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Brain rot. A term that has gained mass amounts of popularity in recent years with the advancement of modern technology and the internet. Today, the term is thrown around so loosely it could be describing any stupid or worthless content that surfaces from the internet. However, originally, it was used to describe the way people sat behind their computer screens or on their phones, mindlessly searching for something to entertain them, seemingly rotting their brains, becoming more and more stupid, and even affecting how they behave. This impact on human behavior and potential is discussed by Kevin Kelley, the co-founder of Wired magazine, in his article *Technophilia*, and by American Journalist and Author Nicholas Carr in his writing *Is Google Making Us Stupid?* Both Kelley and Carr express very different views on the topic; while Kelley believes the internet and technology's impact on humans is natural and not bad for us, Carr takes a stand against these impacts that technology has and will continue to cause, saying they are negative and, in a way, harmful. I believe that modern technology has become such a major part of our lives that it is creating both positive and negative impacts on our behavior and our potential.

When you lose your phone (assuming you're just as attached to it as the average person), there's usually a frenzied search that ensues shortly after realizing you lost it. Probably because suddenly a feeling of emptiness emerges inside you, almost as though a part of you was amputated. But what if our phones are not just an "amputated part" of us, but also the surgeon

performing the amputation? Kelley talks about this feeling of amputation when he states, “And to reinforce the seriousness of her misconduct, they took away her mobile phone. Immediately the girl became physically sick. Faint, nauseous, and so ill she couldn’t get out of bed. It was if her parents had amputated a limb. And in a way they had. Our creations are now inseparable from us. Our identity with technology runs deep to our core.”(1). The girl being talked about in this quote is so deeply connected with her phone that when it was taken away, her behavior was very negatively impacted. This behavioral change was caused by a feeling of emptiness formed when the girl's phone was taken away, or as Kelley described it, a limb amputated. Earlier, I proposed the thought that our phones could be more than the “amputated limb” but also the surgeon doing the amputation. By this I mean, the deep connection we have with technology caused us to become inseparable from it. I believe the reason why we have become so inseparable from our devices is because we have begun to rely on them so heavily, that we pour out parts of ourselves into it, caring for it like it's a part of us. However, it isn't a part of us, it was designed to give us exactly what we want, so we feel inclined to make it a part of our identity, a part of who we are. When that part of who we are gets taken from us it takes everything we desire with it, leaving us feeling empty like there is nothing else in the world that can replace those feelings, and just like that our phones have in a way, taken or “amputated” those feelings. However, it's not just feelings that are being taken from us by technology, it also shortened our attention spans and took our ability to take in information. Carr noticed this loss of attention span and ability to gather information when he wrote, “Bruce Friedman, who blogs regularly about the use of computers in medicine, also has described how the Internet has altered his mental habits. “I now have almost totally lost the ability to read and absorb a longish article on the web or in print,” he wrote earlier this year.” Friedman’s shortened attention span and lack

of the ability to absorb information were caused by Internet use. The internet gives us information quickly and in small simple amounts, which has conditioned us to continuously come back because it's the only place we can feasibly obtain information anymore because it takes time, work, and patience to get information from anywhere else like a textbook for example and it comes in large amounts, so we have no desire to read or understand it. The loss of certain feelings, attention span, and overall ability to learn has created a negative impact on not just our behavior but also our potential. Without our phones, we feel empty and a bit lost causing us to act differently like sluggish and mopey, and the loss of attention span and inability to absorb information could cause us to fall behind in work or school because we lost interest early on and threw away our potential.