

The Impact of Technological Exposure on Young Students

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Project Part One: Collection of Sources

The purpose of my research is to further my understanding of the negative impact that technology has on young students. Young students are heavily exposed to technology in their academic and personal lives, and I want to uncover its effects. My finalized research question is: How has exposure to technology negatively impacted young students?

A potential answer to my research question, based on my research, is that the boom of technology has negatively affected young children. Technology usage can cause a low attention span, depression, obesity, failing grades, and an increase in bullying. To address how students and children are negatively affected by technological exposure, parents may want to consider educating their children on the consequences of technological exposure, informing them that there are repercussions for their words and actions, and being mindful of what their children may be exposed to because their children may be at grave risk of experiencing a decline in not only their grades, but their overall mental wellbeing, and are at a greater risk of internet addiction.

In my essay, I will use sources from journals and websites dedicated to education, behavior, and technology. In *A double-edged sword? exploring the impact of students' academic usage of mobile devices on technostress and academic performance*, the article seems biased as it only focuses on the negative. In contrast, *Impact of Technology on Kids Today and Tomorrow* and *Parents' and students' attitudes toward tablet integration in schools* offers the negative and positive effects of technology on young students.

My research's diverse perspectives will help me see multiple perspectives on this topic. Instead of choosing sources that solely focus on the negative effects of technology on young students, I feel inclined to use sources that offer positive effects of technology on young students.

Sources

Cherry, K., & Gans, S. (2023, November 16). The Pros and cons of online therapy. Verywell Mind. <https://www.verywellmind.com/advantages-and-disadvantages-of-online-therapy-2795225>

This article on a website dedicated to prioritizing mental health and wellness informs readers of the pros and cons of online therapy. This article is credible because it was published by Kendra Cherry, MS, a psychosocial rehabilitation specialist, and was medically reviewed by Steven Gans, MD, who is board-certified in psychiatry. This article is relevant to my research question as it is related to my key point that depression is an issue that is correlated with expanded media use, and while others may argue that technology can be used to seek mental help like E-therapy, we also know that technological exposure can lead to children being more likely to have poor mental health and E-therapy may not be the most effective.

Ivanova , V., & Dhingra, H. (2024, May 28). *Internet addiction in children: Definition, causes, symptoms, and prevention*. The Diamond Rehab Thailand. <https://diamondrehabthailand.com/internet-addiction-in-children/>

This article on a website for a luxury in-patient rehab facility emphasizes the definition of internet addiction, its causes, its symptoms, and how to prevent it in children. This article is credible as it was published by Vladimira Ivanova, a psychologist, and was medically reviewed by Dr. Harshi Dhingra, a licensed medical doctor with a specialization in Pathology. This article is relevant to my research as it relates to my key points.

Qi, C. (2019). A double-edged sword? exploring the impact of students' academic usage of mobile devices on technostress and academic performance. *Behaviour &*

Information Technology, 38(12), 1337–1354.

<https://doi.org/10.1080/0144929x.2019.1585476>

This article in the *Behaviour & Information Technology* journal informs readers of how technology impacts students. It emphasizes what technostress is, which is the negative relationship between people and technology. Technostress causes damage to students' productivity and academic performance. This article is credible because it was published by Behavior & Information Technology, a journal that focuses on human aspects of the digital world. This article is relevant to my research question as it is related to how technology impacts young students.

WGU. (2020, August 25). Impact of technology on kids today and tomorrow. Western Governors University. <https://www.wgu.edu/blog/impact-technology-kids-today-tomorrow1910.html>

This article on the Western Governors University website highlights the negative as well as positive effect technology has on students. This article is credible as it derives from a respected University's website and provides links to its sources. This article is relevant to my research question as it is related to how technology impacts young students by listing the positive and negative effects of technology on the students.

Zhu, S., Yang, H. H., MacLeod, J., Shi, Y., & Wu, D. (2018). Parents' and students' attitudes toward tablet integration in schools. *The International Review of Research in Open and Distributed Learning*, 19(4). <https://doi.org/10.19173/irrodl.v19i4.2970>

This article in *The International Review of Research in Open and Distributed Learning* journal emphasizes the opinions of parents and students regarding technology's effect on students. It provides results from a survey done to determine how parents and students feel about technology. This article is credible as it comes from a journal dedicated to education. This article

is related to the research question as it provides information and survey results of how the parents and students feel about technology.

Project Part Two: Persuasive Essay with Research

Recently, the topic of the impact that technology has on young students has forced us to consider some puzzling questions, including the negative consequences of exposing young students to technology. Historically, the answers to these questions were simpler because The World Wide Web and mobile phones were not invented until the 1990s. However, since the boom of mobile technology, we have seen how students and children are negatively affected by technological exposure which has forced scholars to grapple with identifying the consequences and attempting to find a solution regarding how students are affected. Technology usage can cause a low attention span, depression, obesity, failing grades, and an increase in bullying in young students. To address how students and children are negatively affected by technological exposure, parents may want to consider educating their children on the consequences of technological exposure, informing them that there are repercussions for their words and actions, and being mindful of what their children may be exposed to because their children may be at grave risk of experiencing a decline in not only their grades, but their overall mental wellbeing, and are at a greater risk of internet addiction.

One way parents can alleviate their children's grade decline regarding technology is by limiting their children's access to it during the time they need to be learning. Technology causes a low attention span and distractions for young students and is a hindrance when they are attempting to learn. According to Western Governors University, we must consider setting appropriate boundaries including screen time limits if we wish to limit young student's distractions (WGU, 2019). They also state, "Research shows that the average 8- to 10-year-old spends almost 8 hours a day with a variety of media, and older children and teenagers spend around 11 hours per day with media. That time adds up, and young people are spending more

time with technology than they do in school.” While others may argue that using technology can help students learn, we also know how distracting technology can be and if given the opportunity, students may opt to scroll online than complete an assignment that is due. It is difficult to focus on writing a paper on the history of television when you keep getting a notification that Tini has posted another video on TikTok. If we hope to help students prevail over the negative consequences of technological exposure, parents may want to consider limiting their children’s access to it during the time they need to be learning.

Depression is an issue that is correlated with extended media use. According to Cong Qi, “...mobile technology usage (technostress) is defined as the “negative impact on attitudes, thoughts, behaviors, or body physiology that is caused either directly or indirectly by technology.”” One way in which parents may alleviate their children’s mental decline is to limit their time spent on their devices and social media. In an article published by Association for Psychological Science, Jean M. Twenge et. al (2017) emphasizes that parents must consider stricter screen time regulations if they wish to alleviate their child’s mental decline (pg. 13-15). While others may argue that technology can be used to seek mental help like E-therapy, we also know that technological exposure can lead to children being more likely to have poor mental health and E-therapy may not be the most effective “when it comes to people that require close and direct treatment or in-person intervention” (Cherry, 2023). If we hope to help students overcome the negative consequences of technological exposure, a solution to help might be for parents to implement stricter screen time guidelines for their children.

According to Vladimira Ivanova and Dr. Harshi Dhingra (2024), it is imperative that we consider monitoring internet usage. Monitoring internet usage “is crucial in identifying warning signs of addiction and understanding the specific online behaviors that contribute to it” if we

wish to help decrease the risk of addiction (para. 110). Parents may alleviate their children's risk of internet addiction by being mindful of the content their children are exposed to and limiting their access to their devices. If their children do exhibit signs of internet addiction, they should seek help for them, such as counseling. While some may argue that limiting their children's access to their devices may feel like depriving them of their freedom and cause other issues such as withdrawals; we also know that limiting their access to technology will help decrease their risk of being addicted to it as well as protect their mental well-being. If we hope to help students overcome the negative consequences of technological exposure, parents may want to be mindful of their children's exposure to technology. If their children do exhibit signs of internet addiction, they should seek help for them, such as counseling.

In conclusion, to remedy the negative effect that technology has on young students, parents may want to consider educating their children on the consequences of technological exposure, informing them of the outcome of their words and actions, becoming mindful of what their children may be exposed to because their children may be at grave risk of experiencing a decline in their grades and mental wellbeing, and are at a greater risk of internet addiction. If parents do not act now, they risk their children having a decreased attention span, obesity, internet addiction, or worse—depression, which could lead to suicide. Taking a stand by limiting your child's technological exposure could save their life.

References

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