# CONNECTED AND DISCONNECTED

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# HOW ARE WE USING TECHNOLOGY IN OUR EVERYDAY LIVES?

There are a plethora of ways that we, as a society, use technology to be able to get through our day. So much so, that it might be difficult to imagine your day without it.

Technology has the potential to make us more connected than ever but only at the expense of in-person social interaction.

Too much of anything isn't good for you.

In our modern-day world, we are able to connect with people on the other side of the world and learn about other cultures in a way that we couldn't before. However, some people focus their lives on what they see on a screen rather than the life that they have right in front of them. The value of in-person social interaction is getting lower and lower. The benefits, new information, and new forms of communication should be an add-on to the life we already live, not a replacement.

Technology should be used as an additional outlet of communication.
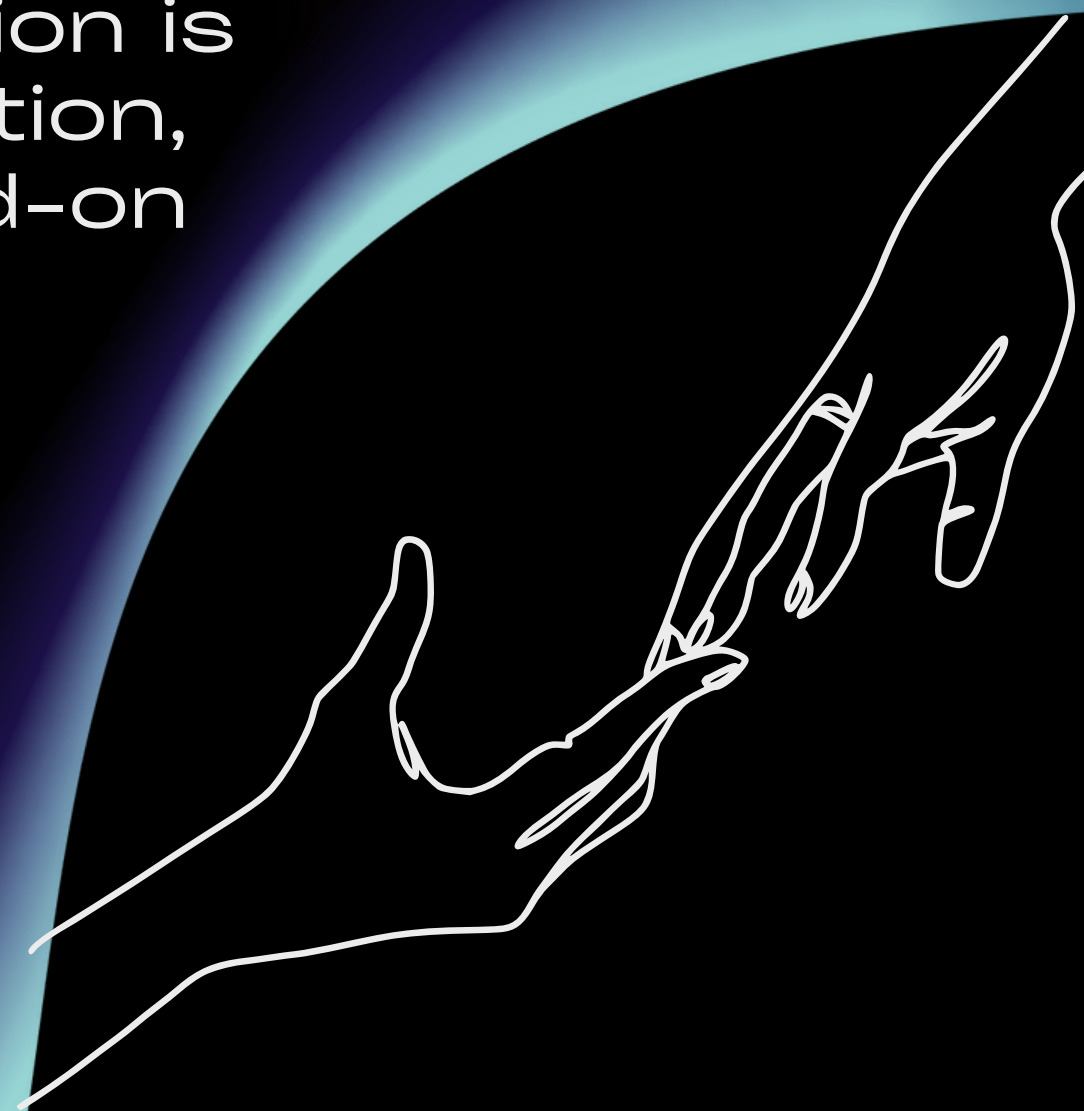
I hope to remind others and myself of the life that we have in front of us. It's easy to get wrapped up in the screens but nothing is like spending time face to face.
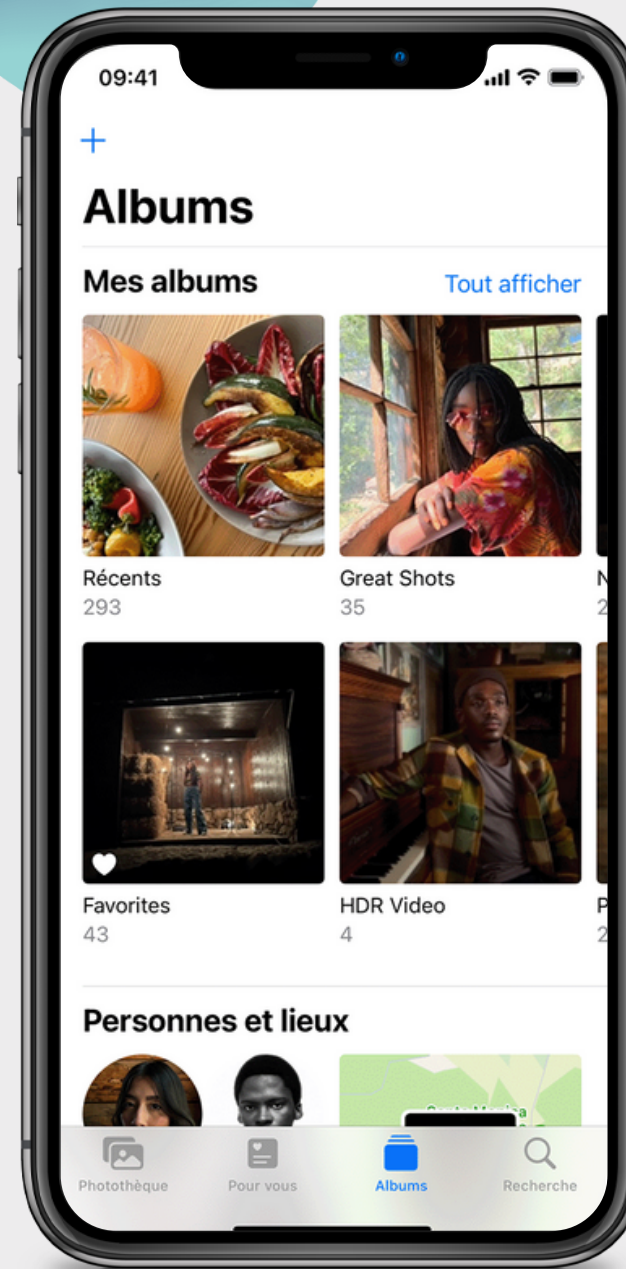
A quick text is not a conversation.

As we rely more on technology for communication we are losing important interaction.

Loneliness even with so many forms of communication.

Human interaction has been cut so short. There may be more quantity but less quality.

Attempting to find a source on the bmcc library is a little harder to navigate if you aren't used to it, it took me some time but I ended up with a source I was happy with. This article was very informative and wasn't even something I thought I'd be interested in for my research.

In the article **How do depression, duration of internet use and social connection in adolescence influence each other over time? An extension of the RI-CLPM including contextual factors** the authors state "the richness of online communication may augment the number and frequency of possibilities for young people to interact and disclose personal facts and information, which, in turn, augments well-being" (Marciano, Schulz, P. J., & Camerini).  This article was lengthy but provided important insight into the influence of the internet on adolescents from different points of view.
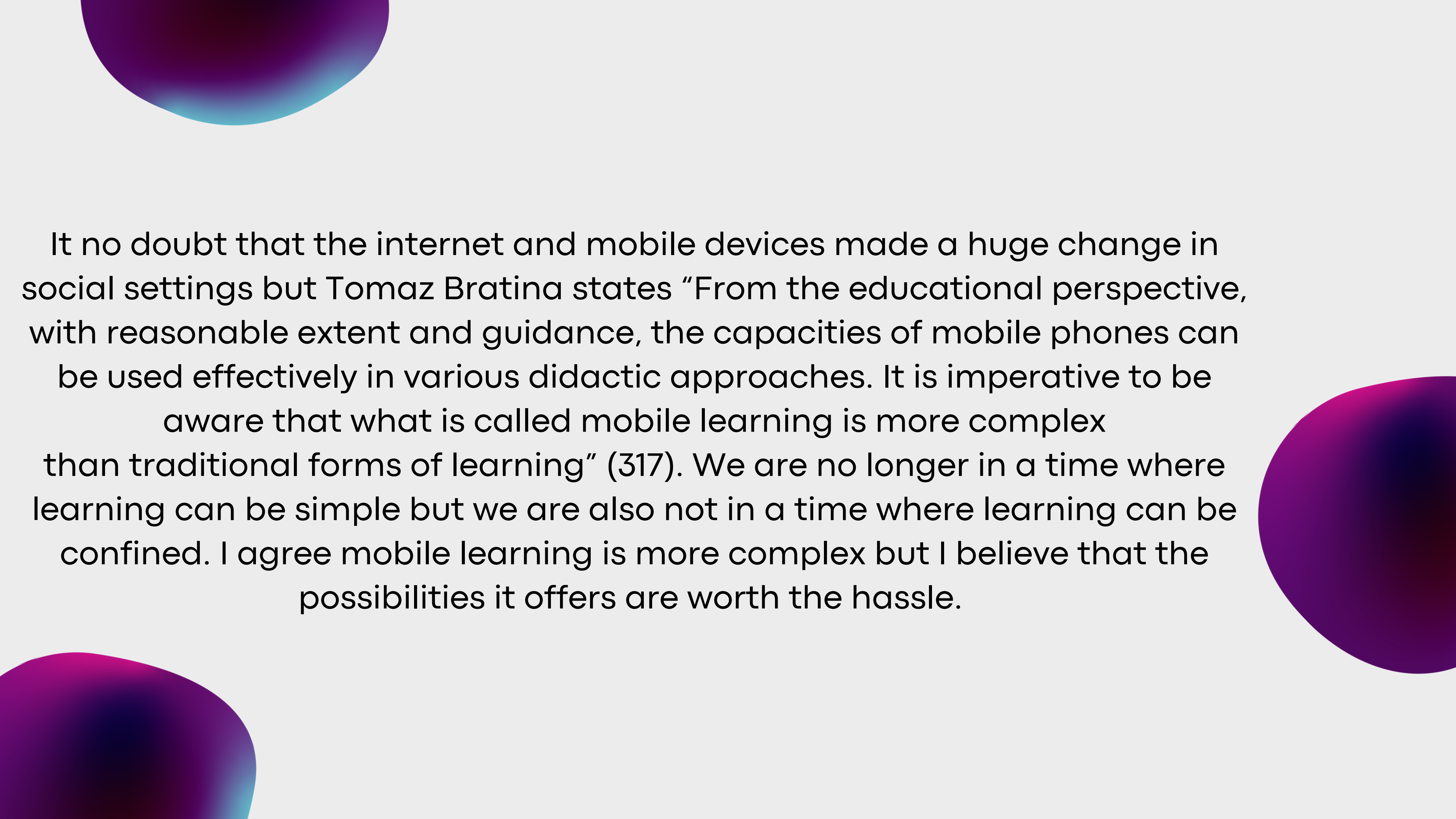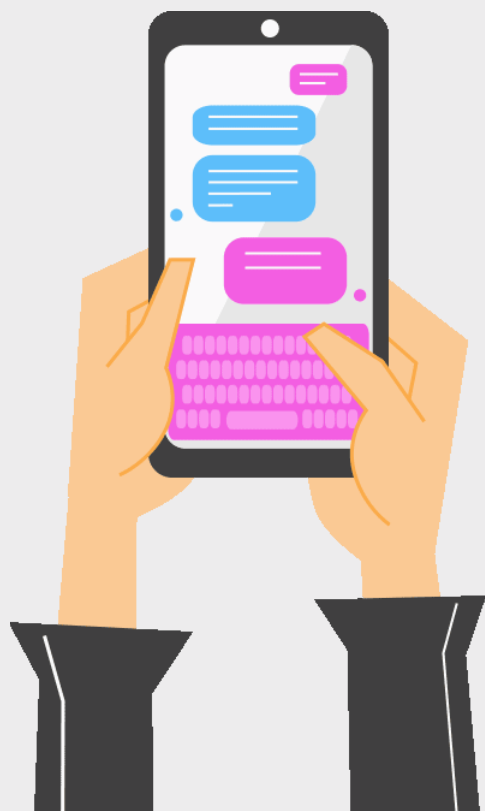
Another source I found from the BMCC Library is MOBILE PHONES AND SOCIAL BEHAVIOR AMONG MILLENNIALS – FUTURE TEACHERS. I found it useful because it shows real-life changes in how society functions vs. how it used to. I found plenty of results but it was hard to find an article that directly applied to what I was looking for.
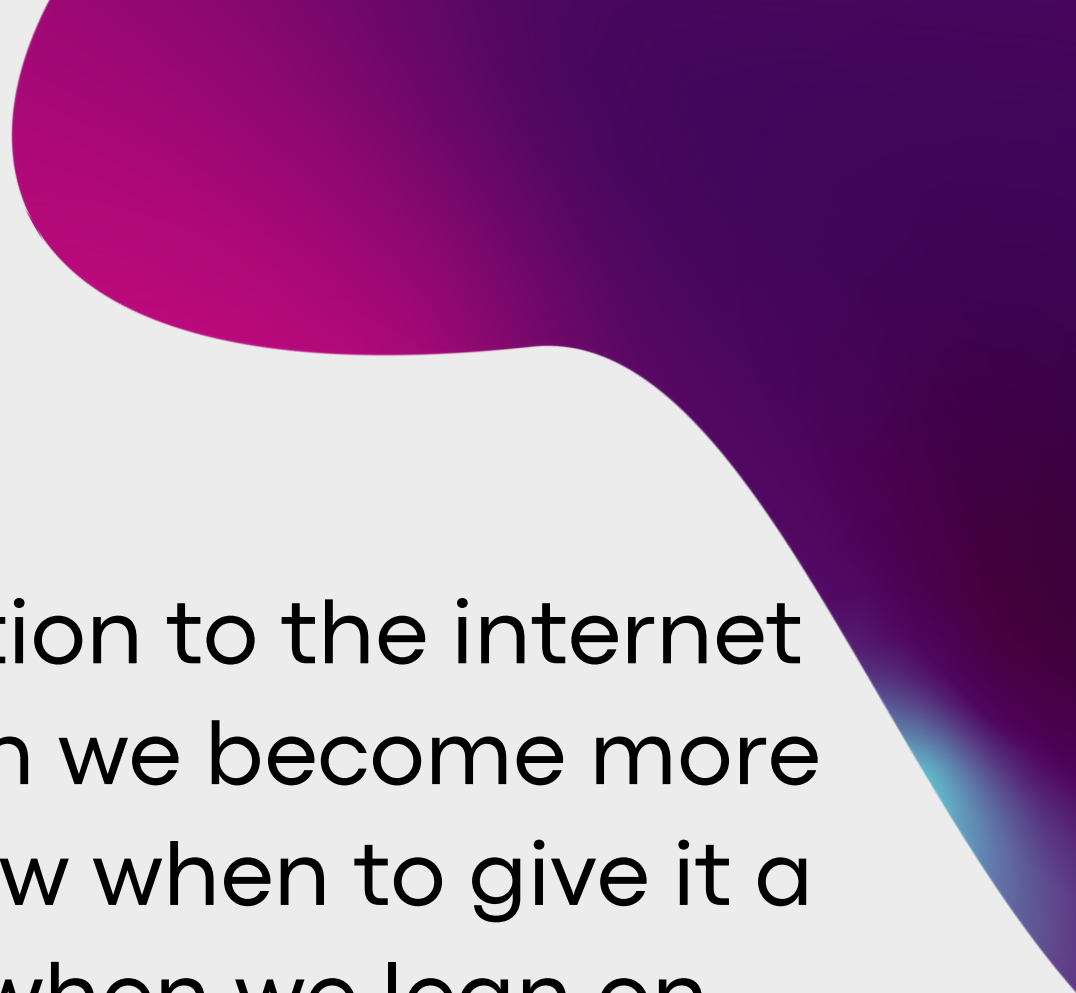
It no doubt that the internet and mobile devices made a huge change in social settings but Tomaz Bratina states "From the educational perspective, with reasonable extent and guidance, the capacities of mobile phones can be used effectively in various didactic approaches. It is imperative to be aware that what is called mobile learning is more complex than traditional forms of learning" (317). We are no longer in a time where learning can be simple but we are also not in a time where learning can be confined. I agree mobile learning is more complex but I believe that the possibilities it offers are worth the hassle.

The reason I chose How Has Technology Affected Social Interaction? by Jake Burgess is because it took more of a relatable approach compared to the sources that I found in the BMCC library. It mentions ways that we use technology in a more obvious way in our day-to-day lives. Burgess states "Whether we see it in a positive or negative light, or even a mixture of the two, the truth of the matter is that technology has had a huge impact on the way we communicate with each other". This article aligned perfectly with the view point I had on the research question.

From my research, I have discovered that the introduction to the internet seemed to be the hardest hit to society. As time goes on we become more innovative or even "bored" with technology that we know when to give it a break. We also know when to give ourselves a break when we lean on technology because we know that it's purpose. It is up to us to use technology in a way that benefits us because it isn't going anywhere, anytime soon.

THANK YOU!

# WORKS CITED

Bratina, Tomaž. "Mobile Phones and Social Behaviour among Millennials: Future Teachers." Revija Za Elementarno I zobraževanje, vol. 12, no. 4, 2019, pp. 315–30, https://doi.org/10.18690/rei.12.4.315-330.2019.

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Marciano, Schulz, P. J., & Camerini, A.-L. (2022). How do depression, duration of internet use and social connection in adolescence influence each other over time? An extension of the RI-CLPM including contextual factors. Computers in Human Behavior, 136, 107390–. https://doi.org/10.1016/j.chb.2022.107390