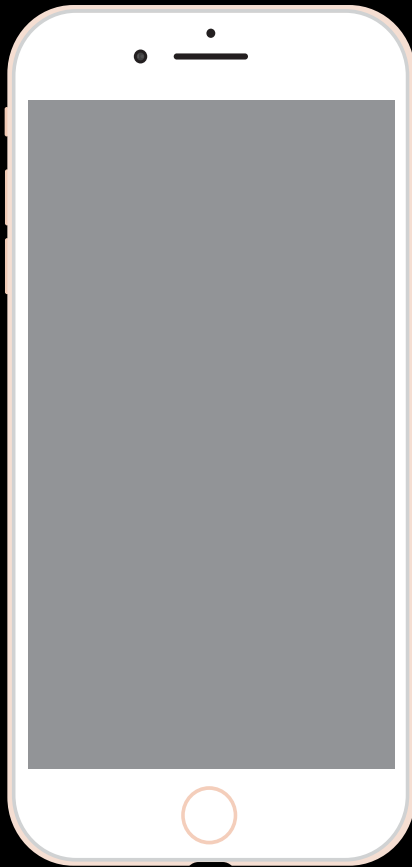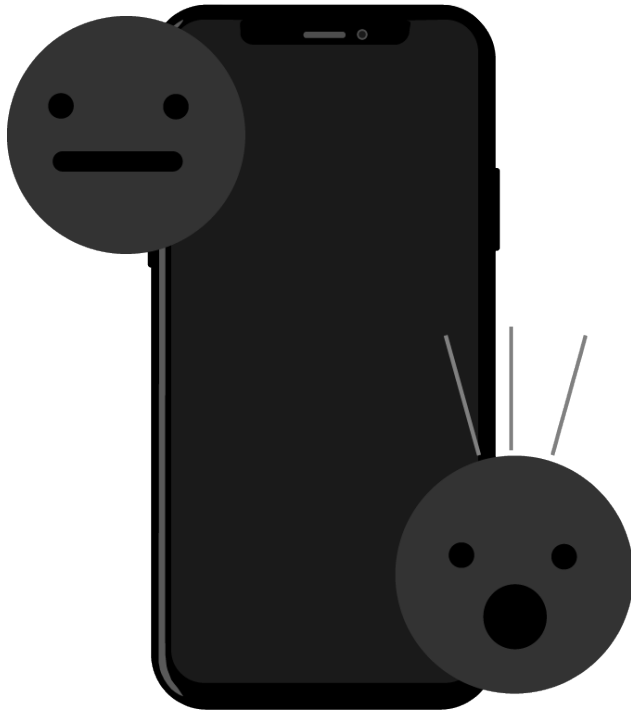*Caitlin Aquino Magnayon*

Help!

The positive and negative assistance from iPhone technology.

Help!

Caitlin Aquino Magnayon

With most things in life, we experience both positive and negative consequences. With the introduction of iPhone technology in June 2007 society has led to attitude and behavioural changes. The impacts of the iPhone is seen through individuals of Generation Z.

The exposure to iPhone technology as well as social media has led to the decrease of face-to-face social interaction for the generation of adolescents today in comparison to past generations. Statistics have shown that the amount of face-to-face social interaction has decreased, the interactions of Generation Z is dropping, less individuals are partying as well as playing sports.

The most obvious change that has occurred is the rise of smartphone ownership, according to the Pew Institute, 95% of American adolescents have access to a smartphone. The presence of the iPhone has led for Generation Z individuals to spend more time indoors, meaning that they are less exposed to danger and are physically safer. With reference to Jean Twenge, the generation of teenagers are less likely to get in a car accident as well as less exposure to drug and alcohol abuse.

With the use of iPhone technology amongst micro-relationships, individuals are able to communicate with one another a touch of a button. The opportunities to communicate expand beyond a simple conversation in real life to text, call as well as interaction on various forms of social media. The iPhone has brought alternative forms of communication and has resulted in negative impacts, with reference to MIT sociologist Sherry Turkle, individuals lose the "... ability to have deeper, more spontaneous conversations with others, changing the nature of our social interactions in alarming ways." Overall the quality of conversation has decreased as well as empathetic connection between each other. Research from Emily Drago has found that individuals have become more reliant on technology to communicate with family and friends.

Another negative impact includes the influence the presence of technology has on an individual's mental health. With

reference to Jean Twenge's research, the result of adolescence spending time in virtual spaces has led to unhappy individuals. Twenge states that the individuals that spend three to more hours on screen are 35% more likely to have a risk factor for suicide.

On the opposite side of the spectrum, positive influences include the assistance it has made for individuals struggling with diabetes and obesity. The iPhone has allowed access to digital treatment and recovery support systems. For example, a sample conducted in May, 2012 by Joseph A Cafazzo, Mark Casselman, Nathaniel Hamming, Debra K Katzman and Mark R Palmert showed improvement of blood glucose monitoring. This with the help of mobile health applications and social networking. The sample analysed 20 individuals with type 1 diabetes, the ages ranging between 12 and 16 years old.

In addition to that, the positive contributions of the iPhone is seen through the influence for individuals experiencing Autism Spectrum Disorder (ASD). For the ASD community, the iPhone has enhanced daily living skills. For example includes the research completed by Walser and Ayres (2012), using the iPhone and video to help adolescence complete a series of tasks. Results showed that the individuals were able to successfully master all activities. With the use of iPhone technology, it has provided effective digital interventions to assist individuals medically.

Overall, the presence of technology has both brought positive and negative consequences to society. For the individuals of Generation Z, it has brought a range of tools to communicate with one another as well as helping individuals with their health and well-being. What potential will the iPhone bring for the future?
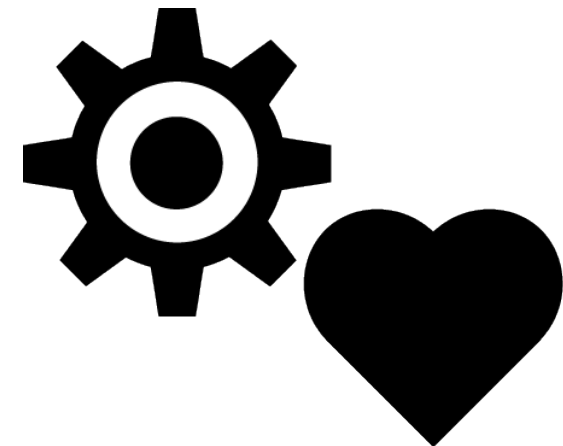
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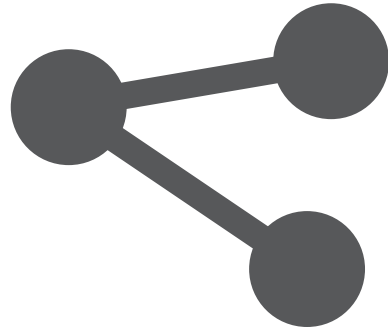
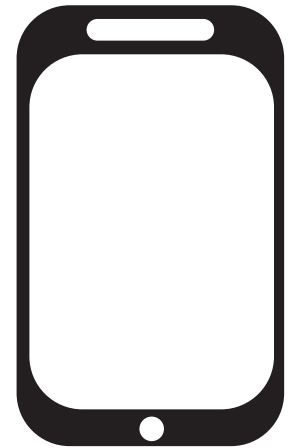# Popular iPhone usage for Generation Z

TEXT	SOCIAL NETWORKING	STREAMING MUSIC	CALL
81%	71%	74%	62%