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Family Discourse Community: Distracted By Our Cellphones

Communication is a significant part in an individual’s daily life but the way we approach these certain discourse communities is what distinguishes them and groups them into individual groups. There are a variety of different discourse communities that we as individuals can categorize themselves into and the discourse I specifically group myself into is spending more time on my cellular device at home than actually paying attention my family and what’s going on in the house.

Have you ever had someone talking to you and you literally do not hear them ? They can be right in your face and you still are unable to focus on what they are saying because your distracted by your phone? Unfortunately, this is something that as teens we are heavily influenced by. Our cell phone addiction is what stirs us away from the reality of things. We don’t really see what we miss out on because we’re so attached to keeping up on what’s going on in our phones instead of paying attention to our relatives at home.

While being home there’s nothing we do more than be on our phones constantly checking on who liked our pictures or who snapped us or who FaceTimed us. As a generation who is so reliable on technology, it’s hard to to leave our phones alone or even actually interact with people. We fail to realize that we’re controlled by our cell phones and lack communication towards our family at home.

I can’t stress enough the amount of times I have unintentionally ignored my family because I was on my phone. My entire focus would be on whatever is going on in my phone that my brain would completely cut off whatever was being said to me. There’s so many times I have caught myself ignoring my grandparents because I was on my phone and I’d feel bad at the simple fact that this wouldn’t be something I’d do on purpose. This was something more serious than just being distracted, we’re strongly impacted by what we see on the internet than what’s actually happening right now at that very moment.

At this age, we automatically invest all our free time into being on cell phones and we do not realize the effect this has on our interaction with family members. We miss out on actual memories and time spent with loved ones because we’re consumed by what’s happening on our cellphones. We also are distancing ourselves from potential relationships with people at home.

This addiction towards our cellphones is more serious than it seems to be. As someone who is always on their phone, I understand that some do not comprehend the impact this has on us individually. We’re more focused on things that do not benefit us than things that are beneficial and that is why we need to learn as a community to control the urge to constantly be on our phones at home. We need to train ourselves to actually interact with people at home. For instants we need to be more vocal with our parents and our siblings and stop giving so much attention to social media. Phones are taking our lives one step at a time we tend to show more attention to our phones sometimes more than our lives. I seen teens ignore parents, teachers, etc just because they are to busy on their phones. Being on your phone doesn't only affect your relationship at home or at school but also school work and the potential to do better things in your life. Cell phones are being played a big role in our everyday lives. When we wake up our phones seem to be taking over our lives it affects the ability of you exercising the ability of you going out and being more open to the world.What im trying to say is that our phones are limiting our everyday life and how we handle ourselves and it seems like we pay more attention to phones then our own self or even our own health. We need to develop the skill of interacting with one another in real life at present time.   
 Generally speaking, there is a change that needs to be made. Our focus needs to be on better things. We need to know that we’re missing out on time. Basically, we’re devoting our time into the wrong things and that needs to be corrected. It’s hard enough that our relatives have to be ignored because we can not pay attention to them but can focus on our phones. The amount of time we spend behind a phone could be used for more useful things such as discovering more about one another at home, or can be used to bond with people at home and share friendships with.

As someone who lives with their grandparents, I have had time to realize how this has impacted my relationship with them at home. It’s difficult when they’re constantly talking to me but I’m constantly on my phone. I’m unable to pay attention to them speaking to me when I’m on my phone because it’s as if my brain automatically stays stuck on whatever I’m looking at. There’s been so many times I’ve had to force myself to put my phone down in order to listen to whatever I was being told at home. It’s a struggle to honestly look away from my phone because of how accustomed I am to it. I realized that I spent more time on my phone than actually listening to what my grandparents had to say and as you know, someone grandparents do not know how to use the internet or do not understand how we can invest so much time into it to the point it becomes addicting so I understood that by me always being on my phone at home also came off as a form of disrespect because I didn’t give them the attention they deserved from me. I always felt as if my time was being wasted on the most unnecessary things in my life like social media and things of that sort. I feel like constantly being on our phones takes away the ability to make real memories and the ability to recognize reality and as time went on I tried to accustom myself to putting my phone down when I’m being talked to at home as a form of respect and as a way of breaking bad habits such as always being on my phone regardless of who is talking to me. It’s hard to do something you’re not use to but it’s a change that needs to be promoted because breaking away from bad habits is one of the many ways to as well promote growth within yourself and community.

We need to educate ourselves on the impact these cellular devices have on us. We may not noticed but this is far more deeper than just learning to stay off our phones in order to spend time with family members. This is an addiction we face, an addiction we struggle to break from. This distracts us even from school and separates us from reality because we’re stuck in the fictional world of instagram, Facebook and Snapchat. We allow most our times to be spent on the curiosity of other people’s lives instead of living our own and making memories that can never be replaced. Our focus needs to be on speaking to teens upon the way people at home view how their children choose to occupy their time and concentrate on the idea that as we train ourselves to stay off our phones as much at home, we have time to talk to our family members and create bonds that you can’t create behind a phone with a person who lacks communication skills in general.

I’ve had to time to sit down with my grandmother and grandfather to discuss how they feel upon living with teens that are always on their phones and according to my grandmother “ it is honestly difficult talking to you guys when all you know how to do is pay attention to a phone that you’re obviously controlled by”. We should work towards decreasing the amount of screen time used at home in order to be able to accustom ourselves to less phone time and more time to actually enjoy time with family members and enjoy laughs.