

Thus, the process known as “discarding” has long been a source of public concern as it can have a global and catastrophic impact. Indifferent people, the government and non-for-profit organizations struggle to find a solution-driven answer to this issue.

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BEING ENTIRELY DEPENDENT ON UP-TO-DATE GADGETS: ALARM FOR THE AMERICAN COMMUNITY

Today it is difficult to imagine the modern world without phones and gadgets because they have all the necessary functions that people use every day. According to research, almost 90 percent of Americans pull out their cell phones during social interaction, which worsens their conversation. It reduces the quality of what they are talking about and it reduces the empathic connection that people feel for each other.

All the research shows that when people are allowed to talk to each other, they do it better—they are more cooperative. More than 99 % of American households have at least one TV, and about 2/3 of them have two, three, or more TVs. People with more formal education watch less hours of TV than those with less education.

Scientists have conducted a study on how computers affect children. It was found that those who spend more time behind them lose the ability to recognize emotional nonverbal signals. It follows that eye contact plays an essential role. It was proved that 8/10 millennials feel they are often more vocal or able to express themselves in text or online than they are in person.

All this happens because the age of text messages, Twitter and Instagram has begun to really impair the younger generation’s ability to actually hold solid, professional conversations on the phone. Researchers and scientists insist that using social media can often become a risk for adolescents even more than adults realize.

The problem of selfies has even attracted the attention of various professional journals for plastic surgeons. A poll from the American Academy of Facial Plastic and Reconstructive Surgeons found that 42 % of surgeons were asked to perform procedures for improved selfies and pictures on social media platforms.

‘Facebook depression’ is a new term that refers to depression that develops as a result of children and teens spending a lot of time on social media sites and begin to experience depression as a result. This leads to the fact that Americans begin to spend more time communicating with friends through broadcasts and sharing secrets not with their friends, but with all Internet users.

As practice shows, it is almost impossible to give up social networks nowadays. It is necessary to reduce the use of gadgets, because this can lead to serious consequences for the new generation of Americans.