



What are the advantages and drawbacks of multitasking?

Quickly switch from a task to another can be really useful when those tasks are simple. For example, talking on the phone while making breakfast or listening to radio while responding to an email.

But nowadays, it's easy to get distracted from a task to another. Any notification makes us switch from mail to social network to browsing. But when it's time to work, it's difficult to stay focus, we start thinking about what will happen tomorrow, what if I open a video game or watch a video beside my work. Consciously we don't see the difference but some psychological experiment showed us the other side of multitasking and the impact of distraction in our life.

In fact, it may be obvious that interruptions will increase the time it takes to finish a task. If you're in front of a deadline, you have two choices :

- - Stress and speed up i.e in the long term develop all the health problems that come with stress and anxiety
- - Reduce the quality of your work to finish in time

I think we all agree with that, but if you're a bit organized this situation don't appear often. That can be okay to take 30 additional minutes to write an essay or remove the task from your to-do list. But the problem is that interruption reduce the quality of your essay anyway, and extra-time to finish doesn't help. An experiment showed that, extra-time or not, interruption still reduce the quality of the essays by approximately half a point.

Here is one of the numerous arguments against multitasking, maybe we'll speak of other in further futures articles.



When you multitask



When you realise you've multitask and month loses time and quality

Sources :

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