

In today's society, technology is everywhere you look. In some form or another, it plays a role in everyone's life. The role of technology, specifically digital technology, has been contentious and has undergone serious changes since its inception in the 1970s, with the popularization of digital computers. Today, most people possess high-powered devices in their pockets and high-powered computers in their backpacks. Digital technology has evolved from a mere tool at users' disposal to a means of distraction from everyday life. This change is discussed in the essay "In Defense of Distraction," written by Sam Anderson. Anderson, an American author and staff writer at The New York Times Magazine, uses his essay to argue that while often seen as negative, distractions can be beneficial, offering a necessary break from intense focus and promoting creativity and exploration, rather than being solely detrimental to productivity. Conversely, Kaia Anderson, a first-year student at the University of New England, employs her essay "Helping the Addict: A Call to Action" to highlight the addiction caused by the constant distraction of digital technology. In a similar vein, Myli Petrocci, also a first-year student at the University of New England, points out the negative effects of technology-induced distraction on college students. As a member of Gen Z, I have grown up with easy access to technology, and I believe that the distractions it provides contribute to technological addiction. Kaia Quotes:

I constantly find myself unable to focus on a task for a long period of time. Within mere minutes, I feel the urge to check my phone, scroll on social media, or even just look through my camera roll. Just something to distract me.

Myli Quotes:

Specifically, a few nights ago when I was so excited to finally be done with studying and in bed before midnight even, my body was ready for sleep, and I told my roommates I was going to bed and excited about it. I then opened my phone eyes, catching on a few notifications, then indulged

in the screen, and I convinced myself that I deserved it and proceeded to let one and a half hours go by while scrolling on Instagram