

How Much is Too Much Technology?

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Core 201

### How Much is Too Much Technology?

In today's world it is almost impossible to live without modern technology. Everywhere we go technology is involved at any age, but how young is too young to be exposing children to technology. With that being said, are our children being deprived from some major life skills being exposed to technology in such an excessive manor? We are quick to use technology mindlessly several times a day and also letting our children do the same because it is normal? There may be extreme risks for these children we are overlooking having to do with our social and mental development and our overall health, both effecting them as children and as they grow to be adults.

Children are using technology younger and younger these days. They use it almost everywhere; when they are at home they watch TV and play video games, when they are at school they work on the computer and even on the go they have the very popular iPod, and iPad. "A 2010 study by the Kaiser Family Foundation found that students 8 to 18 spend more than 7.5 hours a day engaged with computers, cell phones, TV, Music, or video games" (Listfield, 2011, p.14). Many of us really don't think anything of this when we are out because it has become the normal thing in America. We don't often find ourselves thinking about the negative effects this excessive exposure to technology has on our children and the way they develop, but the effects are becoming more and more common and noticeable.

One effect technology is having on not only our children but our population as a whole is, the lack of confronted communication. Our social skills are in an extreme downfall because of new technology finding its way to communicate for us. It is not our fault that we have become so keen on the idea that all we have to do is type something and press send or command a

computer what to do and it does it. Technology has become convenient for us, that is why it is so popular and why we use it so much; Although, technology is the reason why we have lost a few of our key social skills as humans.

The way our recent generations are going to interact compared to the way our parents, parents interact is noticeably different. Not all of the differences are noticeable for example; Eugenia Ives said “One negative effect of digital technology consumption is how it diminishes our capacity for empathy by limiting how much people engage with one another” (Ives, 2012, p. 1). Ives supports the claim by agreeing that we are losing a huge part of the way we once communicated and with that being said we may be losing some major communication skills by the increasing use of technology. Ives states later in her article that “cyber usage is gaining prominence as a serious concern” (Ives, 2012, p.1). Ives says this because she truly believes that this technology “overdose” is becoming a very serious issue in our country and she notices that other researchers are also noticing and weighing to pros and cons.

With that being said, people start to wonder is technology is having an impact on my social skills what else is in doing to me? Our health is always our main priority, and we want to protect ourselves and our loved ones from anything that may intrude our good health, but is a huge health risk sitting right on our desks or in our pockets? It doesn't take a study to show that the increased “screen time” our children have the increase in their bodyweight. Having so much screen time makes children more absent to the outdoors where they exert most of their energy and get their physical activity. Costa wrote in his article that “The University of Washington's Department of Pediatrics has shown a correlation between hours of television watched before the age of three and ADHA- related symptoms at the age of seven”(Costa, 2007, p.1).

There are more health problems that obsessive technology has on our bodies than just obesity; more and more studies are finding that ADD and ADHD diagnoses are sky rocketing because of our increasing use of technology. Not only is it our obsessive use of technology that is leading to these common and very controversial diseases but it is the age of which we are introducing technology to our children, just like Costa said (2007, P.1).

Another arousing health issue is the effect obsessive screen time has on a person's eyes as well as their brain. The issue may be very small but it is still something we should be very concerned about. Kelsey Sheehy interviews a young man who is a senior at South Texas Business Education and Technology Academy in Edinburg, Texas he admits Sheehy's research that "Increased digital time doesn't damage vision, but it does strain it—causing dry eyes, fatigue, headaches, and blurred vision, experts say. " (Sheehy, 2011, p.1) is true and there are a few ways to avoid it. Although, giving young people tips on how to stay on the computer longer seems crazy if you are having some of these symptoms the first thing you should tell these young people is to take a break and stay away from the screen for a while.

Now in more and more schools across the nation we find children to be using more computers and other forms of technology to do their school work. Is this taking away from some of the skills they should be learning how to do by hand like long division and writing the alphabet by hand to practice handwriting? Emily Listfield interviewed Dr. O'Keeffe who talked to a group of college students who have been effected by technology learning their whole lives, "They said they feel bombarded, they're not sure they're learning effectively, and they're not sure how to turn it all off" (Listfield, 2011, p.14). We know that technology is without a doubt moving into our local High Schools, Middle Schools, and now even our Elementary Schools but,

what activity are they trading and now substituting for on the computer? We don't really think about what exactly is changing in our children's school systems and how they will affect the way our children learn vs. the way the parents had learned. Some people think that our children are losing some of the key points of learning and development using/overusing computer programs such as, spell check. We are all victims of using this program more than we probably should, but it again is a convenience. Having to look for a work in a dictionary is hard work compared to simply left clicking and making to correction instantly. We have become dependent on these programs like spell check and even the more popular, the calculator; many young adults would not be able to do a multiplication or division problem by hand is asked.

Of course there is going to be a counterargument for this topic. Many people including teachers, students, as well as parents agree that learning with technology can be highly effective and some even argue it is now the best way of learning. Emily Listfield interviews an elementary school teacher, Sharon Mora who says, "If you can use Twitter to maximize the likelihood that these kids will be proficient in a subject matter, why not?" (Listfield, 2011, p.14). Learning with technology has become more acceptable to teachers and school systems, no matter how young. There will always be an argument over "old school vs. new school" teaching and which is better.

*Whether you want* to admit it or not, the way we are learning and teaching in this country is changing rapidly. Studies are showing a significant increase in the use of technology among young children at home and now even at school. Algur H, Meadows said, "Technology will surely be a key component of all future higher education, nut we need to rethink how we use technology inside as well as outside of the classroom" (Meadows, n.d., p.2). The consequences

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for these changes at an early age in children can result in major, social skills, health, and even learning problems both when they are young, and when they grow older. The use of technology in young children does not just have a short-term effect on their lives but a very noticeable possibly irreversible long term effect. In conclusion, we should really pay attention to the way our children and young ones are exposed to technology. Remember to set limits and time restrictions on technology, make time for outdoor, nontechnology involved activities for your children. Because, they are the next generation in America and they hold our future.

### References

Costa, D. (2007) *Pc Magazine: Turn it off, Kids!*.

*Pc Magazine*. Retrieved from

<http://ehis.ebscohost.com/eds/pdfviewer/pdfviewer?vid=7&sid=02174268-bb15-4710-a4c9-8959085271e4%40sessionmgr115&hid=102>

I located this source from ebscohost by searching the key words “Effect of technology on children.” The author, Dan Costa, wrote this article for a technology magazine strange enough, his information seems to be credible because his article is scholarly. He talks about how much time our children are spending using technology and what the effect of this constant use amounts to. He also talked about some of the health problems excessive exposure to technology can have on people. I will use this in my paper because it expresses some key points I want to stress throughout my whole paper.

Ives, E. (2012) *iGeneration: The social cognitive effects of digital technology on teenagers*.

*Eric*. Retrieved from

<http://eric.ed.gov/?id=ED543278>

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I located this source from Eric.gov by searching the words “Technology and children effects.”

The author Eugenia A. Ives from Dominican University of California wrote this article because she wanted other people to know what the world thought the effects of technology on children were. She shares results from the study and most were very eye opening and very informative. The author is highly credible because of her work and sources, also the site is a government run website. With that being said I will most likely use this as a source in my paper because it has great examples of why technology is withering away some of our natural skills.

Listfield, E. (2011) Parade magazine: Generation wired

Parade magazine. Retrieved from:

Technology and Kids part 1&2 D2L

I located this source on D2L it was provided by Professor Matthews, she located the source from Parade magazine. The Author, Emily Listfield, wrote this article that reflected her views on technology in the work and more importantly, technology and children related to the classroom. She interviews people from both views; for and against the recent rapid move of technology in our children’s lives. She seems to be very credible because of the interviews and her proven statistics. I will use this source in my paper to support my argument that children are using too much technology both at home and in school.

Meadows, A. (n.d.) Teaching naked: Why removing technology from your classroom will improve student learning.

Retrieved from:

<https://eee.uci.edu/news/articles/0712teaching.php>

I located this source from EEE (Electronic Education Environment) website. The author, Algur H. Meadows Chair of Music, Southern Methodist University seems to be credible because her article is on an education website, and was approved by the EEE. Meadows tell the readers about how our education can actually be improved with the absence of technology and readiness. She seems to really stress that having less predictable classes makes the children learn more and better and also shows teachers ways to create more class time by cutting “unnecessary” things out of the daily class time. I think that I will use this article in my paper to help me support the overuse of technology in schools in certain cases.

Sheehy, K. (2011) Digital Education Shifts Strain from Shoulders to Eyes:

Increased use of classroom technology takes the weight out of backpacks, but puts it on the eyes.

US News. Retrieved from:

<http://www.usnews.com/education/high-schools/articles/2011/11/15/digital-education-shifts-strain-from-shoulders-to-eyes?page=2>

I located this source from US News online by searching “Technology in the Classroom”. The author of the article, Kelsey Sheehy wrote this to express some of the ways how to cope with using technology for extended amounts of time. She interviews a high school senior who is enrolled as a technology school, which makes her seem very credible. Throughout the whole article she gives people tips on how to deal with the headaches and dry/tired eyes from being on

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a screen all day. I will use this in my article because another expresses some examples how technology can be bad for our overall health in obsessive amounts.

Stout, H. (2010) Antisocial networking?

Ny times. Retrieved from:

[http://www.nytimes.com/2010/05/02/fashion/02BEST.html?pagewanted=all&\\_r=2&](http://www.nytimes.com/2010/05/02/fashion/02BEST.html?pagewanted=all&_r=2&)

I located this source from the New York Times website. The author interviews many highly education researcher's and professors from Universities all over the world. Because of her interviews and her interviewees I would without a doubt argue that she is highly credible. She interviews researchers and professors to gather information on whether or not we are actually becoming antisocial because of technology and social networks (ironically). She also touches on a few other things that technology use may affect like parenting and the changes you can see. I will most likely use this article for my research and in my presentation on the negative effects technology has on children.

Lott, L., Neelson, J. (2012). Quotes from the positive discipline books: Limit screen time

Positive discipline. Retrieved from:

[http://blog.positivediscipline.com/2012\\_04\\_01\\_archive.html](http://blog.positivediscipline.com/2012_04_01_archive.html)

I located this source online by searching “what can we do to reduce kid’s intake of technology”. The authors of this source are very helpful but they write on very broad. They didn’t go into as much specifics as I would have liked. They talked about ways to limit your children’s screen time the right way and ways to make room to do other things besides be on the computer or watching TV etc. These authors didn’t really say where they got their information so their creditability was questionable. Although most of the information looked like it could have been something you just know, this source wasn’t as credible as I would have liked it to be so I will not use it in my paper but I may use it in my speech.

Barclay, J. (2013). No more excuses: teaching 21<sup>st</sup> century skills in a low-tech setting .

Education week teacher. Retrieved from::

[http://www.edweek.org/tm/articles/2013/09/10/fp\\_barclay\\_skills.html?tkn=OUTF%2BUoU17lZBAKUA7aGOSAgqKM8qv%2BP2B8Y&cmp=ENL-TU-NEWS2](http://www.edweek.org/tm/articles/2013/09/10/fp_barclay_skills.html?tkn=OUTF%2BUoU17lZBAKUA7aGOSAgqKM8qv%2BP2B8Y&cmp=ENL-TU-NEWS2)

I located this article from Education Week by searching for articles about teaching with technology. In this article Barclay talks about and interviews numerous people about how you can have a balance of tech and low-tech teaching in school. She goes on to give examples and almost perused you into her own thoughts. This article I would say is very credible because of the website being an organization as a whole and her interviewees were all highly educated. Although this article is good overall, I don’t thing is supports my topic well enough to be used in my paper.