

Impact of Technology on Children Growth and Development

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Nowadays, families are different from earlier. The influence of the technology breaks the chain and bonds of a family in the 21s^t century and leads to isolate from core values and customs. Parents and children highly believe in communication, information and transformation technology to ease their day to day life faster and more efficient. Technology is being highly utilized by families and children to a great extend for entertainment purposes. The utilization of television, computer, games and internet has swiftly increased in recent past; however, many parents ignore these developments. On this basis, this study was conducted to explore how the child development and growth are affected by Technology. This research was done in the Eastern province of Sri Lanka. There are about 1.5 Million people living in Eastern province of Sri Lanka, 200 families were randomly selected and surveyed. Data were collected mainly using the semi-structural questionnaire and the focus interviews. This research revealed that on the pro side, technology engages children for the real world that they will have to arrive into. 90% of jobs in the market are based on technology and children must need the technology advantage to be fruitful in such an environment. At the same time, children using technology are becoming socially stunted, unappreciative, and harassed with health related problems. By providing children with chances to increase their technology abilities, can prepare them to live in technological world progressively. However, parents must be careful that requirement and demand of the technology in the society should not affect health and development of children.

Key words: Technology, Development, Children, Eastern province, Technological World