Multitasking

In a world of multitasking and constant distractions, most human beings feel a certain satisfaction from accomplishing tasks at a faster rate; however, in actuality, multitasking can cause stress and result in poor quality of work. From a young age we continue to develop tactics to improve everyday tasks such as homework, chores, and socializing. Most live by the sayings, " life is short" and " live life to the fullest," so as a result multitasking has created a psychological need to put efficiency over quality (Nhan).

Although many believe multitasking can ease workload, it actually prolongs tasks while adding unneeded anxiety. Human beings tend to differ from one another in their capacities to do things" and it depends on the individual to determine whether or not multitasking is beneficial or detrimental (Kim). Multitasking, to an extent, allows for a quicker method of completing tasks; however, it is more efficient to work on tasks one by one, which causes an individual to be less stressed, minimize distraction, and prefect the quality of a specific task. " Multitasking for the most part is detrimental" and working on tasks one by one can prevent mistakes and diminish the time needed to finish a task (Nhan).

Although " it does not hurt to do multiple things at once," people tend to have a lower retention rate when multitasking (Mah). This causes forgetfulness, lost in train of thought, and mostly mistakes. The negative effects of multitasking prolong tasks and increase stress. Multitasking does not make an individual more productive and is often mistaken with time management. Many people believe " multitasking is efficient and comes naturally," but it can cause a large workload (Mah). The psychology of

multitasking is that it can help an individual accomplish more tasks quickly and makes it a desirable skill.

When in a time crunch, individuals tend to multitask more often. Anything related to work or school, where the need to excel has a sense of significance, can cause human beings to go above and beyond the norm to strive and finish tasks. This competitive nature can only lead to stress if multitasking is attempted, because doing multiple tasks at once allows for more mistakes to be made. Consequently, multitasking is " stressful towards those who do not know how to use this skill" (Kim). Multitasking has grown into an issue of concern due to the development in multiple distractions over the years.

Increased use and dependence of technology in today's society has pushed individuals to use multitasking in everyday activities. The smartphone, although convenient, has caused an increased need to be doing something. There are so many things to do through smartphone screens that an individual is always engrossed in multiple tasks. What is even worst is that smartphone companies (recognizing the phycology of multitasking) have made it easier to " juggle different screens to plan events and chat with friends" (Mah). With technology like the smartphone, individuals find multitasking to be normal in everyday activities.

Nevertheless, " people do not really ever multitask" when doing everyday tasks (Nhan). Doing many tasks at once is considered multitasking, but mentally one does not truly do multiple tasks at once. An individual's brain " just shuts out one task to focus on another thing, and then switches back to do the previous activity" (Nhan). Multitasking does not work nor meets the

expectations of quality. While doing one task, subconsciously an individual's brain focuses on the other unaccomplished task. It is important to use all parts of your brain on one task.

This will help reduce mistakes and increase satisfaction rather than stress. Therefore in order to focus on one task at a time, individuals should work on time management. The benefits of time management can diminish multitasking and sequentially stress. By planning out individual tasks in advance, individuals can eliminate multitasking all together. Because the need to do multiple tasks is caused by an overwhelming workload, planning and accomplishing tasks in intervals increase the quality of work and diminish time spent per tasks.

Multitasking distracts people and causes them to be " careless and make mistakes" (Nhan). Multitasking creates an emotional boost making individuals feel more productive, but in actuality individuals are misperceiving the positive feelings they get from multitasking. Individuals just feel emotionally satisfied from their work during multitasking. This is the reason why people multitask, but they should realize that " there is a trade-off between efficiency and quality" (Kim).

Constant distractions such as smartphones can prolong tasks and even doing more than one constructive task can lead to accomplishing less in a greater amount of time. Everyone does better focused on one task; thus, multitasking should not be confused with productivity and ultimately should be diminish. Multitasking is not detrimental when it comes to leisure, but when it comes to everyday tasks, multitasking does not only produce stress

but also establishes a foundation for mistakes and an incapability to retain information.

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