

“Growing Up Tethered” by Sherry Turkle

Posted on August 27, 2021

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Technology, Adolescence, and the Experience of Growing Up Tethered

Technology has brought a revolutionary change in our lives and in the world. Mobile phones and social media have connected people around the globe and become an essential part of our lives. “[Growing Up Tethered](#)” by Sherry Turkle discusses the effects of using a mobile phone on the behavior and cognitive abilities of this generation. She argued that the use of mobile phones and responding to comments, messages, and posts on social media has made us more sheltered. We are unable to experience our loneliness; in our free time, we are constantly using our minds to engage with a mobile phone. The use of the mobile phone has affected creativity, learning, and analyzing things around us. Sherry Turkle has raised an important and contemporary issue in society. Using a mobile phone while walking or driving a car can lead to certain accidents. It also affects children to whom parents give their cellphones, so these tethered children don’t have the experience of being alone themselves (Turkle, 173). Facebook is the most popular application used around the world. People make friends and socialize with strange people.

However, proper privacy is important because it also has positive and negative sides. Modern technology has brought rapid changes and also led to certain undesired events. To avoid the undesired outcomes of cell phone use, *Growing Up Tethered* is an amazing piece of writing; it can bring awareness to people who are greatly addicted to mobile phones. Turkle, in her book *Alone Together*, highlighted this contemporary issue, which is helpful for both teenagers and adults to understand the pros and cons of mobile phones and their impacts on the young generation.

It has been observed that most mobile users are waiting for certain mobile notifications, such as messages on Messenger, Instagram, and Facebook comments. While driving a car many times, I noticed myself and my friends checking messages on the phone and playing our favorite games, which is extremely dangerous and can get into accidents. It is a kind of risking our life to engage in these activities.

Essay Infographic

*More
Connection
Should Mean
a Richer Life*

Growing Up Tethered

Sherry Turkle on Technology, Adolescence, and Mobile Phone Dependency

*"We are
always on, but
are we really
there?"*

— SHERRY TURKLE

TECHNOLOGY SHAPES HOW WE GROW, RELATE, AND SEE OURSELVES



Core Argument

Turkle argues that constant connection to mobile phones keeps people tethered to messages, notifications, and social media, reducing solitude, reflection, and real-world presence.



Key Concerns

CONVENIENCE COMES AT A COST



Loneliness avoided:
people rarely spend quiet time alone with their thoughts.



Face-to-face communication weakens
as screen time replaces conversation.



Distraction while walking or driving
increases risk and reduces awareness.



Heavy phone use can limit creativity,
observation, and memory.



Children may miss healthy physical play,
communication, and emotional growth.



Teenagers & Mobile Culture

CONNECTED TEENS.
COMPLEX CHALLENGES.



Teens lead online communication
through abbreviations, emojis, and fast messaging.



Phones help teenagers stay socially connected,
but can also challenge autonomy.



Constant availability
leaves less time for identity, self-discovery, and independence.



Positive Side of Mobile Phones

REAL BENEFITS.
REAL OPPORTUNITIES.



They help families stay connected.



They provide a sense of safety and security.



They can support learning and access to information.



Main Takeaway

Technology is useful, but excessive mobile phone use can harm attention, relationships, and personal growth. Balance, moderation, and time away from screens are essential.



*A More
Balanced
Tomorrow*



IDEAS FOR A BRIGHTER TOMORROW



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BETTER READING. BRIGHTER MINDS.

"Growing Up Tethered" by Sherry Turkle

Attention, Presence, and the Recovery of Offline Life

Growing Up Tethered really opened my eyes to avoid this habit and understand what life is offering. When you focus on what you are doing and what is going on in your surroundings, that will make you able to learn things and will improve your presence of mind. People who use a cell phone for everything are less likely to learn and remember things; for instance, using Google Maps for directions makes a person dumb to remember routes by signs and surrounding buildings. Such people would be lost if their cellphone battery died or during the unavailability of internet service. Turkle (172) argued that excessive use of cell phones has changed the rules of engagement, and verbal communication has diminished day by day. I personally agree with this argument as we look at our routine life where people spend most of their time using mobile phones, browsing the internet, listening to music, and not communicating with the person sitting next to them.

The author of this book has raised another important issue, which is phone addiction in children. Most children use mobile phones given by their parents, watching cartoons and playing games. For physical and mental growth, physical exertion and communication with parents and peers are necessary. Mobile phone addiction has a negative impact on children because they avoid observing their surroundings, talking to their parents, and playing outdoor games.

This is an alarming situation because the mental and physical growth of children is affected due to the excessive use of mobile screens. Cellphones become their best friend, and they are unable to observe the realities of their surroundings. The young generation doesn't have time to know about their values and learn about their identity; it requires time to think and discover themselves. The mobile phone has made people available every time; teenagers making new friends and joining new groups are challenging their autonomy. The autonomy of adolescents is not only a separation from their parents and friends but they also need time for themselves; this fast source of connectivity leads to complications. Turkle also pointed out some strategies used by teenagers to avoid the interruption of their parents, for instance, leaving phones at home or muting their phones to avoid calls from their parents. Teenagers want their autonomy; however, it increases the anxiety and stress of their parents.

Teenagers, Mobile Language, and the Culture of Constant Communication

Teenagers are more skilled cellphone users, and they are the initiators of this new era of online communication. They have brought development in mobile communication; they developed new abbreviations, a new language, and the use of different emojis for certain feelings. The reasons for using a mobile phone by teenagers is different from those of adults. They use the phone for

communication with their friends, playing games, and uploading their new pictures and videos on their social media accounts, while adults use it for work purposes and to engage with their families.

The arrival of new phones with the latest features and advanced technology has exerted psychological pressure on society. These phones are expensive and have exerted an extra burden on teenagers and youth to purchase the latest model and compete with their friends in this race. Parents allow their children to use a mobile phone to be in touch with them because they are concerned about their children when they are away from home. So the cellphone also provides a sense of security. It can also help students in their studies and learn more about the topics they covered in school.

Overall, the cellphone has brought dramatic changes in our lives. The advancement of technology always facilitates us and brings certain positive changes in our lifestyles. However, there are certain negative factors associated with every new invention. Excessive use of everything is bad; it also relates to mobile phone use. Cell phone addiction is equally dangerous for kids, teenagers, and adults; moderate use can supersede the curse of using mobile phones.

References

Turkle, S. Alone Together: Why We Expect More from Technology and Less from Each Other. ReadHowYouWant.com, Limited, 2011, <https://books.google.com.pk/books?id=hc7SYAPVIXwC>.