

HOW TECHNOLOGY CONTRIBUTES TO MAKING OUR ATTENTION SPAM SHORTER

According to a health doctor, (Dr. Gloria Mark) despite the accuracy of study, he predicts a possibly inevitable future on our attention spam shortage. The spam shortage has been contributed by following :

The over consumption of social media is often to blame for our decreasing spam. As a result, Many of us have been struggling to stay focussed on task. Even when we are not using a phone, constant distraction are causing our attention spam decrease.

The constant pings of notification distract from whatever we are doing, decreasing our focus. In fact, this is such common phenomenon that we practice on social media or technology detox to boost their focus. This involves not using any application or social media for certain period of time.

Within the span of a decade, we have become to exposed to a wide array of stimuli emerging from our devices. This is particularly harmful to our minds, sense the stimuli inadvertently train our brain to engage in multitasking behaviours also known as attention shifting contributing to attention spam shortage.

Due to the fact that in modern world we need every thing fast and quick, technology make our attention spam shorter.

Technology is good for us and it makes our life better such we can send messages to each other within a second but it decreases our attention spam and we cannot focus on one thing without checking our social media notifications.

Social media gives information about our world but we also get distracted by this technology. We can blame this technology but it's up to us how we use this technology. Try to avoid internet and social media and focus on one thing to organize our daily routine so that we can regain longer attention span.

The study by American Journal of Preventative Medicine reveals that people with higher usage of social media and technology feels socially isolated. Another study by Dr. (Jean Twenge) in 2020 suggests that constant usage of social media for short periods of time, like awaiting in queue at the grocery market makes us completely dependent, thus shortening our attention span.

The study led by Microsoft Canada on how technology has affected attention span found that since the year 2000, the average attention span of a person dropped from 12 seconds to 8 seconds. The study was conducted among 2000 adults, wherein their brain activity was studied with help of electroencephalograms. The year 2000 marks the widespread adoption of mobile phones, a device capable of receiving, sending and connecting people instantly across oceans. This indicates that the technology of mobile phones has contributed to our attention span shortage.