples et al., 2009). By separate research, the following is a summary of the most basic threats that today's youth may encounter in technological settings before or throughout their growing up: insufficient level of sensitive data exchanging, insufficient and unskilled technological knowledge, incorrect utilization of technology, offensive execution, and insufficient anonymity and security (O'Keeffe et al., 2011; Picazo-Vela et al., 2012). Children use technology for more than an hour a day, even high-quality children's programs recommend that children aged 2 to 5 spend one hour a day in front of a screen (Council on Communications and Media, 2016). The amount of time they spend online has increased (OECD, 2011). The amount of time they spend consuming media has more than

doubled (Ofcom, 2015).

A lot of research is being done on how contemporary technology affects children's development. According to certain research, technology improves visual short-term memory, cognitive development, and preparedness. However, the majority of the data suggests a detrimental effect on several aspects of infant development, including delays in language and cognition, issues with self-regulation and attention, as well as behavioral, nutritional, and physical issues. The way children engage with the world, learn, and play is also being altered by screen time, which presents certain difficulties for early childhood education settings. Children encounter a variety of health problems such as muscular pain, headaches and migraines, inflammation of the skin, speech problems, hearing problems, vision problems, myopia, retardation in development, and obesity. According to a different survey, depression, isolation, anxiety, headache, different types of muscle pain and insomnia are among the most common health issues among children. Additionally, children may exhibit unfavorable behavioral changes. As per Duman (2013), challenging behavior denotes improper, upsetting, or damaging actions. According to Fiel (1999), such actions include poor activity involvement, social disturbances, periodic crises, and chronic social insufficiency. The influence of technology is now becoming so massive that children are facing a crisis of confidence, anxiety, and demotivated in their daily communication which is making them suffer from isolation, self-loathing, and identity crises and are confined within their four walls. They have no cognitive skills, physical strength, or social skills in their real life. From a child's perspective, they acquire critical thinking ability, problem-solving skills, and observational skills through the use of technology. Argumentatively, is technology helping in their development? Is the real concern. Modern technology is so advanced that it is sometimes harming children more than helping them. Children are deprived of their intellectual growth, and mental growth because of it. They are suffering from various disorders that are harmful for their age. According to Prensky (2009) and Valcke et al. (2010), children who lack the requisite literacy and e-maturity are regarded as one of the most susceptible groups to the threats they may encounter. This curse of modern technology is aimed at the current generation. It is very noticeable that Generation Z spent more time using social media platforms during the global COVID-19 pandemic than any other generation. Also, according to the survey data, most of the students think that technology is helping them in shaping their cognitive skills. Nevertheless, parents are very much concerned about this thinking process. Students prefer to communicate with their friends through social media or technologies, not in person. Modern technology eliminates qualities like sharing, caring, communicating, sympathy, and empathy because there is no interpersonal communication between children. That's why when they grow up, they face challenging behavioral issues and inappropriate mannerisms and feel isolated and confined. According to Duman (2013), challenging behavior denotes improper, upsetting, or damaging actions. Fiel (1999) also states that such actions include poor activity involvement, social disturbances, periodic crises, and chronic social insufficiency. Technology is the main cause of the lack of social language skills among children. Contemporary technology is becoming a barrier to the development of children. To grow properly and acquire all the knowledge children need to be active. If they go out and socialize with everyone, they can benefit from everywhere. When they participate in outdoor activities, they interact with everyone, be social, and all their muscles get active. Not only that, but also their vocabulary gets better, their health is in good shape, and they have a fresh mind to learn new things. But the influence of technology has affected children's minds so much that now they are not interested

in playing outside or interacting with others. The survey shows that, students like to participate in physical activities, but they rarely go outside to play because of technological availability. As a result, their physical strength is very poor and they have no authentic experiences in their life. Because of that, their physical development is being disturbed. But according to children, technology has no negative effects on them. Given the potential of the internet and digital technologies, one may argue that using them is essential (Soylemez, 2023). However, it has only been a blessing for the children's cognitive development, physical development, and social development are very controversial. Technology is not only becoming an obstacle to their development but also affecting their academic achievement and restricting their creative and critical thinking ability. The invention of AI, Google, YouTube, and other online educational platforms is omitting their development in education. For children, it's a blessing however, parents are anxious about their children's academic performance as they are not learning or gaining any knowledge. According to the majority of preschool instructors, kids now learn differently than they did ten years ago. The increased exposure to screens appears to be adversely affecting children's play patterns, educational endeavors, and language acquisition, notwithstanding the potential advantages of contemporary technology, such as advancing children's abilities and inspiring them to seek knowledge. Modern technology has many facilities which are sometimes helpful and sometimes harm them. Most of the children of today's generation are more advanced than their age. There is a lot of inappropriate content which is not good for children. As a result, parents express anxiety over their kids' use of social media and video browsing. When children want their parents' time and attention, they get modern technology in their hands as their parents do not have time for them. After a certain amount of time, children get involved more with technology, ignore their parents, and do not communicate with them properly. Modern technology takes that place in their life. The influence of technology is interrupting their development, which becomes massive after a certain period and causes lifetime damage.

At an early age, children are particularly vulnerable and can be manipulated in many ways. The primary rehabilitators for this issue are parents. The family is seen as the most significant institution, as children learn about culture, society, and basic knowledge from them. The majority of parents ought to establish a time limit for their kids' use of digital devices. Parents must understand about negative influence their children may face on digital platforms and be ready to prevent them from those risks. They can make use of the opportunities these platforms provide to create strong and independent individuals. It is impossible to overlook the growing list of detrimental effects of modern technology, like pain in the muscles, headaches, migraines, inflammation of the skin, hearing problems, myopia, retardation in development, and obesity. Despite these negative effects, there are a lot of advantages to using technology sensibly, responsibly, and in moderation. Giving kids access to technology comes with significant responsibilities for parents, including helping them develop fundamental skills, preparing them for the outside world, fostering the healthy development of social and psychological aspects, and guiding them with appropriate behaviors and attitudes that can shield them from risks and cyberbullying (Soylemez, 2023). Parents can also reduce their technology use by taking them outside, like playing with them in indoor and outdoor games, encouraging them to participate in different activities, and socializing with others rather than using technology themselves. Parents are the ones who can decide whether the influence of modern technology can be a blessing or a curse in their child's life. If they let them use it in a measurable time, then it can be a blessing for them as they can learn many effective things from it. However,

when there is no limit to using technology, then it can become a curse in disguise. Parents should encourage their children to do what they are interested in without imposing their interests. By doing these children will also feel motivated and confident in their choice. Parents should be the best friends of their children whom they can rely on without hesitation, because children are the reflection of their parents. Whatever their parents do, it will automatically be implemented in their children's minds. If parents are more active and participate in their children's activities, then their children will spend more time with them, not with modern technology. After all, out of all the things in this world, a child's most important need is their parents and their attention.

Conclusion

This paper analyzes the challenges children have to face because of their excessive level of technology use and parents' concerns about it. It also focuses on whether the influence of contemporary technology is a blessing or a curse in disguise on the development of children. Children are using all those technological instruments, thinking of it as a blessing; however, in reality, it becomes a curse for them as it harms their cognitive, physical, and social development and academic performance. It is an undeniable fact that the influence of modern technology can help children in their critical thinking ability, problem-solving skills, observation skills, and promote children's knowledge and motivate them to learn new things; however, the insane amount of exposure to technology is a harmful influence for children. Moreover, modern technology can also limit their thinking ability, making them addicted to it and isolating them from everyone. Nevertheless, it is very hard to eliminate technological influence from children's lives as it is a vital part of today's generation; parents can make a balance between the influence of modern technology on them.

Parents should supervise their cognitive development, social development, physical development, and educational outcomes under the influence of technology. Parents are also recommended to be active in their children's lives and give them the time and attention they need. They are advised to involve and encourage them in real-life activities rather than giving them technological devices. By doing all these, they really can turn the curse of modern technology into a blessing. This paper tries to establish the idea of adopting a balance to use technology to establish them as better individuals. There is some room for further research to understand more extensively in this matter. This paper will study more broadly to explore other elements of child development that are affected by the influence of modern technology.

Statements and Declarations

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