**The Rise of Technology Has Negatively Impacted Society**

**Argument 1 – Mental Health**

**Argument 2 – Students**

**Argument 3 – Physical Health**

 *Introduction - Jasmine & Dennis*

 We strongly agree that the rise of technology has negatively impacted society. Technology has caused powerful social disconnect between everyone, from young children to the elderly. The mental state of the general person has been riddled with anxiety and symptoms of ADHD, all with significant proof, connected to technology and the applications around it. Technology hugely invades our private life and impacts our health.

**Argument 1:**

Barfin

 Among young teens technology has often led to certain causes of certain mental illnesses such as anxiety and depression from seeing others live their lives on Social Media. According to a report by the Royal Society for Public Health, Instagram was ranked the worst app for young people’s mental health, followed by Snapchat and this ranged for the age group of 14 – 24 years of age.

Those who had spent more time on social media had 2.2 times the risk of reporting eating and body image concerns, especially teen girls from seeing all these influencers that are promoting these body types that are physically not capable naturally. Anxiety.org notes that because social media itself is so addictive and a study was done showing how it is more addictive than cigarettes, People with anxiety may feel like they need to perfect themselves or compare themselves with their followers.

Jasmine

Seeing friends constantly on holiday or enjoying nights out can make young people feel like they are missing out while others enjoy their life. This effect is called FOMO, meaning the fear of missing out. These emotions can promote a ‘compare and despair’ attitude in young people. It may affect one's self-esteem seeing others “live a better life” or “experience better things", though everything posted on social media does not tell the whole story. Individuals may view heavily photo-shopped, edited or staged photographs and videos and compare them to their seemingly mundane lives. These images are unrealistic to look up to. The University of Pittsburgh School of Medicine showed that the more time young adults spent on social media, the more likely they were to have problems sleeping and reports of symptoms of depression from isolating themselves.

Stephanie

Following up, from social media having the purpose to connect and interact with others there has been the online world of bullying and harassment. The Harford County Examiner reported similarly concerning cyber bullying statistics. Around half of teens have been the victims of cyber bullying. Yet only 1 in 10 teens tells a parent or guardian if they have been a victim of cyber bullying. Fewer than 1 in 5 cyber bullying incidents are reported to law enforcement and 1 in 10 adolescents or teens have had embarrassing or damaging pictures taken of themselves without their permission, often using cell phone cameras.

Also, a real-life story that affected someone living in our community was Amanda Michelle Todd, she was only 15 when she was bullied and harassed by her classmates. Her personal photos had been leaked and exploited which lead to being made fun of by her whole school. By misusing social media and falling into the hands of an exploiter, her consequence for this was having her photos leaked. Due to all the harassment, she has been suffering from, she ended up committing suicide on October 10, 2012.

Martin

In 2012, the Chinese Academy of Sciences determined that the brain chemicals of people who routinely used the Internet had abnormal connections between the nerve fibres in their brain. These abnormal connections show extreme similarities to those with alcohol addictions, which hinder proper communication and basic, daily comprehension.

Ailin

Less face to face activities are involved when you are spending too much time on screens and this often means that there are less in-person conversations created. With this more conversations are happening over texts leading to less interactions. Couples see their partner as "less empathetic to their concerns." If social interaction is limited by the use of technology. 60% of people can't go an hour without checking their phone.

**Argument 2:**

Tehya

Technology as also negatively impacted students. While on your phone, students have too much independence while working and often lose valuable homework time. Often young adults such as teenagers are being addicted to their phones where they are losing homework time and not being able to fully focus. If kids are constantly on their phones at school, then they are more likely to do the same thing at home. If they’re distracted throughout the day and not doing work in school, homework is less likely to get done at home. With this, grades are constantly dropping because of students not doing schoolwork, but even more because of homework. If phones are not allowed in school, students may at least be able to get their work done in school and could reduce homework.

Baran

Scientists are continuing to warn parents about the dangers of kids spending so much time in front of a screen. For kids to spend about six hours per day in front of a screen is normal. Though many teens spend about 6 hours on their phone when they get home and additional hours when at school. One way to ensure that students’ eyes and minds receive a much-needed break from staring at a screen is to minimize the amount that occurs at school. That starts with keeping phones from entering the classroom.

Percy

A study has been done on a group of 50 college students completed a set of tasks in their statistics class, first with their cell phones on their desk and then with their phones hidden. The students who couldn't see their cell phones performed better all around. An average of 21 questions were answered correctly when they could see their phones, where with when their cell phones hidden, they answered 26 correct.

 Go....

Dennis

 University of Southern Maine psychologist Bill Thornton, cell phones remind people of the socializing and connectivity that lies at their fingertips. This creates the idea and detracts attention from what you're doing. It also found that the mere presence of a cell phone detracts from our ability to connect with other people, especially in meaningful or romantic ways.

Noah

When you are distracted, Studies have found that mind-wandering can be cause more harm to happiness

Using technology has allowed for students to become more reliant and not able to critically think anymore. Cheating has been the option for many students during homework and tests Often during tests teens have decided to use their phones to cheat. 35 percent of students have admitted to cheating by using their phones- not including the ones who didn't admit. Also, by googling any question you can easily find any answer rather than gathering your sources to come up with a logical and evidence-based answer.

**Argument 3 – Physical Health**

Aiden

Researchers have found people have started growing bone spurs on their skulls due to smartphone use. The study, which was published last year in the journal Scientific Reports, indeed found bony growths on the bases on skulls of around 400 adults, ages 18 to 86 with younger people having larger growths.

 Martin

These must likely occur when inflammation damages the cartilage that cushions joints, and the body tries to repair the damage by growing more bone. They often form from repetitive motions. One type of repetitive motion is tilting the head forward often looking at a smartphone.

A small 2011 study on university staff and students in Canada found 68 percent of participants reported neck pain. With this study being done in 2011, it has been projected to be increased as the use of technology has also increased dramatically over the years. This is then called text neck as often tend to flinch their neck while reading something on their phone or looking at something.

Stephanie

Following on, there also has been causes of eye strain from looking at screens for long periods of time. Eye strain from hours of screen time can result in eye irritation, dryness, fatigue or blurred vision, and such problems are increasingly common from how long we all tend to look at our screens. Such eye strains can also lead to migraines and major headaches. We spend around nine hours a day. Your eye muscles have to focus at that near range and that can be fatiguing this stated by Dr. Christopher Starr, an associate professor of ophthalmology at Weill Cornell Medical College located in New York. Most digital screens are backlit and emit blue light, or high-energy visible (HEV) light wavelength. All can cause irritation and possibly long-term damage to the retina. Blue light is also known to suppress the sleep hormone melatonin causing you to feel more awake, adding onto the eye strain

Conclusion

We believe technology has negatively impacted society. Innovation has caused social disengage between everybody, from youth to the elderly. The mental state of the common individual has been perplexed with anxiety and indications of mild ADHD from lack of focus. All with critical verification, associated to technology and the applications around it. It attacks our private life and impacts our wellbeing. In conclusion, technology use should be reduced, but we cannot go back from the damaging effects of technology.

 Rebuttals

|  |
| --- |
| **Against** |
| * Has allowed for more jobs in the area of computing and help with technology. In saying this, new apps are constantly improving this allowing for more jobs in the work field of coding and computing.
* Taking away more labor induced jobs that require physical power. These jobs are then being replaced by the power of machines.
* Opened more career options such as a social media influencer also allowed for many others to really showcase their business/talent such as professional photography, directing, editing etc.

As put into words before, often social media influencers who gain a lot of attention don’t realize the dark side to the internet. Often these influencers work with Instagram or Youtube. These apps both have been discussed before to increase the chance of developing anxiety and depression from all of the negative comments, and drama that happens between other influencers. * Educational learning- often a teacher may want to use an educational app or tool that is only accessibly per mobile device in which it helps students learn also with apps that help track your homework, they can be used on the daily to complete homework in order to gain organizations skills and time management. Technology also opens up to different types of learning styles which is better as some students learn better in a different type of style.
* Both Youtube and SNS has opened up new and more types of jobs and careers for people. This may help them and a big part of their life if they are or their family if suffering financially.
* When having the responsibility of keeping your phone with you for learning purposes, often it is better for students as it teaches them early on the factors of internet safety and cyber courses than for them to realize this in a more serious environment such as high school.

 People still make mistakes overall, and by using your phone for good, that doesn't mean that there isn't an option to still mess up with how you use it.We have the ability to keep in contact with people halfway across the world through communication apps such as skype, messenger, Instagram, snapchat etc.● Online calendars help coordinate everyone’s schedules and can be accessed by a variety of devices. Google Calendar is a great one to try.  ● Teachers are able to use class websites or apps that provide more of a interactive approach to learning such as a kahoot ● Busy parents are able to pay bills and bank online. ● Skype calls can be used for business meetings and conferences rather than meeting in person ● You can monitor a child’s internet activity with an app involved in what your child is viewing, texting, or messaging online. ● Get homework help or locate answers to difficult questions by Googling or seeking educational websites. This often makes it easier for students to start cheating and they can just copy the answers without putting in more thought to critically think.* Technology is also helping the environment a lot

By everything going digital there is no need for using paper anymore, this saving the trees. This is also included outside of school such as no more need for paper copy of bills as you can pay online.Metal is often harder to degrade and takes a longer time so mostly all technology is made from metal. Going with paper cuts down trees but if the consumption of paper is limited and people tend to use paper more, it can help using to many metals which are harder to degrade.Renewable sources of energy like solar, wind and hydroelectric power have become much more widespread, as well as cheaper. Products like Tesla’s solar panels, which look just like regular roofing tiles, have made them more accessible and appealing to consumers.People has become more aware of global warming and social problems via technology and social media. People can make educational posts on SNS and spread awareness problems and educate others.Also, electric cars as allowed to use electric power rather than gas.* Politically, People have been using the internet to publicly announce their views on world topics. In saying this, politicians are known for voicing their concerns on Twitter most often. This allows for everyone to be more immersed in the world around them as headlines are posted everywhere. They can then make their own decision on where they stand in the topic rather than hearing what others are saying about it.

Social Media can often twist many words, and this can help create assumptions that are false. * Social Media has allowed for the economy to grow as trends are shown. Certain trends allowed for business to expand by everyone them following a known influencer. This is known to be what are trends in the market. Following these trends, it can help you decide where you might see yourself approach in the future.
 |

Sources used

<https://www.mic.com/articles/106054/science-your-cell-phone-is-ruining-your-life>

<https://www.psycom.net/social-media-teen-mental-health>

<http://www.bullyingstatistics.org/content/cyber-bullying-statistics.html>

<https://www.google.com/search?q=affect+on+grades+with+technology&rlz=1C1CHBF_enCA861CA861&oq=affect+on+grades+with+technology&aqs=chrome..69i57.17456j0j7&sourceid=chrome&ie=UTF-8>

<https://mdhs.unimelb.edu.au/news-and-events/news-archive/how-does-technology-affect-our-brains>

<https://www.fosi.org/good-digital-parenting/how-technology-helps-us-our-daily-lives/>

<https://blueandgreentomorrow.com/features/six-ways-tech-helping-environment/>

<https://globalnews.ca/news/3471706/instagram-mental-health/>

<https://globalnews.ca/news/3641722/social-media-and-mental-health/>

<https://www.today.com/health/horn-skull-bumps-caused-too-much-phone-use-t156858>

<https://www.msn.com/en-au/news/techandscience/mobile-phones-are-changing-the-human-skeleton-people-spend-so-much-time-hunched-over-screens-that-bony-spikes-are-developing-on-the-backs-of-our-skulls/ar-AACTGFY>

<https://www.cbsnews.com/news/screen-time-digital-eye-strain/>

<https://influencermarketinghub.com/influencer-marketing-statistics-quotes-facts/>

<https://qz.com/1049408/becoming-a-social-media-influencer-is-the-new-unpaid-internship-and-just-as-exploitative/>

<http://www.digitalresponsibility.org/technology-and-psychological-issues>