

Uses of Technology among Preschoolers at Home

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ABSTRACT

Although the amount of time that preschoolers spend with screen media at home is continuing to increase, less is known about the types of media experiences children are having in preschool settings. This study was conducted to know the uses of Digital Technology among Preschoolers at homes. The sample consisted of 200 preschoolers of ECE Centers from Lucknow city. Self structured questionnaire were used for data collection. Frequency & percentage statistical tool were used for data analysis. The findings showed that majority of preschoolers uses Digital Technology at their homes.

Keywords : Screen media, Preschoolers, ECE centers, Digital Technology.

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I. INTRODUCTION

Hands on Smartphone or tablet to a toddler, chances are they'll figure out how to open it and make some in-app purchases in a matter of seconds. The technological boom means that children are becoming computer experts at a very young age. Elementary school kids have classes on computers, and many of them have been using their computers and tablets at home well before they started school. As kids are learning from a very young age about technology, they're making huge strides as they grow in being prepared for schooling, future careers, innovation, and more. Your kids may even be able to help you with your online coursework at WGU!

"We live in an age of innovation, where digital technology is providing solutions to problems before

we've even realized we needed them"-David Lidington

We live in a digital era where technology is at our beck and call. We have everything at our fingertips due to digital technology- "knowledge", "information", "research" you can find everything and explore anything with just a push of a button.

Even though the toughest of times, when finding a solution seems impossible we find it and it's all because of digital technology. The biggest example. Well, we are living it. Due to the corona virus pandemic and the ensuing lockdown, we have been confined to the four walls of our house but we didn't let that stop us from pursuing knowledge and continuing our education.

The concept of traditional education has changed radically; being tangibly present in a classroom isn't the only learning option anymore, not with the rise of

the internet and new technologies at least. Nowadays, you have access to a quality education whenever and wherever you want.

In an experiment, it was proven that a child was able to learn a topic better by using an interactive game rather than the teacher explaining it in class. Through engaging applications, children develop their hand-eye coordination further. Technology may provide basic skills in which children must have competency in order to be successful in school. Gaming and learning applications equip children to pay more attention to details in order to complete these activities. Let's use Role Playing Games (RPGs) for example. In RPGs, the child uses a character. In order to play, he has to move the character around while planning his next move. These simultaneous activities train children to pay attention to every detail on the screen in order to achieve the goals of the game. Interactive media can be used to explore children's talent. When children are exposed to music or writing exercises onscreen early on, parents may discover their children's interests and inclinations. Technology presents opportunities to present different activities children may eventually engage in. For those who live in the city and far away from the zoo, seeing a giraffe up close may be impossible. What about that newly discovered animal in the Pacific Ocean? With technology, your child can access multimedia presentations of the different types of animals, or even see various places around the world. Technology exposes children to things they can't see every day. Children then begin to understand that life is more than just the four walls of the home or classroom.

The digital revolution is shaping children's lives in profound ways. Children are early adopters and frequent users of the internet for communication, play, school work, access to information and expression. The digital world increasingly records children's choices and actions. How can we maximize children's well-being through the positive use of

digital technologies while mitigating the risks of harm?

Many people have argued by saying during online classes many children disturb the decorum of the class and I would like to start by saying yes, I agree that it's a problem for children during online classes to disturb the decorum of the class or sometimes not even going to the class, yes I agree it's a problem, but to every problem there is a solution, and in this case the solution is again digital technology, nowadays in a lot of schools, it has been mandatory to turn on your mic and camera so the teacher knows that the student is not getting sidetracked or is losing attention from the topic going on, and then going on to how they might play music and make noise or do something to disturb the class, well the answer to this problem is just a phone call from the Child's parent's away and then addressing the topic of how sometimes students do not attend classes or just login and go, well there are 2 solutions for this problem the first is how, it is now mandatory to keep your camera on, so the teacher knows you are in the class and the second solution is again phone call, you can just call the parent of the child to let them know what's going on.

Many people also argue by talking about social media and its negative effects on children, but again they are only telling us half of the story. There are also significant potential benefits social media can provide. It can create a sense of community and facilitate support from friends. It can encourage people to seek help and share information and resources. More frequent social media use has been associated with an improved ability to share and understand the feelings of others.

The reach, cost-effectiveness, and accessibility of social media mean information, support, or treatment can reach people who might not otherwise have easy access

Positive and Negative Effects of Technology on Children:

While there are many negative impacts that can be connected to technology use, there are many positive impacts as well.

- **Technology promotes creativity:** It indirectly encourages children to bring out their hidden artistic selves and helps them express in ways that they had never been able to do before.
- **Learning enhancement:** Technology in education enables children to adjust to their own pace of learning. It also frees up the teacher to help kids who need more support on an individual level.
- **Helping them learn.** There are many educational elements of technology that can help children learn. From TV programming to apps on a Smartphone or tablet, there are many things that children can be exposed to that can help develop their mind and teach them new things.
- **Classroom tool.** Many teachers have started using technology in classrooms to help students learn. Technology helps teachers reach different kinds of learners, reinforce and expand on concepts, and motivate students in new ways.
- **Preparing for future tech careers.** As technology continues to grow and flourish, there will be more demand for professionals ready to take on technology careers. When children start getting excited about technology and the potential it offers them from a young age, they're more prepared for their future and the possibilities it offers. Children can start getting technological skills early that they'll need in the future.
- **Improved multitasking.** Studies show that using technology helps young children learn how to multitask more effectively. While multitasking never allows you to fully focus on one area,

students can learn how to listen and type to take notes, or other multitasking activities that can help them succeed in their future.

Now let's look at these negative effects that you need to be aware:

- Technology is making children addicted.
- Technology is making children socially disconnected.
- Technology is having unsuitable content for children.
- Technology is causing health problems in children.

Technology is providing great opportunities to children but also the **physical and mental health** of children is badly affected by the overuse of technology.

The youngsters spend hour's daily watching movies, cartoons and playing games which lead to the following physical and health problems

- Due to over usage of digital devices children are having problems regarding sleep patterns and unable to sleep well. The blue light emits from the screens that cause this sleeplessness.
- Due to hours of eye contact with digital screens and lights emit from them children suffering from weak eye vision.
- Children and youngsters cannot maintain good physical posture because of using digital technology too often
- Head, arm, and shoulder ache due to using devices in the wrong positions
- Weight gain and obesity resulting from no physical activities due to devices

How parents and adult can help:

Parents and adults can help children get the benefits of technology with less of the negative effects. Parents can start by ensuring children under two

don't use screens. They can also play along with children to include face-to-face interactions with technology, and make sure that tech doesn't interfere for opportunities to play. Parents should also work to set appropriate boundaries including time limits, and model good Smartphone use. Cyber security software and systems can help ensure that kids stay safe while using technology.

Objectives:

- To know the use of Digital Technology among Preschoolers at home.

Delimitation:

- The study will be delimited to the beginners of early childhood education centers.

II. Methodology

Research Design

Survey method will be followed to know the use of Digital Technology among Preschoolers at home.

Locale of study

The research will be conducted in the ECE (early childhood education) centers of Lucknow city, Uttar-Pradesh.

Sample size & Sampling method

In this study 200 preschoolers will be selected from ECE centers of Lucknow city. Random sampling technique will be adopted to select ECE centers for the sample.

Procedure of data collection

The investigator used survey method for the study. The data was collected in following steps:

- For the administration of tool the principal of ECE centers(12 ECE Centers) were contacted to get the permission.
- After getting the permission the self-structured questionnaire were given to the selected samples (parents of preschool children)
- The researcher made contact with the selected samples to get relevant information.

- For better understanding of the questions; certain questions were elaborate to them and essential instruction were given to them to fill the tool.

Then at last the filled tool was collected back.

Tool used for data collection:

Self-structured questionnaire were used for data collection.

Statistical Analysis:

The collected data were coded, classified according to the tool, to achieve the objective for the present investigation. Respondent score were analyzed by using statistical technique. The statistical techniques used to analyzed data were:

- Percentage
- Frequency

Statistics employed Percentage:

Percentage = $n/N \times 100$

Where, n= Frequency of respondent

N= Total number

III. RESULT AND DISCUSSION

Keeping the mind the objective of present researches this deal with analysis and interpretation of data. To facilitate analysis and interpretation various statistical techniques such as percentage, mean standard deviation etc. were used. The result has been presented in accordance with the specific objective of study.

Table. 1 : Uses of Digital Technology among Preschoolers at home.

N-200

S.No.	Technology access by child at home	Frequency & Percentage
1.	Television	97% (194)
2.	YouTube	89% (178)
3.	Smart phone	91% (182)
4.	Tablets	51.7% (103)
5.	Internet	76% (152)
6.	Videogames	79.9% (160)

Table was clearly revealed that majority of preschoolers access technology at their homes. In which 97% of children access the use of television, 89% of children use YouTube, 91% children access Smart phones, 51.7% children use tablets, 76% of children access the use of internet and 79.9% children play videogames.

IV. CONCLUSION

The result of the study revealed that this is a digital era where every child is influenced by technology. In this paper we can see that majority of children age 2 to 4 years uses technology at very early age. Technology is providing great opportunities to children but also the physical and mental health of children is badly affected by the overuse of technology. So we need to identify the right uses of technology in terms of screen time, applications etc. Parents and teachers can watch for quality apps that promote vocabulary, math, literacy, and science. Adults can help make sure kids learn about computer science and IT as part of technology use to give them opportunities for a bright tech future but the time should be strictly mentioned.

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