Chris Gardner

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Professor Muellner

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Effects of Technology On Teens

Technology has affected communication is a way that society has never seen before. Today, technology is becoming the main source of communication for many young Americans. The driving force behind this is social media. Social media apps such as Instagram, Snapchat, and Facebook allow its users to stay connected with their friends without seeing them in person. Social media is intentionally engineered to keep its users coming back, essentially getting them addicted. I believe that excessive use of social media is harmful to today’s society and affects the way people communicate with each other negatively. Teens today are commonly more comfortable scrolling through their social media feeds rather than communicating face to face with others. This had led to a generation with under-developed social skills and an increase in mental-health disorders. Technology has also caused a rise in cognitive disorders in teens, particularly ADHD. While technology has provided some incredible benefits in the world, excessive use of technology has proven to be negative for society.

Social media has affected the way teens communicate with each other in a negative way. Scrolling through social media provides an easy outlet for a dopamine release, triggering happiness in the brain. Much of today’s youth are very non-confrontational due to this. When put into an uncomfortable situation, teens can browse their phone to provide them relief from whatever scenario they are in. While this may not seem like a bad coping mechanism, it is leading to today’s youth not developing their essential social skills. Children between the ages of eight and ten years old spent on average more than seven hours a day using technology (French). While children this age are using their phones, they are still developing. Important social cues such as eye contact, foot tapping, and other gestures are not being learned in some teens due to their overuse of social media (Holmes). Social media has also become a source of bullying for some teens. On a recent study on 1,500 teens about their technology habits and how it related to their mental health, 30% of the population were diagnosed with depression (French). With such easy access to technology, cyber-bullying is now an equal or bigger threat than in-person bullying to today’s teens. Excessive social media use can also cause weak problem-solving skills in teens. With so much information at teens fingertips, many teens rely on google and other search engines to solve their problems. Technology has been proven to have many downsides to teens communication skills when used excessively.

Along with all of the communication issues teens with high tech use experience, technology has also impacted people’s cognition skills. Recent studies have shown that children with excessive use of technology tended to exhibit more symptoms of ADHD (Hurley). ADHD hinders people’s ability to hold attention and stay focused. The children with ADHD were also shown to be much more prone to be addicted to playing video games (Hurley). Excessive video game playing leads to social isolation in many teens life’s ultimately hurting their social skills. Many psychologists today now recommend parents to set periods of time for their kids to set away their technology and video games in order to prevent these issues. Excessive use of technology has impacted many teens cognitive skills.

Excessive technology use has impacted teens social and cognitive skills in an unseen before way. Many teens today prefer technology as their primary source of communication, and this is creating a generation with a lack of social skills. With the rise of social media, mental health issues have seen unprecedented increases in teens. Along with the communication issue’s technology has brought along, cognitive skills have also been affected in teens who over-use technology. Attention deficit disorder and difficulty with problem solving skills has been noted for many teenagers who overuse technology. Technology has provided many benefits to the world, but excessive use of technology has proved to have consequential effects.

Work Cited:

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