**THE IMPACTS OF TECHNOLOGY TO IN TERMS OF FAMILY RELATIONSHIP AND COMMUNICATION.**

Technology has been advancing at an unbelievable pace since the late 1990s with its impressive proliferation of engaging content. The seemingly inexorable march of technology has invaded much of our private spaces and our family life. It has become like the palm of your hands and you cannot exist without it. Technology has overtaken our lives with a plethora of offerings to upgrade our lives to everything smart; smartphones, smartwatches, smart gadgets etc. It has affected the way our families communicate and integrate and how individuals in the family behave with each other.

The arise of technology has had its own share of negative influence on family. First and foremost technology has caused the most obvious impairment on family time. It has become an enticing distraction of our attention and presence to from our loving members of the family. The obvious affection to the fellow members of family has drifted away since the time to rekindle it has been greatly reduced and ignored.

Second, decreased face to face communication for family members. As children and parents are glued to various types of technology it can result in decreased in person communication. In addition to that even though face to face communication may be may made little or no attention is paid to it; making it ineffective.

Third, change in influencers. With the change of attention from parents and other family members to the various types of technologies, children have gotten other sources of information which have become a replacement to the role of parents to their children. This factor has made the close relationship between parents and children to drift away.

Fourth, feeling unimportant. Many families, parents and children alike, bring technologies to the dinner tables and family events. This can cause a feelings of distance and unimportance among family members, conveying the message that technology and online friends are more important than communicating with family members uninterrupted. This deprives children of potentially enriching conversations and ideas

Fifth, lack of strong relationships. When children and parents don’t connect through face to face uninterrupted communication. The relationship and connection is weekend simply because anything that is not taken care is bound to wither by default. This jeopardizes self-confidence too.

Sixth, less comfort, trust, security and love. Communication breakdown could make it more difficult for parents to parents their children, to offer their advice and opinions, look out for their activities and friends and teach moral behavior. Weakened relationships may result to a child feeling distant hence less comfortable and insecure in the presence of their parents.

Though technology has negative influence in terms of family relations and communications, it also has positively impacted the way families communicate and integrate .Here are some of the positive effects of technology on families relationships in this internet age;

First of all, technology has increased family communications .Families are using technology now more than ever before to keep in touch with each other. In present day busy lifestyles, when both parents are working on different schedules, technology has come to the rescue in form of mobiles. Parents have found it easy to communicate with each other and the kids and catch up in what they missed earlier.

Second, Technology has helped family stay connected .New technology have opened up new ways to build and maintain relationships instead of isolating people .The social media apps like Facebook and WhatsApp has made the world quite small . Families are now able to connect with ease. The emails, instant messaging and calling have blurred geographical distances between family members and no life event goes unheeded when its easier to pull in your versatile emoji hence can easily share experiences

Third, entertains family .With the arrival of newer technological diversions, there is no dearth in daily entertainment. This helps to keep family engaged together and build their relationship. Whether it be a streaming movie or a game console. Family game nights improves a child’s cognitive development and deepen family ties.

Fourth, creates more family time. Technology has simplified household management. People have found ways to do their work in a much shorter time than the intended one. Technology has made work easier and faster, this in turn created more time for family.

Fifth, aids in education of kids. As much as the education of kids may seem as though lean.

The satisfaction of every parent from a child is academic excellence. The internet age has helped children to get academic help this has helped the children to better their academics .This raises the confidence of the children which gives them satisfaction. Through academic excellence a good rapport is created between the parents and the children hence their relationships become stronger

Sixth, has helped family stay connected, parents find it easier to monitor the the safety of their kids by tracking their apps and see their whereabouts. This contributes to the feeling of connectedness and gives them a sense of security. There has been an increase in installation of cctvs which has enhanced the security of people

Alive members of the family remain connected and their relationships are strengthened.

The meteoric advancement of technology has brought new challenges for parents, adults, children and families. This technology has caused more division in the family due to the restrained connection. Although technology can have negative. Effects towards family relations under the right control technology can be the best that ever happened for better family relations.

One of the major controls one can take is creating a technology free moment for family bonding.

This ensures that every level of concentration is dedicated to that moment.

In conclusion though technology has negatively affected the ability of our families to communicate, it has also positively affected family’s communication. Therefore it’s our responsibility to choose through decision making how technology affects us because we are not under the control of technology instead technology is in our control.

Utilize technology in a positive and improve your family’s health and well-being for the long-term.