

Was das Smartphone mit uns macht

Lesen Sie den Text unten.


Aufgabe 1: Fassen Sie in eigenen Worten (auf Deutsch) zusammen, wie sich die Nutzung von Smartphones auf Menschen auswirkt. (6 P)

Why the modern world is bad for your brain

Our brains are busier than ever before. We're assaulted with facts, pseudo facts, jibber-jabber, and rumour, all posing as information. Trying to figure out what you need to know and what you can ignore is exhausting. At the same time, we are all doing more. Thirty years ago, travel agents made our airline and rail reservations, salespeople helped us find what we were looking for in shops, and professional typists or secretaries helped busy people with their correspondence. Now we do most of those things ourselves. We are doing the jobs of 10 different people while still trying to keep up with our lives, our children and parents, our friends, our careers, our hobbies, and our favourite TV shows.

Our smartphones have developed into computers which are more powerful and do more things than the most advanced computer at IBM corporate headquarters 30 years ago. They have become multi-purpose Swiss army knives – devices that include a dictionary, calculator, web browser, email, Game Boy, appointment calendar, voice recorder, guitar tuner, weather fore-caster, GPS, texter, tweeter, Facebook updater, and flashlight. And we use them all the time, part of a 21st-century mania for packing everything we do into every single spare moment of downtime. We text while we're walking across the street, catch up on email while standing in a queue – and while having lunch with friends, we secretly check to see what our other friends are doing. At the kitchen counter, cosy and secure in our domicile, we write our shopping lists on smartphones while we are listening to that wonderfully informative podcast on urban bee-keeping.

Although we think we're doing several things at once, multitasking, this is a powerful and diabolical illusion. Earl Miller, a neuroscientist and one of the world experts on divided attention, says that our brains are "not wired to multitask well... When people think they're multitasking, they're actually just switching from one task to another very rapidly. And every time they do, there's a cognitive cost in doing so." So we're not actually keeping a lot



of balls in the air like an expert juggler; we're more like a bad amateur, frantically switching from one task to another, ignoring the one that is not right in front of us but worried it will come crashing down any minute. Even though we think we're getting a lot done, ironically, multitasking makes us demonstrably less efficient. [...]

In the old days, if the phone rang and we were busy, we either didn't answer or we turned the ringer off. When all phones were wired to a wall, there was no expectation of being able to reach us at all times – one might have gone out for a walk or been between places – and so if someone couldn't reach you (or you didn't feel like being reached), it was considered normal. Now people have more mobile phones than toilets. This has created an implicit expectation that you should be able to reach someone when it is convenient for you, regardless of whether it is convenient for them. This expectation is so ingrained that people in meetings routinely answer their mobile phones to say, "I'm sorry, I can't talk now, I'm in a meeting." Just a decade or two ago, those same people would have let a landline on their desk go unanswered during a meeting, so different were the expectations for reachability.

570 Wörter

Aufgabe 2 (für Schnelle): Verfassen Sie einen Kommentar zum Text, wahlweise auf Deutsch oder auf Englisch.