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Effect of Technology Use on Behavior

Janae Marion

Omaha North High Magnet School

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Abstract
Technology has evolved over the years, and as time goes by it seems to have enhanced into something better. Now the problem that is starting to occur is that people are starting to use it excessively. Technology is becoming a distraction and is problematic for young children, teenagers, and also adults. Technology is becoming a bigger issue than people can imagine and not only is it starting to create behavioral problems for people, it’s also controlling their lives.

Key Points
• North American children now average 8 hours of screen time per day using a combination of nonschool related technologies, with over 65% of children having televisions in their rooms (Rowan 62).
• The excessive computer use that goes unmonitored can expose children to harmful effects, such as physical, social, and psychological development (Cadet 2).
• Some researchers have argued that technology may impede young children’s social skills because children develop these skills through in-person interaction, and their use of various technologies keeps them from such interaction (Hsin 85).
• We have not yet developed cultural conventions to help us best make use of emerging information technologies, nor do we know what they are doing to us when we rely on them (Essig 1176).

Conclusions & Discussion
Technology has taken over people lives and has started to create behavioral problems for some without them even knowing it. It seems to have become their everyday lifestyle and they don’t want to change it anytime soon. With technology growing and improving every day, our lives are starting to revolve around it.

Future Research Ideas
• How can we reduce the amount of time that teens and children spend on technology?
• Compare the use of technology during the 1990’s to society today.

Work Cited