The Positive Impacts of Technology on the Children's Physical Development

The technology has for quite some time linked to the development of the children. The development so far has been associated with cognitive development and electronic social skill development. Very few researches link technology to the physical development of the children. The positive development of technology on children's physical development is massive but has not been immensely highlighted in the past. The entailing of computers in various cases creates a motivating condition for the young children thus encouraging a swift increase of time in on-task behavior. A study undertaken on the kindergarten children found that on-task 90% of the time was noted when they were using the computers. It was also noted that computers availed the much-needed regular reinforcement to them. The computers also provided an opportunity for the children to work independently without help from other people. A research was conducted to study the positive impacts of technology on children's physical development. Technology has been applied in various capacities to improve exercise and physical development of children. The technological products in sports include electronic facilities and sports wears or even sports gears. Traditional or old type games depended heavily on games with added exercises implements. Technology has acted in various capacities to reform games and physical development of children (Wilkinson & Critchell, 2012, p216).

The research was conducted in three schools where kids assembled. The selection of school created a vital meeting point for several children thus enabling research. Questionnaires and interviews were used in the collection of primary data from the children. The impact of technology amongst the physical development of the children was majorly notable through the involvement of technological products such sports gears, electronic sports aids and many other associated sports products (PüHse & Gerber, 2012, p186). The researchers believed that the
number difference in the number of the children who participated in games and exercises in the presence of games gears and absence revealed the impacts of technology the positive development. The research further showed the number of children who motivated by technology (sports gears) to participate in games.

1.1 Results

<table>
<thead>
<tr>
<th></th>
<th>Study region one</th>
<th>Study region two</th>
<th>Study region three</th>
<th>Average</th>
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</thead>
<tbody>
<tr>
<td>Number of children who cannot exercise in absence of games gears</td>
<td>450</td>
<td>900</td>
<td>1067</td>
<td>805.6667</td>
</tr>
<tr>
<td>Number of children who exercise in absence of games gears</td>
<td>185</td>
<td>290</td>
<td>350</td>
<td>275</td>
</tr>
<tr>
<td>Total number of children</td>
<td>635</td>
<td>1190</td>
<td>1417</td>
<td>1080.667</td>
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</tbody>
</table>

Table one: Tabulated study findings on exercise of children (Tomporowski, Mccullick & Pesce, 2015, p342).

The table one shows the three main schools (regions) where the study was undertaken (Wilkinson & Critchell, 2012, p56). Region one had a total of 635 participants in which 450 children were motivated by sports gears to go for games and various plays. The research found that only 185 children would participate in games in the absence of sports gears. The second study revealed that 900 children would participate in games if they were provided with sports gears while only 290 children would go games in the absence of sports gears. Lastly, 1067 children would participate in games if they were provided with sports gears while only 350
children would participate in games in the absence of gears. An average of the results indicated that 806 (74.6%) children were motivated by technology (sports gears) to exercise. While only 275 (25.4%) would play regardless of the presence of sports gears. The results show that technology can increase participation in games or physical development by nearly a multiple of three.

![Pie chart: a chart revealing average outcome](image)

**Pie chart: a chart revealing average outcome**

**1.2. Outcomes**

The outcomes reveal that technology is vital in enhancing the physical development of the children. The research shows that technology crept in through the various sports gears that are designed by companies to aid children in undertaking sports. The findings complements notable worry that parents discourage children from certain types of physical games due to injuries entailed dirtying of clothes and many other inherent inhibitions. New technology has availed numerous sports gears such as sportswear, sports shoes, bicycles and many other needed sports equipment. The technology has a strong positive impact in improving the number of
children participating in sports and exercises thus raising the levels of physical development of the kids. Technology acts in reducing the typical inhabitants that prevent the children from participating in various games and sports. Physical development of the children has can also be improved through availing of technological gadgets that reduce dangers to the children while engaging in games (Essa, 2009, p289).

1.3 Recommendations

For the future based on the results, recommendations entail how technology can be widely incorporated into enhancing physical development of the children. Regular exercises have been noted to reduce life-style diseases and also regarded as the best option for the children as compared activities demanding sedentary models like watching television and video games. The recommendation to parents is that they should avail new and appropriate technology equipment to the children for enhanced exercise and development. The parents should avoid extremely obsessive technological equipment that promotes children to undertake sitting position (Cheatum & Hammond, 2013, p34). Many electronic products such video games are good but they reduce the ability of children to participate in games and exercises thus reducing physical development. In brief, not every technological product enhances physical developments. Companies should lower the price of sports gears to ensure that many parents buy the products for the kids. A nation with healthy children is a recommended government and citizens should support governments in supporting children physical activities in sports.

Provision of essential sports equipment to the schools should be mandatory through the linking of government, school management and various stakeholders. The increment of research in technology amongst the sports implements can effectively enhance the participation of
children in games and equally raise the levels of physical forms of children. Companies manufacturing sports gears should closely coordinate with children to reveals the new changes that are vital for the sports sector. Technology is one of the best options that can be invested on to ensure that common challenges facing the community are overtaken and avoided. In conclusion, technology has positive impacts in encouraging physical development of the children. The finding disregards common stereotype where technology has been associated with mere cognitive development but ignored body physical development (Wein, 2007, p213).
Bibliography


