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Family Discourse Community: Distracted By Our Cellphones

The most influential thing is technology but we do not realize the negative effect it has on us because we don't focus on using our cell phones to do something productive instead to entertain others or entertain ourselves and distract ourselves from doing what we're supposed to do like work or homework or anything of that sort. There are a variety of different discourse communities that we as individuals can categorize ourselves into and the discourse I specifically group myself into is spending more time on my cellular device at home than actually paying attention to my family, focusing on school, paying attention to the road while driving or even at work and it need to stop. We need to learn to not be on our phones so much, it consuming all of our time.

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 people 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 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 instance 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 see teens ignore parents, teachers, etc just because they are too 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 I'm 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 than 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". Thus proving we should work towards decreasing the amount of time used at home in order to be able to accustom ourselves and make more time to make memories with family members and enjoy laughs. The way we ignore people because of our phones just come off as the biggest sign of disrespect because it shows we do not value what they are saying, we do not think what they're saying is important enough that we must pay attention.

Cell Phone use has become extremely problematic for everyone. One example is students. Using your cell phone is known to be a distraction and even more of a distraction for students because the focus is no longer on their education. Their priorities change because of the addiction towards their phones and wondering what's going on on social media which brings stress upon the students due to not being able to prioritize school. In the article, *The role of stress and motivation in problematic smartphone use among college students* by Jin-Laing Wang, Hai-Zhen Wang, James Gaskin and Li-Hui Wang states "In terms of the association between stress and problematic new media usage, Jie et al.(2014) reported that stressors stemming from

interpersonal and school-related problems and anxiety symptoms were significantly associated with internet addiction.” In other words, the addiction of internet usage has a great effect on students day to day life. The amount of time spent on cell phones is linked to the stress brought upon students which creates a bigger problem of being mentally unstable or mentally unfit because of the mental problems that it is linked with. As a college student myself, I experience a lot of distractions and my phone honestly prevents me from doing a lot of the things I need to be done. My phone slows me down and often stresses me out because I leave everything for last minute. I rather spend more time on my phone than actually completing school work and getting it over with.

Another example is the being distracted by your phone while driving. Although we already know there is a law that states you must not drive and use your phone people still tend to do it and we need to realize that no matter how “good” of a driver you are, accidents happen. Even taking your eyes off the road for a second could end up taking your life. This is why I continuously keep arguing that we should learn to accustom ourselves to not spending so much time on our phones. We need to know that this addiction towards our cellphones can and will have a negative impact on us because we abuse the usage of our phones. In an article called *Distracted driving study: Cell phone dialing, texting dangerous. Talking? Less so.* I found on CBS news, it was said that with the use of cellphones, risky driving has increased which puts anyone on the streets at risk even people on the side walks. The problem continues to increase as we pay less attention to what needs our attention the most. It’s not only the fact that we are constantly on our phones at home, or the distraction from school work it’s the fact we put

ourselves in danger everyday and other people if we're not considering the law of not using our phones and placing our full attention on the roads.

In addition to the different types of examples, cell phones causes the biggest distraction in the workplace which makes it extremely hard to keep up with customers and perform well.

According to Kaytie Zimmerman, she reported Forbes that "since our cell phones have enabled us to multitask more than we ever did before, it's likely that hearing the buzz of our phone can interrupt our thought process long enough to consider all the tasks we perform on our phones." She also stated how employees themselves have mentioned that their cellphones and texting are the biggest productivity killer. What Zimmerman really is trying to indicate is that our cell phones has not just became something for entertainment but something that does our personal work like banking, and shopping etc so it's hard to face the reality without constantly being on our phones wherever we are at and not feeling this attachment towards it.

Although, I know it seems harmless to always be on your phone because you don't seem to see the bigger issue but same way there are addictions such as drugs and alcohol there's Nomophobia - cell phone addiction. Our cell phone usage affects our life in different aspects and as a society we need to teach ourselves when is the right time to be on our phones and when it is not because there's no reason why a cellular device is distracting us from school, work and driving. There's no reason why something so small has full control over what we do, how we act and etc.

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