Dillon Bolding

English 149

March 18, 2019

Audio Essay: Screen Time Addiction

[Notification sounds (e.g. snapchat, text messages)] NOOOO

86% of Americans say check their email and social media *constantly.*1 Well, at least [give the amount of checking] And 89% of college students report phantom phone vibrations1. They’re imagining their phone is buzzing when it’s not buzzing at all.

We spend nearly half of our waking lives looking at a screen.2 That’s 7 hours each day behind a screen. And that totals just about 8000 days of our lives.2

What is that doing to our brains?

[Sound clip from “Crazy affects of screen time on your Brain] YES

These are just some of the adverse brain effects of screen time. Are they maing unhappy are screens making us?

[Sound clip from TED Talk: Why our screens make us less happy. Beginning around 3 min. mark] YES

Magazines , Books , TV shows, even games have endings.. These were once our stopping cues, time to move on and do something else. Smart phones have changed that. Social media feeds give us just endless scrolling. There is no definite end. The same goes for subscription services like Netflix, Hulu, and Amazon. Why wait until next week for the episode? You can watch endlessly.

[Sound clip from “It’s not you. Phones are designed to be addicting (from end of clip)] YES

So, we know we're losing our stopping cues. And that, smart phone apps were designed to be addicting. What is this doing to our attention spans?

[Sound clip from “Is The Internet Really Ruining Your Attention Span?”] YES

Our phones, our social media, the screen. They are making us unhappy. Making us stressed and sicker. And it’s weakening the power of our minds. Perhaps it's even too late. Is there still hope?

We can't completely pull away from our. But we do have a choice. We can put them down, go outside and do something, anything, and experience the world. Screens will probably be around forever, but you've got about 27,000 days total, and do you really want 8000 of those behind a screen?

[Maybe sounds of notifications again – over taken by sounds of nature (water, trees rustling, birds)]

Articles:

1<https://www.businessinsider.com/what-your-smartphone-is-doing-to-your-brain-and-it-isnt-good-2018-3>

2<https://nypost.com/2018/08/13/americans-spend-half-their-lives-in-front-of-screens/>

Clips:

<https://www.youtube.com/watch?v=0K5OO2ybueM>

<https://www.youtube.com/watch?v=HsNNcdDWW3I>

<https://www.youtube.com/watch?v=13Y2fdyVb44>

<https://www.youtube.com/watch?v=f_ZpgP_kFDg>