The Effect of Technology on Teenagers

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Are the advance in technology really helping us? Or, are all of us just unaware of the consequences it brings? We wanted to see how technology really affects our generation by comparing data of a week with technology to a week without it. First off, we handed out packets to our participants that included areas to fill out the time they went to bed, amount of sleep they got each night, time they spent studying/doing homework, number of social events, how much physical activity they did, time they spent reading, and most importantly the amount of time they were on technology. At the end of the week, all the participants took two concentration tests. The next week, everyone filled out the same log but they were not able to use technology that week. Then, we collected their data. From this experiment, we concluded that technology was mostly hurtful. It is helpful when trying to keep in contact with people or maintain relationships. However, one's focus is affected, making it harder to concentrate while in school, doing homework, or studying. Also, something we all need, sleep, tends to be lower when we have technology available to us. Technology affects what people choose to do in their spare time and negatively impacts our generation.

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