

Alexandra Membreno

Ms. Funderburk

English Composition 1

Period 1

September 24, 2025

### Comparative Analysis

Every day we use technology in our daily lives, and it shapes every part of how we think, communicate to one another and how technology influences us to be more entertained on our cellphones and other devices and be more isolated in interacting with others. This influence has raised a lot of writers, researchers, and storytellers to question whether technology is changing human beings or limiting what a human being can do in the future if technology takes over. For example, 'Have Smartphones Destroyed A Generation by Jean Twenge', the short story 'The Pedestrian by Ray Bradbury', the podcast Freakonomics, the medical study 'The Association Between Screen Time and Mental Health In Adolescents by Diane White in Salem press and Mental Health: A prospective analysis of Adolescent Brian Study by Jason M. Nagata'. All these things have the potential to the question of 'Is technology changing human beings or limiting us'? They all have that debate and have a unique perspective. They share something in common. They all talk about how technology influences human connection, literacy, and behavior. If we put these all together, they show us how technology can be used and beneficial but also show us how it can affect a person's connection with the world and others. It also shows that technology can isolate and reshape literacy.

In the story The Pedestrian by Ray Bradbury we have Leonard Mead walking through the city streets and how there's no one outside and how everyone is at their homes watching tv and being

entrain while he out there walking and there only one cop out there and arrested him since he Leonard walking in the streets and the theme and purpose of this story was that Ray Bradbury wanted to warn people how technology could not be a good influence on humans and a prediction of what can happen later on through the years of technology use . In the article of Have Smartphones Destroyed a Generation by Jean Twenge it about how Jean talks about how technology has changed and impacted teenagers in ways that like behavior in engaging with others, not getting enough sleep and mental health has gotten worse than the usual. Both the article and story have a lot of similarities. They explore how technology can isolate people from engaging with the world and interacting with one another. They both approach the idea in different ways Bradbury uses fiction to imagine what the future can lead on to if people are consumed by their screens and going outside is something strange to do similar to what happens in now and days only the difference is people still go outside but interaction with others isn't seen as much since everyone is on their devices and don't pay attention to their surroundings . While Jean Twenge presents research, she did personal accounts that argue about smartphones have taken more control of teenagers of being anxious, and less engaging with others. She showed us examples of how technology can affect teenagers and it's something you can see nowadays we have teenager's worried about things that are simple, and we have teens that think differently and want to act like the people they see on their social media which can cause mental issues . Both Bradbury and Twenge highlight the same warning signs which is if technology becomes the center of attention, it can be threat to human and if there's no action done then there could be a downfall if people don't open their eyes and pause for moment and reflect on ways they can change or balance things out .

Another problem with technology that has affected human health is mental health. In the article I researched Mental Health in Adolescents by Diane White in Salem press which talks about literacy and identity in technology in a medical way. Something that I noticed was that it had similarities to the podcast Freakonomics. They both analyze how technology has had an impact on using scientific lenses, but they show various aspects of the issue. Freakonomics focuses on mental issues and the effects of excessive screen time, finding strong issues with high screen time and problems with anxiety, depression, and not getting enough sleep. It shows that these outcomes are highlighting the real emotional and physical overuse in technology and how that is a risk. But in the article by Diane White, it took a different approach. It explains how technology has shaped literacy learning, and society in general. It focuses on health and how to manage technology in our lives, but she considers on a long-term basis of consequences if we rely on technology such as digital tools for learning, reading and communicating with others and she wanted to show how technology can be used in a beneficial way for society but how this also shape our literacy in a way to show how technology has impacted each one of us . Together, both the podcast and article work to reveal the challenges of technology are not just medical but also educational and cultural and show how it affects both our lives and well-being in we process information.

Lastly in the article that I read which was Screen Time And Mental Health: A prospective analysis of Adolescent Brian Study by Jason M. Nagata and Have Smartphones destroyed A Generation by Jean Twenge, both of these article's portrait provide an empirical background narrative and have arguments to prove their point. Twenge argues that smartphones have rewired adolescents to barely have conversations with other people, face loneliness, and it shifts the emotions that have qualitative observations and have survey trends. While Jason study how

showing more screen time predicts to worsen mental health over time and damage the growth of the teens brain while developing and how there should be a limit to screen time , and that adolescents should play sports or do activities to keep their brain occupied with nature and in a healthy manner. Both have different approaches too, but they both have that approach of a warning, and both produced research to claim that technology can be dangerous for the adolescent and wight out how screen activities can link to depression symptoms. But overall, both have good factors in balancing the information and proving their argument.

In conclusion, technology has become one of the most active things we use in our daily lives, and it is simply not easy to avoid since it is something that has shaped our literacy, behavior, and connection with others. Each of these Articles, Podcast, and Story have different genres and ways to approach the audience. They used fiction, other used research, debates, and podcasts. But they all share one thing in common, which is technology and the different effects on how we use it. They all have different opinions, but one thing is for sure that each writer wanted to make clear was that they want to show how technology can limit us if we do not act on controlling how we use it. But at that something that is up to us whether technology shapes us or not, but to learn to use it in ways that preserve our well-being and state of mind but to think about the need for change with the world and human connection.

#### Work Cited

Nagata. Jason “Screen Time and Mental Health: Perspectives analysis of the Adolescent Brain Congestive Development Study Public Health October 07,2024

<https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-024-20102-x>

Freakonomics: Is Screen Time Poisonous as We Think?

Husic, Diane White. Technology *Ethics: Questions & Morality of Human Actions*, 3rd Edition, edited by George Lucas & John K. Roth, Salem Press, 2019. *Salem Online*,

<https://online-salempress->

[com.eu1.proxy.openathens.net/articleDetails.do?bookId=1041&articleName=Ethics\\_0744&search](https://online-salempress-com.eu1.proxy.openathens.net/articleDetails.do?bookId=1041&articleName=Ethics_0744&searchText=technology%20%202024&searchOperators=any&category=History)

[hText=technology%20%202024&searchOperators=any&category=History](https://online-salempress-com.eu1.proxy.openathens.net/articleDetails.do?bookId=1041&articleName=Ethics_0744&searchText=technology%20%202024&searchOperators=any&category=History)

Have Smartphones Destroyed A generation by Jean Twenge the Atlantic September 2017

Bradbury and Ray. The Pedestrian 1951