



THE DETRIMENTAL IMPACT OF ELECTRONIC GADGETS ON YOUNG CHILDREN. A CRITICAL EXAMINATION

Mirkomilov Doniyorjon Maxamatibragimovich

Assistant of the Department of Computer Systems of FBTUIT

Qobulov Abdujalil Zoxidxuja ugli

Student of group 619-21of FBTUIT

Abstract: *In today's digital age, electronic gadgets have become ubiquitous, pervading every aspect of modern life, including the realm of childhood. While these gadgets offer numerous benefits, their excessive and unmonitored usage among young children has raised significant concerns. This article critically examines the negative effects of electronic gadgets on young children, encompassing physical, psychological, and social repercussions. It explores how prolonged screen time can lead to developmental delays, obesity, sleep disturbances, and attention issues. Additionally, the psychological implications such as decreased social interaction, heightened aggression, and compromised cognitive development are discussed. Furthermore, the article delves into the societal impact, including the erosion of traditional play and familial bonds. Recognizing the multifaceted nature of this issue, the article concludes with strategies for mitigating these negative effects and fostering a healthier relationship between young children and electronic gadgets.*

Keywords: *Electronic gadgets, Young children, Screen time, Developmental delays, Psychological implications, Social repercussions, Digital age, Parental monitoring, Health concerns, Childhood development.*

In an era characterized by the omnipresence of technology, electronic gadgets have seamlessly integrated into the fabric of daily life, transforming the way we communicate, learn, and entertain ourselves. While the benefits of these devices are undeniable, there exists a growing concern regarding their detrimental effects, particularly on the vulnerable demographic of young children. This article aims to shed light on the negative repercussions of excessive gadget usage among the youngest members of society.

The Physical Toll: One of the foremost concerns surrounding the prolonged use of electronic gadgets among young children is the adverse impact on their physical well-being. Hours spent hunched over screens can lead to musculoskeletal issues, including neck and back pain, as well as vision problems such as digital eye strain. Moreover, sedentary behavior engendered by excessive screen time contributes to a sedentary lifestyle, predisposing children to obesity and related health complications.



The Psychological Burden: Beyond the physical toll, the psychological ramifications of unrestricted gadget usage among young children are equally worrisome. Studies have shown a correlation between excessive screen time and heightened levels of anxiety, depression, and attention deficits in children. The constant exposure to stimuli from electronic devices can overstimulate young minds, hindering their ability to focus, regulate emotions, and engage in imaginative play—a crucial aspect of childhood development.

The Social Dilemma: Furthermore, the pervasive presence of electronic gadgets has redefined the landscape of social interaction for young children. Instead of engaging in face-to-face communication and physical play, many children find themselves ensconced in virtual worlds, detached from the richness of real-life experiences. This detachment can impede the development of essential social skills, such as empathy, cooperation, and conflict resolution, leading to difficulties in forming meaningful relationships later in life.

Parental Vigilance and Intervention: In light of these concerns, it is imperative for parents and caregivers to exercise vigilance and implement strategies to mitigate the negative impact of electronic gadgets on young children. Setting limits on screen time, establishing tech-free zones within the home, and encouraging outdoor activities and hands-on play are essential steps in promoting a balanced lifestyle. Moreover, fostering open communication with children about the potential risks associated with excessive gadget usage can empower them to make healthier choices.

Conclusion: As we navigate the complexities of the digital age, it is crucial to prioritize the well-being of our youngest generation. While electronic gadgets undoubtedly offer immense potential for learning and entertainment, their indiscriminate use among young children poses significant risks to their physical, psychological, and social development. By fostering a mindful approach to gadget usage and promoting alternative forms of engagement, we can safeguard the holistic development of our children and nurture a generation that is equipped to thrive in an increasingly digitized world.

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