

## **Abstract**

This work summarizes the influence of mobile phones and modern technology on the development of children, explains the problem of Nomophobia and other modern non-drug addictions. Finding ways to prevent addiction. Research explores when children are interested in this technology. How long they spend time on a smartphone or tablet. Last but not least, how parents are aware of the possible effects of modern technology on children's development. The basis of the practical part of the thesis was the realization of own survey. The survey was conducted between parents and their children, who attend the Velen kindergarten. Research has confirmed that each parent owns his or her smartphone or tablet and lends it regularly to their children. Thus, children are in contact with modern technology from an early age and can intuitively control it. They often use it to fill their free time.

Children understand that we use the phone to write text messages (SMS) of 18.60%, calls 48.84% and play games 12.79%. 2, Children use modern technology to fill their free time, preferably watching movies, videos, fairy tales, listening to songs and playing games. Ownership of tablets in children correlates with age, six-year-olds own a tablet (26.98%), or smart smartphone and older children have their own smart phone - 9.52% of children surveyed. Children are tablet owners at the age of 3 (18%), 4 years (18%), 5 years (32%), 6 years (18%). After joining elementary school, children require smartphones rather than tablets. Although not all smart modern technology is owned by all children, they have already been in contact with it. Either with the help of your parents, teachers, or society in general. Society has a great influence on the individual, much like a family and a child collective.

Excessive but also user use of digital technology has a great impact on children, both physical, mental and social. Parented parents are aware of this - 49.21% are aware that there may be a great risk of addiction or other risk and only 4.76% think they may not be if a child is supervised by parents. Children first became interested in modern technology between 1-2 years (32.08%), 2-3 years (43.40%), 3-4 years 11.32%. 90% of children know what we use smart phones for, and 26.98% of them started to manipulate them by intuition.