

# How has Technology Affected Families both Positively and Negatively?

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In this article, we will discuss “How has Technology Affected Families both Positively and Negatively?” in detail. Feel free to leave a comment if you have any questions or responses.

Technological advancements have affected almost every aspect of our society. Parent and child perceptions of the world and of one another are changing significantly as a result.

## What impact does technology have on family time?

It is possible to highlight how technology is reducing barriers between parents and children, but the other side almost creates a family rift. We use most technologies today because they have evolved from merely a 'want' to a 'necessity'.

In recent years, technology has evolved from computer gaming, SMS, chatting, and emails to assignment completion tools and video calls. Taking care of your children has become more challenging than ever before as a parent.

## How has Technology Affected Families both Positively and Negatively?

We will take a look at how technology has affected our families, both positively and negatively.

The positive effects of technology on family life should be discussed first.

### Positive impacts of technology:

The use of mobile phones appears to help busy families who are stressed by work schedules,

commuting, and multiple after-school activities stay connected during the day and maintain and strengthen family ties.

In most families, technology allows them to communicate more effectively and to learn more about one another. The mobile phone makes it possible for children and their parents to stay in touch even when they are separated.

The following are some of the positive effects of technology on family relationships and daily life:

### **1. Coordinate change of plans:**

There was no need to inform the family if the day's plans changed in the early days. In the event that one cannot attend a function, movie, or dinner out, one should inform them as soon as possible.

It is now possible to change plans with just a message or a phone call thanks to technology. Kids don't have to worry about their parents when they stay late at school for extra classes.

Previously, families took the hassle of traveling and informing hosts when plans changed or if they were kept in the dark. Neither hosts nor invitees wasted much energy, time, or effort.

A change of plans can be coordinated over the phone thanks to technology! By using a party-planning app such as Pro Party Planner, you can bring your family together and sync it across multiple users. You can import guest lists and delegate tasks to give reminders.

You no longer need to deal with massive email threads when you use this app.

### **2. Reach family in trouble:**

When the family is having difficulty reaching them, location tracking is very helpful.

It is possible for kids to encounter some mishaps while traveling, and location tracking allows parents to locate them as soon as possible.

Additionally, this gives kids the confidence to travel around and do things independently without being afraid to be alone.

As a result of technology, kids are able to become independent individuals without having to depend on their parents.

Tracking the location of a family member in case of an emergency can be of great assistance due to the distance. Parents can track their children's location as soon as they encounter any mishaps on the road so that they can reach them as soon as possible.

Even if the person is overseas, you can virtually see them when using video calling options. As well as studying online and finding jobs online, students and professionals can also work from home.

Dating websites and matrimonial websites make it easier for people to find a life partner on the Internet. My fascination with social networking sites also extends to the process of reestablishing contact with a long-lost friend.

### **3. Interaction with family groups:**

New features in messaging apps include the ability to create family groups to stay in touch with family members wherever they are.

Rather than interacting only on special occasions, birthdays, and weddings, family members who live far away communicate through social networking groups.

As well as interacting only at special events, such as birthdays and weddings, families are now more connected through social media.

Family groups can be created in new messaging apps to allow family members to communicate no matter where they are. With podcasts, digitizing old home movies, capturing new memories, and even sharing them on social media, you can now share an experience with your family.

### **4. Home security systems:**

There has been a greater sense of peace among families since modern security systems have been installed at home. In situations such as robbery or a fire, emergency alarms and quick response options allow the police to arrive on the scene quickly.

You can sleep better if you feel secure about the people and possessions in your home.

The emergency alarms and quick response options help summon the police or the appropriate authority in the event of a robbery or fire. With modern security systems, home safety has become more secure.

### **5. Parents engaging apps in school:**

As a result of their busy work schedules, it is difficult for most parents to make a school visit. Engaging apps for parents have provided a solution, as they can virtually observe their children's classes from home. They can maintain their relationship with teachers through communication apps and school portals, and they can learn more about their child's progress.

Due to their busy work schedules, parents often find it difficult to visit the school. Parents'

engaging apps have proven invaluable during their children's activities on campus. Using communication apps and school portals, they can keep in touch with teachers and monitor their children's progress.

## **6. Virtual presence with a video call:**

There are times when parents are too protective of their children and won't allow them to be away from them. If you choose the video call option, a person can virtually join you on the call.

With video calls, one can maintain close contact with his or her family even if their career requires them to travel abroad.

## **7. It entertains you:**

After dinner, make some popcorn and watch a movie at home instead of going to the theater.

Through video streaming services, you can watch almost any title you can imagine, and gaming consoles and Rokus let you watch movies on your television.

Your kids will be jumping up and down in no time with Heads Up, an app for your phone or tablet.

## **8. Simplifies household management:**

Our shopping experience has been revolutionized and life has been simplified by getting things delivered to our doorstep. We can enjoy our consumer journey smoothly and save time with technology.

Payments can be made using one-touch and cashless methods, as well as fast and efficient methods of purchasing.

Additionally, parents are using mobile apps to manage their families' schedules and track their budgets. The service is especially useful for those who cannot shop regularly due to their busy schedules.

Rather than browsing through multiple stores for hours, you can buy the products you need with just a few clicks when you shop online.

Online services have allowed families to stay together safely during Covid-19 emergencies.

## **9. Aids education of kids:**

The internet has made it easier for us to access information of any kind with fewer hassles. Due

to the abundance of information available online, parents can take better care of their children today.

Having an accident or in a predicament don't have to worry about yourself because online experts can help.

As a result of technological advancements, children's learning has improved and parents' lives have been made easier.

Rather than memorizing facts, kids now learn through collaboration and engagement with technology. Children with learning disabilities can compensate for certain impairments with the help of assistive technology.

It promotes independence and reduces the need for other support. Individuals can now take care of themselves and their families with the aid of rehabilitation and assistive technology.

## **10. Significance in lifestyle:**

Technology has become an integral part of modern life and has impacted our daily lives in many ways.

Almost every aspect of our society is influenced by technology. It is quite evident in the 21st century how technology has affected the way people relate to each other and how they understand one another.

With the advent of technology, work has become easier and less stressful.

Today, we must understand the negative consequences of the technology we use, which are caused by its misuse.

## **Negative impacts of technology:**

Over the past few generations, technology has completely revolutionized family life. Because everyone is so busy with work, school, and extracurricular activities, families spend so little time together.

Despite being at home together, parents and children are increasingly emailing and texting each other more than talking to each other.

Communication is plentiful, but there are fewer conversations and more texts. It is important for children to interact with their parents face-to-face more often.

Here are some negative effects of technology on family life:

### **1. Too much screen time:**

The majority of households have a screen that their members use most often. Every person in the house will have a screen if there are four of them.

It is important for parents and children to interact after work and school every day. As a result, a personal bond can be maintained, as well as empathy for others apprehensions can be fostered.

Among boys aged 6 to 9 years old, another study examined the relationship between video games and the decline in their reading skills.

Researchers speculate that the boys' desire to play video games simply exceeded the amount of time they spent reading and writing, causing them to struggle with their reading abilities.

### **2. Lack of quality time:**

It is important to spend quality time with your family. Despite pretending to play with their children or share family moments, parents spend half their time checking emails and chatting.

We recommend turning off your devices for a couple of hours and spending time together. Work brings work home is one of the main reasons for many relationships failing. Time for intimacy is compromised as a result.

It doesn't matter what time of day it is, nobody pays more than half their attention to their personal screens. Professional performance suffers significantly for children raised in such environments.

In order to foster a strong bond between family members, parents and children should interact when they return home after a busy day.

### **3. Poor face-to-face interaction:**

Face-to-face communication has changed dramatically to merely chatting today, just like face-to-face. Children who are mostly surrounded by screens will have limited experience interacting with humans when they grow up, which may lead to a loss of self-confidence.

The professional performance of a child raised in such an environment can be adversely affected.

### **4. Interrupted family time:**

The first step to bonding with family members is to share a meal together. Morning breakfast is a rush in order to get to work and school on time.

People are also interrupted by technology during dinner time, eating after they have finished chatting or working. Everyone will be glued to their screens during dinner, regardless of when they are eating.

## **5. Limited outdoor activities:**

Most of the problems are caused by a detrimental lifestyle combined with unhealthy eating habits and lack of exercise.

Technological advancements have had a profound impact on the way people live. People have little time to enjoy outdoor activities because they are engrossed with their gadgets.

Sedentary lifestyles are associated with serious health concerns for people of all ages. Kitchens and cooking are rare sights when it comes to junk food.

It is exacerbated by the fact that children prefer computer games to outdoor games when it comes to unhealthy eating.

People of all ages are suffering from serious health problems due to their sedentary lifestyles. As a result of the desire to get junk food, cooking has become rare.

Nowadays, children rarely go outside to play because they are so absorbed in gadgets and computer games.

## **6. Setting the wrong example:**

In spite of the fact that children are encouraged to play outside, their parents sit inside with their screens while they instruct them to do so.

Children won't follow their parents if they don't practice what they preach. It is essential to provide kids with good examples when teaching them.

It is common for families to sit in front of their screens at home and tell their children to go play outside. Parents can teach their children by setting an example. Children will not follow their parent's advice if they do not follow their own.

## **7. Leading to divorce and loss of jobs:**

During a debate on internet addiction, some people claim that some websites can lead to cheating, which can lead to divorce. There have also been cases of people losing their jobs or

being put under pressure for using banned websites at work that undermined their professional standing.

## **8. Negative effects of television on family life:**

Family members sit and eat what is served to them without responding to their fellow family members.

Many lives are destroyed as a result of children mimicking violent and sexual behavior.

Due to the proliferation of technologies such as airplanes, cars, and the Internet, a social revolution is on the brink due to its ability to transcend time and space.

By weighing the pros and cons of technology, parents can help their children enjoy life to the fullest. Technology can be integrated into your family life in the right way and both can be enjoyed.

As schools recognize the negative effects of technology, they take the children outside of the classroom to interact with nature.

We can now access information about anything with the touch of a button thanks to technology. In spite of the fact that technology has improved the quality of life, families should never compromise on human values.

## **9. Effect on family socialization:**

Family socialization is negatively affected by family members' inappropriate use of technology. Socialization within the family builds a stronger bond, teaches each member about their values, norms, and beliefs, and allows them to realize the support and guidance they receive throughout their lives.

Family is one of the most important parts of a person's life. People who believe artificial intelligence can give them more freedom and independence in life will suffer later in life if they spend more time with technology than with their families.

It is inevitable that they will suffer from a lack of love, support, and guidance throughout their lives, especially during difficult times.

## **10. A Less Empathetic Generation:**

Growing up in a family teaches children how to give and take in society. Among them are how to interact with others, how to value individuals and groups, and how to communicate.



The overuse of technology in the age of technology may lead to a generation that cannot relate to others.

Games, computers, and TV may not provide enough face-to-face interaction for children who have unlimited access to them.

The Wall Street Journal describes silence fluency as reading body language, tone of voice, and facial expressions. E-mails and texts cannot convey empathy, tone, or subtext like face-to-face or phone conversations.

As the effects of digitalization are still being quantified, there may be a risk of the digital generation losing their silent fluency capabilities.

According to a well-known psychologist, Facebook interaction can be useful for introverted kids to practice talking to their peers, but it does not substitute for real-life conversation.

"Our study found that real-world empathy is more important for a sense of social support." However, those with more virtual empathy did feel more supported, but the impact was less than those with more real-world empathy.

## **Conclusion on Positive and Negative Effects of Technology On Families:**

When you mix technology with your family, you will be able to enjoy both aspects simultaneously. Due to the fact that technology was invented for humanity's benefit, we have a duty to make responsible use of it.

It is possible for parents to guide their children to live fulfilling lives when they weigh the pros and cons of technology. As technology is overused and children are taken out of the classroom to interact with nature, schools are becoming aware of its negative effects.

Technology has made our lives much easier, as we have access to information about everything under the sun. While technology makes life easier, it should never compromise human values, even when it makes living easier.

I hope you liked my analysis article on "How has Technology Affected Families both Positively and Negatively?". Spread the word about this article by sharing it on social media. Feel free to leave a comment below if you have any questions or corrections.

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