

In many parts of the world, children and teenagers are spending more and more of their time indoors.

What do you think are the causes of this problem?

What measures could be taken to solve it?

Recent years have witnessed a paradigm shift to the children's activities. Although many fail to fully appreciate this, staying indoor if not be a problem per se can certainly have social and individual repercussions which are becoming increasingly more evident in recent days. However, getting to the root of it and trying to determine the underlying causes, one may learn to solve the problem or even reverse the trend.

Taking an overall view and comparing the past and present, some main factors behind this disturbing trend may appear. First, technology, in its all-rich variety, is believed to play an important role as it undoubtedly is one major change in our lifestyles compared to a few decades ago. Technological advances, in spite of their contribution to human species, are regarded to have adverse effects, bringing about a more sedentary lifestyle. Not surprisingly, this lethargy is also apparent in children's activities. Once hard to stop and control by their parents, teenagers, being at their highest active of their lifetime, are now less than keen or suggestible to leave home. Perhaps hypnotized by the raw magnetism of technology, they are now more likely to be seen playing video games or browsing the internet which contradicts with being active. Moreover, many experts are of the opinion that parents have become too cautious to let their offspring go outdoors. Worried about various diseases, afraid of potential dangers and petrified of possible psychopaths, parents nowadays tend to keep their children in bubble wrap.

Considering the effects, this pressing problem will require collective effort made mainly by both parents and officials. It is safe to say that by missing outdoor activities children gradually lose their connection with nature and they eventually cease to view it as their home. With the natural environment under the pressure, every single person needs to develop a strong connection with the environment and attempt to preserve it. Education at home or school not only can save our environment but also encourage children to go outdoors, detaching themselves from seductive technologies. Another major consequence of being raised indoors is there is a fair chance that the child will grow into a stay-home adult. So strongly attached the string to the home, the person feels that in extreme cases it can result in agoraphobia or other mental disorders. This, too, necessitates collaboration between parents and teachers who exert influence on children's life. By setting child-initiated, spontaneous games outdoors, parents along with school officials can make children more acquainted with outdoor activities.

In conclusion, although many may turn a blind eye to the problem of children and teenagers spending time indoors, its negative consequences such as losing the bond with nature and becoming a loner cannot bear ignorance. However, as long as we acknowledge the underlying causes, there seem to be viable solutions.