

# How technology can affect us?

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ENG 101

# Hook and thesis

Can you imagine living without a phone, computers, tablets and internet connections?

For many years we have had access to technology, but over time different types of devices have been created. Which one of the main ones is the telephone and the tablets, has created an attachment for us humans. It creates a distraction for us that can greatly affect us economically, personally, physically and lastly mentally.

# Background

This topic is very common because it is something that we live with day and day, but we have never asked the question of what it would be like if we can live without technology. We are at a stage where we use everything with the phone, for example: using Google Maps, ordering food, talking to our loved one who is far away, doing any type of shopping, etc. There is no answer to this question, because there can be multiple answers. I think it would be very difficult these days to live without technology, I think the world works with technology apart from energy of course.

# Intentions and Methodology

The first thing I did was to look for my question "How technology can affect us?" I used BMCC library and Opposing Viewpoint, I made a mistake using the wrong word. I put "tecnology" and its "technology", which did not come up with a source to do my research. I felt confused because no article appeared so I had to contact my professor who helped me and corrected the mistake I was making. Then I proceeded to look for the sources that appear to me, but many of them did not match my question, and I looked for an article and read it, but it was very long and I had to spend a lot of time on it. This project has brought me a lot of doubt since my question has many answers, and the purpose is to investigate to find the answer that suits me.

# Research Source 1 Analysis

In, “Connected but Alone,” by Sherry Turkle explain how technology change us and take us away from having a real conversation, or feeling connected to other people. In the video, Sherry Turkle says “Over the past 15 years, I've studied technologies of mobile communication and I've interviewed hundreds and hundreds of people, young and old, about their plugged in lives. And what I've found is that our little devices, those little devices in our pockets, are so psychologically powerful that they don't only change what we do, they change who we are” (Sherry). According to Sherry has interviewed many people, it shows that we human beings cannot live without technology. Also she claims about how powerful is having a devices can controls us, physically and mentally. In the sense that it changes our environment, for example: Being on a phone all the time and not paying attention to your friends, family or a person who visits you who has not seen you for a long time and that you are alone on the phone without pay attention to it.

# Research Source 2 Analysis

The article says, “In relation to children's experiences of tablet use in the home, the analysis revealed three key themes: 1) A battle of boundaries; 2) A tool to escape the surrounding world; and, 3) An emerging dependency on tablet technology. These themes and any subthemes are described below” This evidence show us how children are so attached to technology, but there are some reports that say that there are reasons why we use technology. One of then is escape from reality escaping from the reality of the world and not only do children use technology to escape from reality, adults also need something to distract us from our problems. Also, that is why we are more attached to technology, because we take refuge in them.

# Research Source 3 Analysis

According to this article, you reveal that we have several reasons why we should turn off our devices. Being glued to technology all the time has its consequences, we can lose our loved ones or imagine that we use the phones while driving, or that we are not passing our class because we spend a lot of time on the devices. Carlton says “Memories are being created around them, yet they remain oblivious. Adventure is out there - you just have to leave your phone behind in order to embark on it” (Carlton). As much as we are on our phones, we forget that there is a lot to do. Live, experience, and know the world. We can travel and make memories and not be stuck on a phone, technology has the power to distract us that we end up forgetting ourselves.

# Summary and Conclusion

After my research and reading and reading more about how technology can affect us, something that served as an apprenticeship for me and that is that every minute we dedicate to networks, the use of telephone or other devices is asking for many hours of our life. Which we should be with the family or doing something productive, although today we do not see them that way, they can harm us. Did you know that if we spend too much time in front of a screen it can damage our eyesight? I am a victim of that, I have been using computers since I was 10 years old, until my mother had to take us to an eye doctor. Today I am 23 years old and in order to see well I have to have eye surgery. And if technology can harm us a lot, we just have to spend less time on it and use it when necessary.



# Self-Reflection

When I started the project, I always knew that I was going to do research on the questions we chose that had to do with technology. This is one of the topics that I like the most, I love technology. The first thing that came to mind is that we have to read a lot and find the article that best suits me. I don't have experience doing research on paper, but this has been a somewhat difficult experience because I didn't know what was right or wrong. I had doubts about the articles I chose, I felt that I was not in agreement with the question. When my professor gave the instructions I thought it was easy but in the end when I started the project it took me a lot of time to do it and do a lot of research.

The question that caught my attention the most is how technology affects us. Because it is something we experience day and day. We have never asked ourselves if using so many devices can affect us. My thoughts were to talk about how it affects us and talk a little more about what we know. It will feel good to learn more deeply about my question.

My experience using BMCC Library was more difficult than the Opposing Viewpoints database because BMCC Library is all about searching by subject and doesn't give you the option to use the search bar. BMCC Library has themes, it gives you the option if you want articles, news, and others. A source that can relate to my question is "I cannot live without my [tablet]": Children's experiences of using tablet technology within the home by Lee Hadlington', Hannah White', Sarah Curtis. An article that deals with how children are attached to their tablets was very easy to understand because of the analytical examples they gave.

Using MLA has been easy for me since our teacher has shown us how to use it correctly. It is extremely important to put the MLA correctly because it is the way to search for the article. Using MLA has been easy for me since our teacher has shown us how to use it correctly. It is extremely important to put the MLA correctly because it is the way to search for the article. We can also declare the source so you don't think it is plagiarism.

In conclusion, this project has been a great learning experience. I spent a week looking for a source that would answer my question. In part I enjoyed it because it has been a challenge for me, in searching for the source. One piece of advice I would give to any student is to dedicate a lot of time, research carefully, and read a lot.

# List of Works Cited

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