

Guillermou

Apple's founder, Steve Jobs, limited his children's use of electronic devices, according to an article published in The New York Times. According to the newspaper, in one of his interviews, Jobs said his children did not use the iPad, one of his most popular creations. "At home we limit the amount of technology our children use," the Apple creator said at the time. www.independent.co.uk/life-style/gadgets-and-tech/news/steve-jobs-appl.. .--

Like Jobs, a significant number of executive directors of technology companies live according to standards completely contrary to those promoted in the American population with the products they create. Among those who have limited the amount of technology their children consume are Bill Gates, Mark Cuban and Alexis Ohanian. Evan Williams, founder of Twitter, Blogger and Mediumy, says that instead of iPads his two children have hundreds of books so they can read them whenever they want. www.cnbc.com/2018/06/05/how-bill-gates-mark-cuban-and-others-limit-the.. .--

A few days ago I saw a documentary on television about the use of electronic media in children according to age. Electronic devices should never be used for two years and the time and use of different devices and type of information and interaction depend on age. If the use was not adequate, there were drawbacks such as those described by Dr. Mercola. In addition, the abuse especially of videogames produced impulsive behaviors and anxiety, subtracting effectiveness in cognitive development in social contacts and learning in real life. The best game for the early development of the brain is that which occurs outside, with other children and with a physical component such as sports and educational family conversations to avoid the high rate of childhood obesity. The videogame or use of the well-guided computer is another alternative, with friends or family.

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Always do not play before sleeping because it stimulates and goes against the sleep vector. It is not recommended to use videogames after seven in the afternoon. When the child does not follow good recommendations, we have to find out what may be missing or functioning poorly in other aspects of his life to solve that problem. Many cases of obsession to play in virtual worlds are because the real world does not produce the same happiness in the child and we must find out why. It can be school, parents, friends or just a way to get away from everyday problems.

In the opinion of Mario Fernández Sánchez, graduate in Anthropology, Evolutionary Psychobiology and Cognitive Neuroscience, from the Autonomous University of Barcelona and Master in Neuroscience from the Autonomous University of Madrid, From the second year of life, children can interact something with devices in basic games, always activating the option blue shade that blocks blue light or use a similar application or put a blue light filter. Between 3 and 6 years old the child can continue to see musical content, cartoons and movies, but they do not follow the storyline, although they can repeat the memory dialogues .. On the other hand, they start playing simple games since they do not have skills cognitive fully developed for advanced games.

Between 6 and 9 years has been the consolidation of literacy and, therefore, the computer and smartphone opens a world of possibilities that must be monitored because access to unsuitable or inappropriate content. Regarding the use of video games, they can now learn strategies and their cognitive abilities allow them more complex interactions of planning and execution, always with moderation.

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As of September 2018, French students up to 15 years of age will be prohibited from using mobile phones anywhere in the school, including classes, playgrounds, during recess or break, or anywhere else in the school. as part of the new law approved for the "detoxification" of young people, to boost a generation without addiction to the screens. The French centers will be free to decide the use of personal mobile phones for pedagogical purposes. A study has proven that tablets in the classroom improve three skills: digital, teamwork and autonomy in learning.

It is wanted to avoid the addiction to the new technologies that imply the abandonment of scholastic and domestic tasks, apathy, passivity by the surroundings, disorder of schedules, alteration of the dream and family conflictivity. In addition, they want to prevent minors from making video recordings or taking pictures of other students, including scenes of violence or sexism, without their permission, and then distributing them on social networks.

The Hombre Project Association, dedicated primarily to the prevention and treatment of drug addictions that since 2013 offers a program for young people addicted to ICT. It is important. but should also take into account what can be more serious, the acomulation from young people of electromagnetic radiation, with serious health hazards, as reported by Dr. Mercola.

proyectohombre.es/.../.---

The ban has also happened in schools in different countries where young people have banned the use of their phones in recent years. Even in a prefecture in Japan in 2014 children are not allowed to use telephones after 9 o'clock. In this link they also examine health problems, especially in children, in addition to distractions, cyberbullying, cheating in exams, impact on academic performance. In addition, the possibilities of responsible use are examined. blogs.worldbank.org/edutech/banning-and-unbanning-phones-schools

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Krofter

The US government would likely never take steps to protect its children. Big business would scream bloody murder, whining that such regulations infringe upon their rights to pursue profits. Given that cell phone usage has been in place much longer in Europe than the US, and given the more caring attitude Europe has for its children than the US, I can see how some countries there would take steps to correct the situation. There is a glimmer of hope here in the US; there is a movement afoot among certain segments of younger generations to take a pass on technology.

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Luvvy

Hi Gui, great post. This world is not people or user-"friendly" and it is fascinating to learn how highly informed individuals live. It is too bad that your Average Joe and Jane takes so long to wake up from the anesthesia administered by the mass marketing/media, because their lack of Awareness could be their downfall. Ironically, many young parents get their parenting advice off of their ipads and phones, as well as social contact and model this behavior for their babies. Parents never intend to hurt or disadvantage their children, so it is tragic to find out this is what their blind trust in technology gets them. As a mother of children in their teens and 20's, I have seen the change in generations as technology becomes more integrated into their lives, and it bothers me greatly. I will share this article/comments with my family and hope that it is received with open and accepting minds.

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Guillermou

Yes, KROFTER, the USA reigns a great neoliberalism marked by the domination of big capital, where everything that can affect large corporations, such as the great market of communication technologies, are protected by government laws, although the damage is people's health. However, the World Health Organization recognizes the problems associated with the digital game as a mental pathology and for the first time will be part of the International Classification of Diseases www.polygon.com/2018/6/19/17475632/video-game-addiction-gaming-disorde.. (2018)

Internet addiction and other technologies are not recognized as a clinical disorder in developed countries, but China and Japan are exceptions. Their governments officially recognize some forms of addiction to the Network and have camps in the purest military style to treat techno-addicts. The documentary Web Junkie filmed almost entirely in the Daxing Boot camp in Beijing, highlights the tragic effects of Internet abuse and video games on teenagers. Young people who spend hours hooked on technologies without taking breaks to eat, and sleep.

Many centers in Spain began to offer treatments after detecting the increase in patients with this type of addiction. In general, those who come for help do not do it on their own initiative, but pushed by their family or friends. In Proyecto Hombre, for example, they have been dealing with mobile addicts, the internet or online games for more than 10 years. "We work with a methodology that helps young people develop their own skills and become aware of reality. It helps a lot to have an orderly life, a schedule to get up ... We teach them to collaborate in the activities of the house in which they do not normally participate, such as making the bed, the bathroom or picking up the table. They themselves are putting challenges oriented by the therapist and with the support of the family. For example, call a friend and retrieve a relationship »,

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Yes, LUVVVY, very well expressed. Family life is mediated. The advice of the parents should be aimed at young people seeking and finding a world full of possibilities, at a time when hormones and boredom rule your life. Conversations with the person you liked, jokes, laughs and tell your friends everything, organize dances and meetings to talk and see that music video with the most requested songs, play creative video games. People must have a face-to-face communication, dialoguing with daily events, their concerns, and projects. The illusion for life continues, the media are part of this globalized society, but we must maintain daily contact with family and friends physically and with a strong dose of solidarity and empathy.

Exercise a healthy control Monitoring what pages you visit, what friends you have on social networks, installing parental filters, etc. Do activities together, such as sports, excursions, trips, games, restaurants, etc. With patience, common sense we can get teenagers to stop being addicted to mobile and use it responsibly. Receiving a message on the mobile, for example, will increase the production of dopamine, which also triggers the consumption of any hallucinogen. A study published in the journal *Frontiers in Human Neuroscience*, point out that using video games daily does modify the structural connectivity "in virtually all parts of the brain" and well controlled can be positive. The highest level of dopamine release occurs just when, at one point in the game, we have 50% chances to fail or hit, however those suffering from the so-called "Disorder Related to Video Games" present symptoms similar to those of those who They are addicted to betting or shopping. A study by the NGO Protégeles warns that 21.3% of young Spaniards are at risk of becoming addicted to new technologies and 1.5% already is.

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Krofter

In the science fiction movie Johnny Mnemonic, Keanu Reeves plays the part of a courier who carries information that gets implanted in his brain. Many people are sick and dying with a disease that modern medicine cannot nail down (sounds familiar). An underground doctor who befriends Johnny knows what causes the disease; emf's. Because the movie was made in the mid 1990's its not called emf's but the doctor describes many of the things mentioned in the article. Whoever wrote the script for that movie over 20 years ago had some good insight. In the movie, a large percentage of young people had rebelled and were living in a low-tech slum. I've never owned a cell phone, don't plan on ever having one. I use an ethernet cable to get online with this computer - no wifi here and because my farm is fairly remote, there is no wifi in the area.

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Guillermou

Hi KROFTER. You have very positive attitudes. Yes, every time there is more dependence on the mobile phone and this undoubtedly creates addictions that can become as serious as the consumption of drugs. In the Doctoral Thesis "The problematic use of the mobile phone: from the abuse to its consideration as behavioral addiction" by José de Sola Gutiérrez presented in 2018, at the Complutense University of Madrid, Faculty of Psychology, in its beginning there is a significant phrase of a 20 year old:

'If I turn it off, I'm afraid of losing something, I'm afraid that I'm not necessary...'

This gives us an idea of the psychological emptiness of many young people, who see their social relationships deteriorated, who do not find in the family and friends adequate relationships and seek to compensate for their concerns on the smart phone, and that this dependence can lead to a emotional disaster and various psychological problems, as shown in the Doctoral Thesis

One of the conclusions of the Thesis says: the problematic use of the mobile would be related to Anxiety, Impulsivity, Depression and Alcohol consumption. Anxiety and Impulsivity would be predictive psychological factors of abuse and addiction to the mobile, maintaining relationship or coexistence with Depression and alcohol consumption. The results indicate that the Anxiety and Impulsivity in its five dimensions, and especially those of Positive and Negative Urgency, are those that maintain a greater relationship with the problematic use of the mobile. To a lesser extent, alcohol consumption and depression also offer relevant relationships. If we differentiate between abuse, whose driving force would be impulsiveness with obtaining positive reinforcement and addiction, with dependence, compulsivity and loss of control, the prevalence data show 15.4% of abuse or users with a behavior of Risk, and 5.1% of addicted or problematic users.

eprints.ucm.es/.../T39651.pdf

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melissawl

When my friend's daughter was 4 years old, they got her an ipad. She interacted with it a lot, but later on down the road when she went into kindergarten, she had trouble holding a pencil and writing. She could do it, but was difficult. She also could not snap legos together hard enough for them to really stick together. Her fingers were not strong enough to be able to do that.

When using an ipad, it also does not help develop the strength of the hands and fingers because all they are doing is tapping on a screen.

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M.H.Deal

The \$300 million dollar study will contribute to academic employment now and in the future for more than a decade. A prescience book, *Four Arguments for the Elimination of Television*, by Jerry Mander [1977] foresaw many of these scrambled mind matters. Mander was a highly regarded advertising executive who is said to have created the first non-profit ad agency. Ancients among these readers may recall a silent TV ad in which an Indian, observing a trashed landscape, reacts with a tear running down his cheek. That was Mander's work. He came to realize television's power was far more destructive than instructive. On occasion the narrative wanders from the basics - "the central argument of this book is that television, for the most part, cannot possibly yield to reform. Its problems are inherent in the technology itself..." Finally, from Henry David Thoreau's "Life without Principle": "It is so hard to forget what it is useless to remember."

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Almond

I may be a technological dinosaur since I do not have a cell phone or a tv--life is better this way. (I do admit I am fond of my computer, but find practical uses for it rather than game playing.) I may be the most technologically-challenged fumble-fingered person on the planet, but my brain still works! I do my own thinking. I do not need a govt to tell me what to think, make my decisions for me or to spend the money I earn.

My brain is not developing an affinity for liberal media or SJWs. Just today, I had a scammer promoting a single-payer system call me about signing up to get free stuff thru medicare. I first asked why she was bothering me by calling. When she continued her spiel, I asked her why on earth I would want govt involved in my health care in any way. Then, she hung up on me as I was asking her to remove me from her contact list. Maybe some people are impressionable and easily led. Expecting conformity just makes the rest of us very irritable. I guess many people are now accustomed to getting stuff for free from govt. They have no concept of earning or paying for stuff. That must be why we are seeing so many porch pirates lately. I think a winning platform in the next national election would be to put an end to unsolicited phone calls and emails that involve cold calling.

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dauidle

I have been put on the so called "do not call" list and seem to be getting more unsolicited calls on my home and cell phones. If you want a very short conversation simply say, "state your business" or hang up. If it is number I do not recognize, I answer saying "listening". It blows their minds.

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ono4884

It's a all new world. It'll take time to see the side effects by overall I think it'll be positive and will change the world as we know.

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pisces

The one main reason why all these devices have become so popular is because they replace the true social interactions that would have taken place if others in the community were not also addicted. Television, the automobile, secularism, and social permissiveness have been hard at work undermining the millennial of genetic hardwiring built into us all and the globalists know this all too well.

Unconsciously, we KNOW things aren't right, but no one knows how to stop this runaway train. Think of it this way; our archetypal programming has us wired for person to person interactions in order to support small local community involvement. That train is headed North.

But because of all these "distractions", our virtual train is headed to the East. As long as we allow that train to head East, but limit it to some small distance, we seem to still be able to recover and be guided by our archetypal programming. But once we exceed some critical distance, we lose sight of "home", struggle to get our bearings, and importantly, the further East we head, the longer that tangential distance becomes to get us back on track.

In a clinical sense, those people who have exceeded that critical distance become ripe candidates for depression, suicide, anxiety, eating disorders, and whole host of other aberrant behaviors. This is why identity politics has become so destructive, because rather than deal with the reality of that change away from spiritual alignment, these "identities", have become false idols, and those who need to identify with them never truly gain any satisfaction in doing so. It just feels so good to relieve themselves of all that anger and sadness, by blaming someone else for their misery.

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