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The Smartphone regression

I’ve decided without question that I’d like to write about society's unhealthy attachment to smartphones. I have very strong feelings about phones in both the positive and negative directions, and feel more than validated to write about it, being that I grew up through middle school before getting my first smartphone. When thinking back, life totally changed for me. I always had a companion with me; I was never left alone, even when I wasn’t with someone physically.

While phones also change the way people view social life and real-life experiences, they also affect the way our brain’s function. Mainly, what caught my eye was the study done on the effect of phone presence on student performance in school; I no longer keep my phone in sight while I work and have noticed a severe increase in productivity. Broadly, I would like to discuss smartphone’s effect on people, but more narrowly my inquiry is: How are people’s brains affected by our attachment to our smartphones? Not too narrow so far, but it is where I would like to focus.

I have found ample discussion about smartphones affecting our brains, making us smarter, dumber, less social, more social. My first source hits it all: mental health, sociability, general brain function, and focus and how they are affected by our use of our smartphones. A very strong and broad source which argues that smartphones are harmful for us overall. The next one is titled: *Smart Technology is not making us dumber, scientists say*. This obviously argues against my point that smartphones are beneficial, not harmful for us. The next source I have argues in my favor again and is titled: *Are Smartphones Making us Stupid?* This source supplies some more insight from both sides but argues in favor of my point yet again that smartphones inhibit us more than they help our brains. Lastly, I’ve got a debate flier that shows an argument about how we should step away from our phones; that they are too much of our lives. Furthermore, the flier has a link for others to input into the conversation. From these sources alone, it is obvious that there is a conversation going on. After all, these phones are such a fundamental piece of life now, so there is bound to be some arguments revolving around it.

1. [Smartphone are making us stupid - "gateway drug"](https://lighthouse.mq.edu.au/article/august-2019/smartphones-are-making-us-stupid-and-may-be-a-gateway-drug)
2. [Smartphones are not making us dumber](https://www.sciencedaily.com/releases/2021/07/210702154317.htm)
3. [Are smartphones making us stupid?](https://www.southernphone.com.au/blog/are-smartphones-making-us-stupid)
4. [Smartphone debate flier](https://leoneenglish.files.wordpress.com/2015/08/upfront-article-are-smartphones-making-us-stupid.pdf)