

Us, Teenagers are cooked

You're lying on your bed, scrolling through tik-tok, it's probably 1am, you should be going to sleep but the addictive sensation of scrolling has you chained to your phone. "low battery 10%", you turn over and plug your phone in but you still don't close the app, instead you lay in an uncomfortable position and continue scrolling because, I mean, you gotta see the part two of that Dr.House video right? You get a sudden notification from your friend. "yo bro did you read the reading ms.teacher gave us? I just got done and it was so long". You wonder what reading he is talking about so you open google classroom and see a 2000 word essay you have to read by tomorrow for class. You start reading it and after the first paragraph you decide to reward yourself by scrolling through tik-tok for five minutes. After an hour you realize it's already 3a.m and you haven't even scratched the reading yet. Now for those who has no idea what the hell I am talking about, I envy you. To those who do know, I know this happened to you before, it has happened to me to. Social media like tik tok has effects on people that we don't even realize. That sudden urge to go back to scrolling after only reading the first paragraph? That's caused by social media, deteriorating your attention span. Or maybe you just want to escape the reality by watching the whole Dr.House in 87 parts. Social media provides a great source of entertainment but it also has a great downside of deteriorating attention span of college and highschool students.

The development of technology has brought many good things and many possibilities for human race. It has enabled us to talk to people that are over thousands of miles away, it has given us the ability to learn certain stuff in seconds, to access almost any book we want in a matter of seconds. It has given us the ability to get answer to almost any question in a matter of

seconds. but most importantly it gave us social media, which would be the final blow, the finisher move to our ability to pay attention to one thing for more than a few minutes.

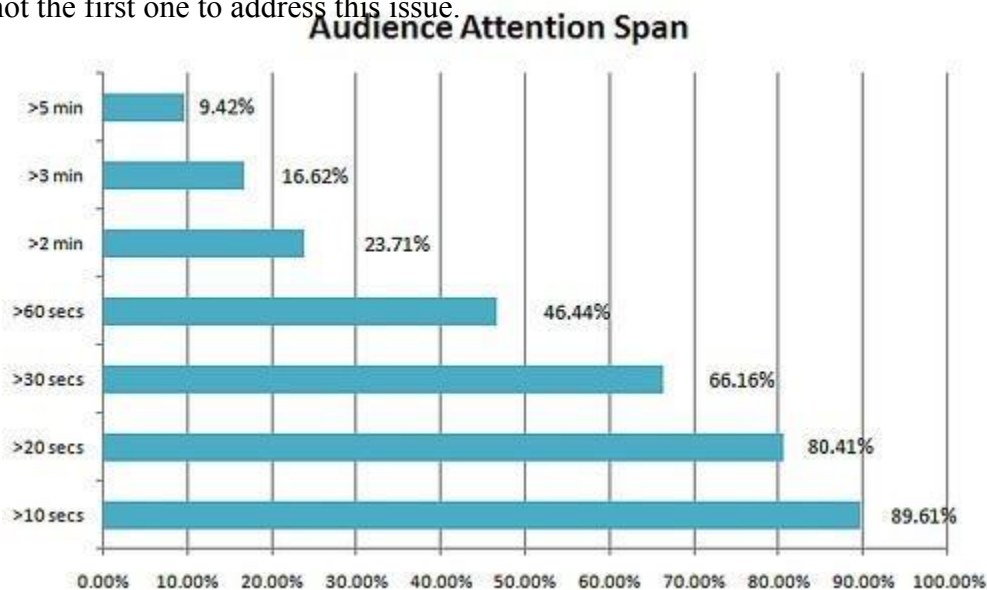


Thanks to entertainment platforms like tik-tok, Instagram, snapchat, facebook, youtube, etc. we have reduced our attention span to mere minutes, while before technology, a person's attention span could last for hours. But how did this happen? Social media platforms mostly offer short videos, usually 10-30 second videos, which made us used to only paying attention to a certain subject for those amount of times. And I am not gonna sit here and say that it hasn't affected me, because it has. I don't like to admit it but my attention span has also gone to garbage. I see a reading my professor has assigned my class and the moment I see it being more than three pages long I let out a big sigh. This is because I know my attention span is not what it used to be and I get bored if I have to be engaged in a subject for more than ten minutes. And guess what? I am a college student.

and Kavin Alapatrthi, in the study by ap seminar in Reedy Highschool shows it perfectly, how social media and poor attention span are connected to each other. he says: "Information from students at AP Seminar, Reedy High School, Frisco, TX, was collected through a survey on personal details about habits of using social media and attention spans based on self-reports.

Results from 159 respondents showed a general significant relationship: higher social media use was consistently related to poor attentional control and higher distractibility.”(kavin alaparth). which supports the idea that overusing social media can relate to poor attention span among young and adult teenagers.

However, from a personal experience, We have all been affected by social media but people who were more affected than others are high school and college students. As a freshman in college I can certainly say that my peers’ attention spans are not what it’s supposed to be. My friends are complaining how the reading their professor assigned them is soooo long and that they don’t want to read it, but then I look at it and it’s only 5 pages long. This doesn’t come only from my daily interactions. There have been thousands of research studies on this topic and I am not the first one to address this issue.



This graph shows the attention span of the audience and we can see how the majority of the audience has the attention span of 10 seconds or less which is truly something we should be worried about not only because it’s dangerous for adults but mainly because it affects the

development of the younger generation. It shows how teenagers are a=badly affected by social media.

▶ 5 Crazy Ways Social Media Is Changing Your Brain Right Now

This is a video that talks about how there are different ways social media can change our brain. It compares the addiction to social media to the addiction to substances and they actually have similar negative affects on decision making, emotions and attention. Social media use also produces dopamine, the same hormone that is produced when you're inlove or just happy. This video is more scientific description on how social media can mess up our brains. perchance.

When researching topics on attention span, particularly the thought that attention drops only after 10 – 15 minutes (which is generous), it's obvious that a lot of studies face major problems with the methods and data collection they're using. Out of many one of the biggest problems in these studies is that most of the research on attention span is subjective, using methods that doesn't give consistent or objective measurements. As a result of this, the data that exists doesn't necesserally back up the claim that today's attention span is so limited compared to decades and even years ago. The claim that attentions span only lasts 10 - 15 minutes is based on studies that have significant flaws in their design, making it hard to trust their conclusions.

Another big issue in this type of research is that the main part of how attention span is measured which is by observation isn't always consistent. One example is that in one of the studies, even though multiple authors were involved, only 13% of the observations were made by both authors together and the other 87% was done by just one person. This makes us believe that there is a lot of bias or personal opinion, which can make the data less reliable. If the same observer collects the data most of the time, their personal biases can get in the way of how they measure attention span.

All these problems make us see how we need a better way to collect data. If we don't have more careful and objective ways of measuring attention span, it's difficult to get to clear conclusions about how long it takes people to lose their attention. Studies need to involve multiple observers and use more standardized techniques to get more reliable results. perchance. To conclude, the current research does not provide strong evidence to support the idea of a strict 10 - 15-minute attention limit, and, better and more reliable studies are needed to actually understand how attention span works. Those who know, skull emoji.

To summarize everything that has been said so far, social media causes to deteriorate attention span in early and late teenagers. This causes their attention to drop during lessons, which affect their grades, their futures, social life, and not only basic intelligence but also emotional intelligence overall. And even though there can be issues in the researches that we are using it is still noticeable that a lot of teens are struggling with this and is an ongoing problem that needs to be looked at more.

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