

## Social bonding Impact over Technology Addiction Among Kids

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**Abstract:** This research initially aims to explore and experiment the use of Virtual Reality in prevailing children's social relationship over smart- phones usage based on the roles of social and emotional skills. The initial observation is concentrated on how smart-phones among kids have been creating a family divide and provide not so much of emotional connection within the family itself. With regards of the issue, this paper will study on the amount of time spent by kids with their smart-phones devices and to study how Virtual Reality technology can actually foster social bond in the context of family. This study is to help explore the role of emotion in Virtual Reality and how it may potentially create mesmerizing experiences to the audiences. The relevance and originality of the research will be fully supported by literature review compilation. This study is consequential for parents to provide a healthy environment and establish a happy family and also could provide a significant opportunity for future research.

**Key words:** *VR, smart-phones, social and emotional, kids, family*

### INTRODUCTION

Smart-phones has a chock full of entertainment and act as a fun tool to kids these days [1]. Throughout the years of engaging with technology, major concerns have been allayed over how smart-phones among kids has led to a radical drop in the state of being active while socializing as they are more prone to engage in social interaction through their smart-phones. Children are so absorbed into playing their imagination with mobile phones that somehow limit their availability to interact and communicate with their parents. The amount of time spent by kids on their smart phones rather than bonding with their family is incredulous [2]. In addition, children's behavior is shaped by the impact of what mode of interaction smart-phones offered them with. Everyday, all around the world, children spent countless of hours online posting to social network, online gaming and even just watching videos. Based on a study conducted by Mildayani Suhana, children tend to become a passive and inactive user due to gadgets. Technology today is fantastic if it is used wisely but can cause a breakdown in family communication if you are way too addicted. It has become an addiction among kids to the point that when it breaks down, a sudden cut off from the technological input can cause a very bad backlash from them. Parents nowadays has been keeping their child occupied with gadgets without knowing the

cons of it. It is compulsory for parents to be in control of their child and how bad they are glued to their gadgets when it comes to technology. Children used to be forced to be doing outdoor activities but parents now believe that it is okay for their child to engage with gadgets as they themselves are now very involved with it. In order to achieve the effectiveness of having a content environment in a family, parents need to set rules and constantly keep track of their children's addiction with their tech-devices. A very strong data was gathered and analysed during a programme organized on 2018 consisting a total of 24% of parents that constantly supervise their child's devices content [3]. Based on a study conducted in 2013, toddlers (age of 1-4 years old) took percentage of 29% which left another 70% of smart-phones usage to primary school age.

### LITERATURE REVIEWS

Technology provides a very strong linkage and so vital as it plays a huge role and very significant among children and adolescence since it is used in one's everyday life. Many devices have become popular throughout the years and quite a great number of people own at least a smart-phones, tablets or laptops. The dependency of people on these devices has come to the extent where it is

almost tend to be very alarmist. While there are many studies supporting the pros and cons of internet addiction, research on technology addiction hardly seems to be found now. According to the Internet Users Survey conducted by the Malaysian Communications and Multimedia Commission in 2018, smart-phone technology has become the most well received tool and act as a connector between users and the internet [4].

Addiction refers to “inability to stop doing or using something” and it does not discriminate an age of group or hierarchic people but indeed affect people from all around the world. Smart-phone addiction is believed to have a unique clinical name called "nomophobia" (short for no-mobile-phone phobia), describing the fear of being without hand devices thus some researchers claim it could lead to the sign of a more serious technology addiction [5]. Some use smart-phones as a tool and mode for learning but some misuse technology as the source of entertainment which result in addiction [6].

Over the years, technology has been making children behave act in ways where they seem oblivious with what is happening around them since they are all constantly reliant to the devices. The ingredients provided in the devices is so promising that they don't take their attention off the screen. Many researches have studied that kids use different type of technology devices on a majority of their daily routines like TV, video games, smart-phones, handsets and music system [7]. Some parents or caregivers, think smartphones work as a modern pacifier, and by handing these devices to their children it could somehow help to keep them company when they are busy or do not want the kids to disturb them. According to the South East Asian Nutrition Survey (SEANUTS), children from these 4 countries namely (Malaysia, Indonesia, Vietnam and Thailand) plays the “sedentary behavior” among the age of children between 7 and 12 year [8]. In addition, it is crucial to know the amount of time children spend on their smartphones, as it should be a matter of concern but the immediate worry is about its damaging impact on their social and emotional development.

Kids are very flexible and easy to bend. They tend to follow the shapes which contain them. Early childhood development is a crucial step to shape one's characters and personalities. These include all basic skills such as social and emotional developments. However, children living in this new era which everything revolves around well-established technologies and machines; from a car that help transporting down to one complex gadget in their hands, have change the way they

communicate with their surrounding. They tend to isolate themselves from the hustle word because they find comfort of doing nothing but playing with machine in their hand. There are so much more the world can offer and they will miss the opportunities.

Creativity needs to be constantly nurture from a young age. With skyrocketing science development in the world, children seem to be robbed of their curiosity and creativity. The academicians has proved in their study that ICT usage can reduce the creativity level in children but this is not fair and square children faults. We cannot halt the advance of technologies but we can choose how we want technologies impact our life. Adults should propose a limit to which how much technology can involve in everyday life; as these being said, those include specifically selecting the appropriate gadget and applications, as well as time limits of every usage. These ways children would not be denied advance technology but also giving them time and opportunity to cultivate their curiosity and creativity by engaging with the surroundings that exist among them.

Gadgets have a special way engaging with our child, children find them more alluring and interesting than what is happening around them. One-third of our life is dedicated towards working to put food on the table. Family gatherings and outdoor activities are a way we can bond together over the lost time we spent working. However, precious moments one expect to have given the children are taken away by gadgets. For them, it is more convenient to sit alone and play with their gadgets for hours than communicating with the person in front. It is troublesome for them to engage with real emotions and making new friends. As a result,kids nowadays have more friends virtually than in real life [9]

It is hard to detach someone from actions which have become their habits. Addictive behaviors such as addiction to video games, gadgets or social medias post similar effects as addiction to substance such as nicotine, alcoholic drinks or drugs. While it is not easy to break the cycle of addiction, people with this problem tend to have difficulties controlling their emotions, resulting them to behave in unfavorable ways [10] Children who are used to having their gadgets with them, when once in a while to be denied their gadgets tend to be aggressive and less

capable of directing good emotions into their behaviors.

In addition, when we are used to doing something, we tend to develop a sensitive sense to it. People who are used to cat-caller on the streets will eventually develop a sensitive hearing for them to be more careful in the future. A chef develops sensitive taste for he is used to tasting food in the kitchen, he will know which one is good to be served or not. People who are used to ringing phones such as call operators or workers in the office tend to be attentive to any ringing similar to ringing phones. All these can distract people while engaging in their everyday life. While playing or engaging with real life out in

the park, children in the habits of gadgets usage tend to be distracted by sounds coming from their parents' phones or from someone playing video games they recognize. And it will be hard for them to return playing if their curiosity is not fed. While feeding their curiosity, they develop attachment to gadgets once again and the cycle begins. That is one way how gadgets take away our freedom. We are so used to them that we become less interested in our surroundings.



Figure 1. A Conceptual Framework of Social Impact over Technology Addiction

This study will begin to devise new and creative ways of studying relationships and bonding attachment theory. Of particular interest is the increasing utilization of virtual reality (VR) technology as a method for studying interpersonal relationship behaviors and processes in the area of family relationship. Depending on factors such as mood, previous interactions, and familiarity with the participant's character, the person that the user

interacted with would then react to the user's communications correspondingly.

## CONCLUSIONS

In conclusion, living in this chaotic world revolving around economic growth and developmental success,

it is almost impossible to deny any advancement in technology. Machines and high-functional technologies exist to help us lead an easy life. They do not exist to control or decide how to live our lives. In the past, moving from one place to another may take days or weeks but nowadays with well-built roads and highways provided that we own a car to move, it may take just hours. However, everything must be done in modesty. Too much of a good thing is a bad thing. While great things exist to ease our life, too much of them or if they are overused, it can be terrible. These generations has taken a great leap in science and technologies than we are ten years before. So, the decision to refuse any gadgets introduced to them is unlikely.

Emotional development and social development exist collaterally. A good cultivation of one impose a good result of the other too. Kids should be thought a variety of emotions and that is normal for them to experience all of them. They should learn to control the emotions and channeling them into good use. With adequate control emotions will result in well-behaved kids. Therefore, both of them must be nurtured at the same time and at the same rate. Because to appear competent socially, people need to develop both good emotions and behaviors.

However, we can prevent the over-attachment of our kids to gadgets. Children are parents' responsibility. In young age, they cannot choose what is good or what is not for them. The responsibility of deciding remain the parents' job. Parents who fail to do so are subjected to consequences whether affecting their relationship with their children or risking their children future. Parents and guardians must play an active role supervising the usage of gadgets. We have to constantly watch how the kids handle their gadgets and observe how it affects their behaviour and development. Any changes in their behaviors must ring an alarm and parents should take quick actions to solve it.

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