Day 1- March 4, 2024

We figured out our hypothesis:

 If we did not have social media then teens and adults would be more productive because technology has more negative effects than positive.

We began researching different stats to try to find information on where to get started- essentially we were finding the rim of this spiraling  rabbit hole.

We researched the stats of social media on young adults and teens on

Statistics Canada - Physical Activity and Screen Time: Pandemic Affects and Other Key

                                              Numbers

We learned: -The pandemic greatly affected screentime in young adults (mental & physical)

                             -Boys and Girls Statistics are Different

                           -More than ¾ of girls dropped physical activity

          -Boys activity dropped, but rebounded

          -Less activity impacts screen time - addiction? (dopamine)

Than we tried to figure out the statistical screen time average of those aged 8-25

we discovered: each Tiktok video is around 38.3 seconds long, therefore one could watch

  around two videos each minute. We then concluded that within the span of

  each hour one watches around 120 videos.  Considering that the daily screen

  time average is  7 and ½ hours, this means that one person can watch around

 900 videos daily.

This realization really sparked our project.

Day 2- March 5, 2024

Today we researched statistics and brainstormed:

* Why is being productive necessary?
* Do the stats between the decades differ?
* Are people aware of what keeps them scrolling?
* Procrastination?
* How to measure productivity?
* If social media makes us feel bad in the long run, why do we keep scrolling?
* Proactivity?
* Not living in the moment, no thinking down the line,  are used to an immediate reward
* shorter attention span -> less productive!

Day 3, 6/3/24

Answering questions from day 2

-Different kinds of productivity?

Notes: -generating likes (mental health)

-teens post unrealistic photos, stop themselves from getting help Therefore addicted

  to getting likes, but unable to get help because their life is so 'perfect'

Experiment to support research:

Done on grades 3,4,5,6,7,8

overview:

We will be conducting this experiment on students aged 8-14.

DAY 1

-Show students a youtube video with clips of cute cats that is around five minutes in length.

-After, hand out a questionnaire/activity that will take MORE THAN FIVE MINUTES TO COMPLETE.

-Let students know that they will not be able to finish within the five minutes that you have allotted, but that they can still BEGIN WORKING ON IT because it will be homework.

-Students should NOT be told to sit still, be quiet, or be made to work so that you can easily tell who is using their time wisely/productively, and who is not.

-Record how many students were working and how many were not working, and the gender and age of each student.

DAY 2

-Repeat the same steps as in day 1, but leave out the video.

-Compare the results of the two days.

Day 4,  7/3/24

Measuring Productivity

Terms:

-Ego depletion (willpower not enough

-Zeigarnik effect (prompt humans to finish a task they've already started)

-Dopamine

↑

Why scrolling on social media is addictive -Washington Post (youtube)

-Is dopamine good or bad?

-Why does dopamine have an addictive effect?

-Why would it help you to get addicted?

 (your body is supposed to help you)

-How are addictions born?

-We are 'still built for back in the day' our brains? mentally…

-physcologically we are wired like 'back in the day' so  how did dopamine help us?

-isn't helping us now

Productivity = outputs/ inputs

ASAP SCIENCE

Brain's reward system- Dopamine -> neurotransmitter

- sent to 4 pathways - Mesocorticol. tuberoinfundibular, *mesolimbic,*

                                                         nigrostriatal

Mesolimbic dopamine pathway: ->connected to amygdala (emotion) & hippocampus

           (learning,memory) ← dopamine effects!!

On social media - realease's dopamine (reward pathway)

    -activates same parts of the brain which can be activated by drugs/alcohol

    -have 24/7 access to this  'drug'

    -'Infinite'

    -AI gives suggestions 'dopamine fast'

\* vulnerability \*

-no coping mechanisms

-depression up - facebook

-no one to talk too be peeps think 'perfect'

-thinking 'i'm not as good looking, not that happy'

-compares the behind the scenes to fake reality of others

-motivation grid

Day 5, 8/3/24

Pew Research: The effect of social media on teens by Good Morning America (youtube)

Notes: 97%-> teens use social media everyday

46%-> 'almost constantly'

54%-> would be hard to give up social media