

Screen Time: Can it really impact you and the church?

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Introduction:

Age Group	Hours on Screen/Day**
Kids (8-12 years-old) ¹	
Teenagers (13-18 years-old) ²	
Parents ³	

**Many studies recommend 2 hours or less per day

What Effect is Excessive Screen Time Having?

- - “Adolescents who spend more than seven hours a day on screens were twice as likely as those spending one hour to have been diagnosed with anxiety or depression.”⁴
 - “Teens who spend more time on screens are more likely to be depressed, and those who spend more time on non-screen activities are less likely to be depressed.”⁵
 - “Teens who are the most active on social media are also those who are most in danger of developing depression.”⁶
- - “The loneliest teens are those who spend more time on social media and less time with their friends in person.”⁷
 - “The number of teens who get together with friends nearly every day dropped by more than 40 percent from 2000 to 2015.”⁸
- - See Adam Alter’s book *Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked*

¹ Vicky Rideout, M.A., VJR Consulting Inc., *The Common Sense Census: Media Use By Tweens and Teens*, (San Francisco, CA: Common Sense Media, 2015), 13.

² Ibid, 13.

³ A.R. Lauricella, D.P. Cingel, et al., *The Common Sense Census: Plugged-In Parents of Tweens And Teens*, (San Francisco, CA: Common Sense Media, 2016), 7.

⁴ Twenge, J. M., & Campbell, W. K. “Associations between screen time and lower psychological well-being among children and adolescents: Evidence from a population-based study.” *Preventive Medicine Reports* 12 (2018) 271-283.

⁵ Jean M. Twenge, *iGen: Why Today’s Super-Connected Kids are Growing Up Less Rebellious, More Tolerant, Less Happy – and Completely Unprepared for Adulthood*. (New York, NY: Atria Paperback, 2017), 82.

⁶ Ibid, 82.

⁷ Ibid, 81-82.

⁸ Ibid, 81-82.

THESIS: Excessive screen time degrades God’s design for us, our relationships, and the church

Humanity

God’s Design	Excessive Screen Time
	<p>“I'm not thinking the way I used to think. I feel it most strongly when I'm reading. I used to find it easy to immerse myself in a book or a lengthy article. My mind would get caught up in the twists of the narrative or the turns of the argument, and I'd spend hours strolling through long stretches of prose. That's rarely the case anymore. Now my concentration starts to drift after a page or two. I get fidgety, lose the thread, begin looking for something else to do.”⁹</p>

Relationships

God’s Design	Excessive Screen Time
	<p>[Addictive use of social media was related to higher narcissism by reflecting a need to feed the ego and attempt to inhibit a negative self-evaluation]¹⁰</p> <p>[People often utilize Facebook] “to look important, look special and to gain attention and status and self-esteem”¹¹</p>

⁹ Nicholas Carr, *The Shallows: What the Internet is Doing to our Brains*. (New York, NY: W.W. Norton & Company, Inc., 2011), 5.

¹⁰ C. Andreassen, S. Pallesen, M. Griffiths, “The relationship between addictive use of social media, narcissism, and self-esteem: Findings from a large national survey.” *Addictive Behaviors* 64 (2017) 287-293.

¹¹ Jean Twenge and W. Keith Campbell

	<p>“Whenever one has time to write, edit, and delete, there is room for performance.”¹²</p> <p>“When I ask, ‘What’s wrong with conversation?’ answers are forthcoming. A young man in his senior year of high school makes things clear: ‘What’s wrong with conversation? I’ll tell you what’s wrong with conversation! It takes place in real time and you can’t control what you’re going to say.’ This reticence about conversation in ‘real time’ is not confined to the young. Across generations, people struggle to control what feels like an endless stream of ‘incoming’ – information to assimilate and act on and interactions to manage. Handling things online feels like the beginning of a solution: At least we can answer questions at our convenience and edit our responses to get them ‘right.’”¹³</p> <p>“It’s our generation’s crack cocaine. People are addicted. We experience withdrawals. We are so driven by this drug, getting just one hit elicits truly peculiar reactions....I’m talking about Likes.”¹⁴</p> <p>“Technology is seductive when what it offers meets our human vulnerabilities. And as it turns out, we are very vulnerable indeed. We are</p>
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“Associations between screen time and lower psychological well-being among children and adolescents: Evidence from a population-based study.” *Preventive Medicine Reports* 12 (2018) 271-283.

¹² Sherry Turkle, *Alone Together: Why We Expect More from Technology and Less from Each Other*. New York, NY: Basic Books, 2017.

¹³ Sherry Turkle, *Reclaiming Conversation: The Power of Talk in a Digital Age*. (New York, NY: Penguin Books, 2015), 22.

¹⁴ Adam Alter, *Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked*. (New York, NY: Penguin Press, 2017), 9.

	lonely but fearful of intimacy. Digital connections and the sociable robot may offer the illusion of companionship without the demands of friendship. Our networked life allows us to hide from each other, even as we are tethered to each other. We'd rather text than talk." ¹⁵
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The Church

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A Balanced Approach

¹⁵ Sherry Turkle, *Alone Together: Why We Expect More from Technology and Less from Each Other*. New York, NY: Basic Books, 2017.