

The Effects of Frequent Adolescent Technology Use

Method

The results and data in this systematic review were found by examining previous literature and studies relating to the effects of technology on adolescents. Furthermore, all sources contributing to this study are scholarly, well trusted sources.

Discussion

One of the main findings from this literature review is that technology can have positive and negative effects on adolescents, which is mentioned often in other studies. Even though this topic of research is not as quantitative as other topics, there is still much to be researched and explored, as technology is ever growing. People, especially adolescents can use technology in better, less problematic ways, by knowing the effects of technology and their causes.

Cognitive		Social		Emotional	
Positive Effects	Negative Effects	Positive Effects	Negative Effects	Positive Effects	Negative Effects
<ul style="list-style-type: none"> Adolescents can discuss educational topics with peers online Provides access to online learning tools 	<ul style="list-style-type: none"> Can take away time from educational activities Can negatively impact sleep Can negatively impact thinking abilities Can negatively impact attention spans 	<ul style="list-style-type: none"> Can increase participation in sports or clubs Allows for communication over long distances 	<ul style="list-style-type: none"> Technology can take away from social activities Adolescents can come into contact with potentially harmful strangers 	<ul style="list-style-type: none"> Social media can create a sense of belonging Adolescents can access online mental health resources Adolescents can receive peer support via social media or text 	<ul style="list-style-type: none"> Social media can lead to mental health problems Adolescents can be exposed to inappropriate content Inappropriate content can be promoted or normalized Adolescents can be cyberbullied

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Luke Donhoff

What is the relationship between daily technology use and cognitive, social, and emotional functioning among adolescents?

Technology and the internet are continuously growing, and concerns are rising about the effects that it has on people and more specifically, adolescents. Frequent use of technology can positively or negatively affect adolescents cognitively, emotionally, and socially.

