

Reflections on technology's impact on me and my friends

[Literature](#), [Russian Literature](#)



Impacts of Technology Impacts of Technology The increased use of cellphones will lead to preoccupations of minds leading to loss of focus to one an individual and his peers. Academic performance and other important daily chores will be at stake. You are, therefore, warned against being deeply drawn into such massive texts if one wants to be a success-oriented individual in all aspect of life. Moderation is key towards adoption of a particular technology.

With the increased invention and designing of smartphones, the youth particularly college students have their minds preoccupied with internet and virtual communities. Students are connected all times regardless of the place. Students surf and chat while at lecture hall, libraries and dormitories.

The effects of this constant connection are increasingly become hazardous towards academic performance and happiness resulting from increased anxiety amongst the Y-generation as Ken State Research indicates. Analysis of the Ken State study attributed Lower GPA, fueled levels of anxiety, as well as lower levels of happiness to increased use of cellphones amongst the peers.

According to Turkle's TED talk, the increased internet connectedness has attracted the youth to harmful sacrifice interactive platforms that have negatively re-shaped users. The internet is never a grown up as has been misunderstood and hence an urgent call to revamp internet usability and design.

According to Jenna, internet users, have shifted from the conventional culture and now live on phones in total disregard to moments. Relationships

have weakened as people spent much time on devices to one another. Alerts from phones have distracted occasions and further draw people into using theirs. A situation that make people preoccupied with texts and hence many have bumped onto each along streets.

Reference

Sherry Turkles TED lecture, " Connected But Alone."

http://www.ted.com/talks/sherry_turkle_alone_together#t-16224

Read her NYT piece:

http://www.nytimes.com/2012/04/22/opinion/sunday/the-flight-from-conversation.html?pagewanted=all&_r=0

Trying to Live in the Moment and Not on the Phone

http://bits.blogs.nytimes.com/2014/10/18/trying-to-live-in-the-moment-and-not-on-the-phone/?_php=true&_type=blogs&_r=0

Frequent Cell Phone Use Linked to Anxiety, Lower Grades and Reduced Happiness in Students, Kent State Research Shows

<http://www2.kent.edu/news/news-detail.cfm?newsitem=C87DA8EB-0E77-DCF2-AAD1C317FB742933>

University of Worcester researchers found a correlation between stress levels and an endless barrage of alerts and notifications.

<http://www.bps.org.uk/news/turn-your-smart-phone-beat-stress>