

Is Technology the Right Way to Express in the Era of A.I.

Nowadays, many children's eyes are glued to the screen, and they are expressing themselves online. While thousands say, technology has a negative impact on the new generations' creativity and even more say that our creativity benefits from technology. But, is arguing really the right answer? Or is having a balanced intake of both the answers. Technology is a special tool in our creativity, not your toolbox.

Technology has allowed many children from poorer income families to express themselves. Instead of buying palettes, paints and art and craft supplies, they can only buy a tablet, or digital device. This has saved millions of families worldwide to invest their income on more crucial matters, like rent, daily necessities and more. Annually, it would relieve 10000+ households of an estimated \$790000 dollars. Another benefit is that technology has unlimited colours, whereas the physical paint only comes in one colour at a time.

But, technology also has a downside. Many children have become obsessed with digital goods that have a syndrome like amnesia, where they forget everything, however this case is very similar to amnesia, except that they are so engrossed in the digital world and they can never come out again. Drawing on digital pads users have been seen particularly vulnerable to this. Many reports have shown that it is not believed to be as uncommon as it was once thought to be. 37% of the children worldwide have been diagnosed in this case and rehabilitation was required when they overuse it to express their creativity.. When this happens, the vessel of your brain or like the circuit of a board short circuit and blood explodes inside the victim's mind.

But, there's no right or wrong answer in this field of debate. Scientists, psychologists, parents and professors have all agreed to have limited screen time on technology to express creativity, while the other half on physical paper. After all, too much of something and too little of the same thing can cause a disrupted balance, this also goes for digital creativity.