

Awa Sissako

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Professor Caitlin

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What effect does technology have on students' well-being?

In this scenario, technology can be both harmful and beneficial to our lives, well-being and our future but mostly has a negative impact particularly among students even on relationships.

Because, in today's world, technology can have a negative impact on students' well-being, even while we are learning. The majority of students who concentrate on technology have poor grades and are unmotivated, particularly on social media such as Instagram, facebook or even Tik Tok.

Students' well-being is most negatively impacted by social media because when students are too focused on social media, they neglect to complete assignments or study for their exams which can impact their learning. Social media is similar to a habit that if you pay too much attention to it, you will waste a lot of time, causing you to forget to finish your schoolwork or study your task., and your brain will be unable to focus on multitasking at some time. Social media is the most powerful tool for capturing your attention and wasting your time on unhealthy activities. In this scenario, technology has a lot of negative effects on student well-being, including stress, depression, and anxiety, all of which can have an influence on your brain. If you think about it now, students can not study without technology or social media since we all depend on it and can't accomplish anything without it. If you count students who use technology/social media vs students who don't, you'll find that 90 percent of students who use technology use it more than

those who don't. When it comes to student wellbeing, we must avoid all unhealthy habits of technology or social media in order to focus more on our schoolwork. According to ([Shelia R. Cotten](#)) research, more students are failing exams as a result of technology through mobile devices since they are not paying attention to their academics. "Several effects were identified in one of the earliest studies examining the social impact of mobile phones: uncertainty reduction, efficiency, information access, contactability, social interaction, and social control." His research did not focus on adolescents or the health effects of cell phone use." The author is trying to express to her audience that technology has a greater impact on young people, and that those who are too engrossed in it can negatively impact their grades and academics.



As you can see, these students are spending too much time in class on technology. They are not focused on their schoolwork, but rather on social media, which may have a bad impact on their grades.

According to (Healthcare Business) Publish an article in [Healthcare Business Today Team](#) based on (Healthcare Business) study to show the audience how technology impacts your health when you spend too much time with it. "As you spend more time in front of a screen, your experience becomes much more inert. You're more likely to acquire metabolic syndrome as you become less active. The syndrome is linked with a number of future health issues, including high blood pressure and diabetes." At this point, I believe the author is trying to persuade his or her readers that spending too much time on the internet can lead to health issues such as high blood pressure and diabetes, which are not ideal for young people, particularly students who are studying academically.

According to Caswell's research, college students have a negative impact on technology. "Mental health disorders and an increased chance of developing chronic diseases are just some of the potential effects of overuse or improper use of today's technology," according to research published on [mhealthtalk.com](#) I believe that the author demonstrates the negative effects of technology on college students. This is one of the most harmful aspects of technology when you are pursuing a higher education but your attention is elsewhere; this is the detrimental impact of technology on college students.



When it comes to social media, most young people experience anxiety and despair as a result of not getting enough likes or comments. As a result, they are more likely to experience anxiety, which affects their brain and schoolwork.

Citation

Cotten, S. R. (2008, December 16). *Students' technology use and the ... - wiley online library*. Students' technology use and the impacts on well-being. Retrieved February 28, 2022, from <https://onlinelibrary.wiley.com/doi/10.1002/ss.295>

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