

PBSC Student Name

Professor John Daily

ENGL 203

Day Month Year

**Research Paper Outline**  
**The Advances in Technology; For Better Or Worse?**

**Intro**

The stereotype of an “i-pad kid” is largely represented in today's youth. The use of technology is by far overconsumed within all generations; however, this poses detrimental negative effects on the developing brain. With the growing use of technology both in and out of the classroom, younger people are developing an addiction to screens. It’s important to limit screen time for physical, social and mental health.

Thesis; The excessive use of technology could perhaps be one of the worst advances that has happened to the development of youth.

**Develop Your Argument**

- A. Claim 1; Technology negatively impacts younger people's social skills. a. Evidence 1a; According to Sharon Linde, who has a masters in education, claims, “spending an extended amount of time in front of a screen prevents children from spending time in front of another person. This limits their practice in social development.”
- b. Evidence 2a; Younger people often find it easier to develop “fake friends” online. These friends could be across the world, where they feel more comfortable confiding in as opposed to their classmates. An article written by Kate Dailey titled “Social Networking Can Cultivate True Friendships,” agrees with this claim when stating, “Online friendships can also remove some of the awkwardness of in-person interactions.”
- c. Evidence 3a; Children are not developing communication skills sufficiently due to the high usage of technology, and lack of face to face interaction (e.g. facial expression, body language, confidence in interacting in person).
- d. Evidence 4a; Younger generations use email and text messaging to avoid in person communication. According to an article written by Daniield Steingold, who has a degree in journalism, claims, “7 in 10 millennials and the younger Gen Z prefer to communicate digitally- mostly by text message- than in person.”
- B. Claim 2; Technology impacts the physical health of a young person negatively.

- a. Evidence 1b; According to the “Gale Encyclopedia of Children's Health,” written by Amy Hackney Blackwell, Ph. D, “In the United States, only 20% of high school students and 25% of adults engage in recommended levels of physical activity. The problem is worldwide. The World Health Organization (WHO) has found that, globally, 23% of adults and 81% of adolescents fail to meet physical activity targets.”
  - b. Evidence 2b; Children would rather play video games or watch television than go out and play with their friends.
  - c. Evidence 3b; It is easy to over consume calories when watching television, thus snacking is overdone. According to Matthew Cooper M.D., “Advances in technology over the past century have directly contributed to the growing worldwide obesity epidemic.”
  - d. Evidence 4b; Blue light emitted from screens is linked to poor sleep habits. Physician and sleep researcher, Charles Czeisler states, “In the past 50 years, there has been a decline in average sleep duration and quality,” leading with, “Since more people are choosing electronic devices for reading, communication and entertainment, particularly children and adolescents who already experience significant sleep loss, epidemiological research evaluating the long-term consequences of these devices on health and safety is urgently needed.”
- C. Claim 3; Technology negatively impacts family interaction time.
- a. Evidence 1c; Since younger generations are developing an addiction to technology, parents often punish their children by taking away their technology. Children lash out and develop bad behavior from this. An article from Human Kinetics agrees with this claim by concluding that television is a reason why children lash out more today than past generations.
  - b. Evidence 2c; Children are often distracted by their phones at the dinner table, thus lacking interaction with their loved ones.
  - c. Evidence 3c; Children often isolate themselves in their room with their technology, and avoid family interaction. According to Pew Research Center, “a large, unexpected social change was responsible for this trend and suggested it might be the rising popularity of new communication and information technologies such as the internet and mobile phones.”
  - d. Evidence 4c; Younger people would often prefer to have their parents text them when they need to converse as opposed to going into their room to have a conversation.
- D. Claim 4; Technology makes youth less creative.
- a. Evidence 1d; In the book “Brave New World,” by Aldous Huxley, claims, “a future in which humans sated a constant desire for distraction through technology.” This could be correlated to technology being a distraction for

creating new things and using the imagination.

Last Name 3

- b. Evidence 2d; According to Shama Hyder, in her article “How Digital Distraction is Killing Creativity and What to Do About It,” claims, “When we become digitally distracted, our creativity- one of the most essential human traits, not to mention one of our most valuable skills as creative things- is diminished or lost altogether.”
- c. Evidence 3d; In the article written by Shahram Hershmat Ph.D, “5 Benefits of Boredom” states, “In one study, people were made to do boring tasks (e.g., reading reports or attending tedious meetings). The boring tasks encouraged their minds to wander, which led to creative ways of thinking. The study showed that with mundane activities we discover useful ideas. In the absence of external stimulation, we use imagination and think in different ways.”

### **Refuting Opponents’ Arguments**

- A. Opposing view 1; Technology is one of the best advances made for the development of youth.
  - a. Refutation 1; According to Professor Kevin C. Costley, Ph. D, from Arkansas Tech University, “technology causes students to be more engaged; thus, students often retain more information.”
  - b. Refutation 2; Many people would argue that the growing use of technology is one of the best advances amongst youth because it allows for faster research, a form of stress relieving, and faster communication.

### **Conclusion**

- A. Restate the Importance of the Issue;

Technology could perhaps be one of the worst advances made for the youth. In a variety of ways, it decreases real world stimulation. Thus, younger generations develop less adequate communication skills, suffer from poor physical and mental health, as well as relationships amongst loved ones suffer.

- B. Share with what you discovered changed your view? Keep it the same? The evidence in this paper shows that technology has many negative effects on the development of youth. After vigorous research, I stand with my previous accusation that technology is by far overconsumed and overall one of the worst advances made for today's youth.

- C. How can readers benefit from what you shared- do your findings create any shifts or impact on the topic?

The population of America can benefit from the findings within this research paper because it shows sufficient evidence of the negative impacts technology has amongst youth that may not be apparent to the naked eye. With this information, people can take action by being vigilant about limiting the amount of screen time consumed within a given day. As there are many benefits, the cons outweigh them immensely. D. Call to action;

People of America, especially youth, should give their best attempt to limit the amount of use of technology and be attentive to how much technology impacts their mental, physical, and emotional health. The younger generation should also be encouraged to find activities to counteract the excessive use of technology such as playing outside as opposed to playing video games.