

Celebrating Writers and Writing in our Communities

Volume 1

Issue 1 *Celebrating Writers and Writing in our
Communities*

Article 17

October 2019

Is Too Much Technology Bad or Good?

Paige Thacker

Follow this and additional works at: <https://digitalcommons.humboldt.edu/rwc>

Recommended Citation

Thacker, Paige (2019) "Is Too Much Technology Bad or Good?," *Celebrating Writers and Writing in our Communities*: Vol. 1 : Iss. 1 , Article 17.

Available at: <https://digitalcommons.humboldt.edu/rwc/vol1/iss1/17>

This Poetry Informational/Argument is brought to you for free and open access by the Journals at Digital Commons @ Humboldt State University. It has been accepted for inclusion in *Celebrating Writers and Writing in our Communities* by an authorized editor of Digital Commons @ Humboldt State University. For more information, please contact kyle.morgan@humboldt.edu.

Is Too Much Technology Bad or Good?

By: Paige Thacker

Is technology helping or hurting students? There are many studies about technology hurting us, distracting us, and aiding in our academic decline. Technology is not good for students due to the fact that can cause physical harm, is a major distraction, and it can help lower grades. We, as a nation, are spending too much time on our devices and students are suffering because of it. A lot of parents don't want their precious kids hurting themselves. Could you imagine having your eyes damaged and constantly having headaches?

Too much technology can physically hurt you. It can give you bad headaches every time you have screen time. Also, it can give you eye strain known as asthenopia. Eye strain is an eye condition with symptoms such as fatigue, pain in or around the eye, blurred vision, headaches, and occasional double vision. Students are required to spend hours on a computer at school and at home. This is causing dizziness and headaches. There is no reason to be spending this much time on a computer at school and home. The symptoms often occur after reading on screens, or when playing on technology. According to Healthy Living Center, "...all that screen time is causing eye strain and other vision problems." Many doctors have spoken on the cause. According to a new report by the Vision Council, a nonprofit trade association,

states, 'The longer you look at a computer screen, the more eye strain you tend to have, which can cause headaches,' Technology not only hurts us, but it can also distract us.

Technology can distract us from important thing like sleeping, eating, and homework. I feel like it distracts us because we are on YouTube, Instagram, and weird websites. There are many games and videos on the web all over the world, some can be bad and some ok. Most of the videos are usually just to keep you on technology, and make you want to keep watching. Parents or kids, are mostly only on their phone or an electronic device. Often times, they don't even pay attention to their fellow family members, and just pay attention to their electronics. According to Duke University economists, "With no adults to supervise them, many kids used their networked devices not for schoolwork, but to play games, troll social media and download entertainment." It's not just distraction and physically harmful that's making technology bad, it is also causing many students' grades to go down.

Grades are very important for kids. Good grades will help them get into a good college, and get a good education. If technology is bringing down grades, then adding more technology will cause students to continue to suffer. Students often goof off when they are supposed to be writing a five paragraph essay, and at the last minute they write down two sentences and call it done. Next thing they know, they have a 'D' or an 'F' in writing. They usually think that grades don't matter until they get into high school, but your work habits continue to travel with you for a lifetime. We are not developing hardworking students. According to Duke University economists who did a study on children

receiving technology at low income schools, "When their computers arrived, their reading scores fell off a cliff." Additionally, Duke University economists state that overall test scores declined as soon as technology arrived at these schools over a period of a few years. If this is true, we are in a technology caused crisis with our reading at stake. Technology is not helping us, it is hurting us instead.

Technology is hurting students in many ways. Technology is distracting us. It can ruin focus. Not only that, it can damage us physically. It can aid in bringing our grades down. I hope that in the future more people would agree with me on this and help get students succeed. We must limit our screen time at home and at school. Technology definitely has its place, but it does not belong in the classroom on a large scale.