

Lizet Medina Pavon

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### **Introduction:**

As we all know, we are currently living in the 21st century. During the years technology has improved significantly. The most common thing nowadays would be the smart phone or the cell phone. According to some statistics, since 2021 about 53.8 million households have smart devices. This is just referring to households, I can't imagine going into schools, work places, etc. People all over the world have some type of device that they use day to day, the most common of course would be the cell phone. Now this might seem like a good way to communicate with each other and stay in touch but the use of cell phones comes with its negative effects. I would like to know "How has the use of cell phones impact us in a negative way?" I would like to educate others on how a cell phone addiction can impact our world in a negative way affecting our everyday lives. I became interested in this topic because as said before this is our day to day life and what most of the world relies on. Especially its effect right after a world pandemic has occurred.

### **Source Entries:**

#### Citation #1:

Allred, Ryan J., and David Atkin. "Cell Phone Addiction, Anxiety, and Willingness to Communicate in Face-to-Face Encounters." *Communication Reports* (Pullman, Wash.), vol. 33, no. 3, 2020, pp. 95–106, <https://doi.org/10.1080/08934215.2020.1780456>.

#### Summary:

This source talks about cell phone addiction and how it has made people dislike face to face conversations. It is a study that showed how people could not maintain a relationship with others. The study showed how teens and young adults were not feeling comfortable with talking to people in person due to the fact that they have been accustomed to talking to others online via a phone. The article summed up the reasons as to why a cell phone addiction had led to anxiety and other issues that have impacted us negatively. Many of the reports were repetitive on the idea that people are used to being on a phone most of the time, that an in person interaction made many uncomfortable.

Reflection:

I definitely agree with this source because I have experienced it myself. I see this in everyday life, whether it'd be at school, outside, in a workplace etc, there is always a group of people on their cell phones. I myself tend to like conversations online more than in person. Especially after the pandemic, people are more connected to their phones. When I'm outside I always see everyone on their cell phone and no one really interacts with one another. I have other friends who also prefer just to talk on a video call than to meet up somewhere and talk. The use of the cell phone has brought many changes that can ultimately in this case be seen as negative. The addiction to the cell phone has made us have less and less face to face interactions. It has also brought other issues like anxiety which can be very bad for our health leading to point out my concern of the cell phone impacting us negatively.

Quotation:

“Similarly, because cell phone addiction is likely to lead to heightened anxiety, which in turn may reduce willingness to communicate, anxiety may be one mediating path through which phone addiction influences willingness to communicate”

Citation #2:

Zhan, Zehui, et al. “Cellphone Addiction During the Covid-19 Outbreak: How Online Social Anxiety and Cyber Danger Belief Mediate the Influence of Personality.” *Computers in Human Behavior*, vol. 121, 2021, pp. 106790–106790, <https://doi.org/10.1016/j.chb.2021.106790>.

Summary:

This article talks about how the pandemic COVID-19 has increased an individual's reliance on smartphones. When reading this article we can see the different types of research made from addiction to a smartphone to how it has affected us socially, personality wise and much more. It also talks about how the pandemic could have caused a huge social isolation issue that has been carried on from then. This report has been conducted in China but it is said to have a correlation to other parts of the world as well. This report also touches upon the issues of cyberbullying and the dangers of having a cell addiction.

Reflection:

While reading the article I realized how much we rely on our smartphones. During the pandemic, social isolation was a major issue that has brought negative effects on us. We can now see how the addiction to our smartphones has caused us “social anxiety” and not being able to maintain a relationship outside of our technology world. I would definitely agree with this because we can all also see how after the pandemic technology was taking over in schools, workplace, etc. We now rely heavily on this technology but it is bringing us many negative

effects. After the pandemic a social isolation was brought and from what I have seen has been staying with a lot of people.

Quotation:

“Previous researchers have identified problematic patterns and behaviors of smartphone use, and there has been in-depth research on the variety of harms caused by CPA, such as family conflict, decrease in sleep quality, and academic performance.”

Citation #3:

TEDtalksDirector, director. *YouTube*, YouTube, 1 Aug. 2017, [www.youtube.com/watch?v=0K5OO2ybueM](http://www.youtube.com/watch?v=0K5OO2ybueM).

Summary:

This Ted Talk is mostly about how our screens are making us less and less happy. Psychologist Adam Alter has been spending about five years studying how much screen time has taken away reality for us. He talks about how spending time on our cell phones or any device can make us miserable. He also talks about other issues that our screens have caused us. Overall showing us the negative effects of screens.

Reflection:

Looking at this Ted Talk, I can most certainly agree with it. Screens have taken so much time away from us and reality. We no longer have face to face conversations all the time. We all are usually glued to our phones and other devices that we don't see the effects that it is causing us. Like I said before I have experienced this with my family members and friends. I myself do these things because it is seen as a “normal” thing to do. When in reality all we are doing is harming ourselves.

Conclusion:

For my research, I wanted to focus on the negative effects that smartphone/cellphone use has caused us. I did some research based on social interactions as well as other issues. What I learned from this research is that although technology has helped us communicate and stay in touch day and day, it has also impacted the way we live. More people have access to a phone and therefore more and more people gain an addiction to it. We can even see how young children are being taught through a mobile device. The time we are spending on our phones and other devices can be as much as a daily job of eight hours or more. It has taken away our social interactions and brought other issues like anxiety and cyberbullying as well. What surprised me the most is that although people know this is happening, not much takes into consideration what we can do to prevent more damage from occurring. I have learned that using our smart phones or devices can be helpful in some situations, it's better to have a time limit and not exceed our use of it. The

audience that I would like to target are teenagers, young adults, and even young children. Our generations are relying heavily on these devices to the point where it can damage us. There needs to be a change in this and I believe that it needs to start now.