

Qualitative Research Reporting Assignment

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I have no known conflict of interest to disclose.

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I choose Qualitative Reporting. Based on the case scenario given, I believe the researcher's question is "Can the excessive use of technology lead to an increase in mood disorders and addictions?" This question is then answered by the use of phenomenology. This is seen through research questions and lived experiences and criterion-based sampling. First, the researchers studied their subjects as they lived their everyday lives. They gained access to their world by experiencing the way the subjects use technology daily. Second, participants of the study also meet the two criteria for criterion-based sampling. They experienced the phenomenon (use of modern technology) while being studied, and they were able to articulate their lived experiences.

The researchers identified two themes: (1) *Youth use technology as their main source of peer connection* and (2) *youth use technology when it is expected of them*.

In the first theme of *youth use technology as their main source of peer connection*, students talked about how they connect online. Mark said, "Most nights I stay up late so I can group chat with my friends." The students in the study continued to express how they continuously use technology.

In the second theme *youth use technology when it is expected of them*, the youth in the study expressed how life in the technology world is always demanding of them. Ruth said "Even when I'm with my family I can't but help look at my phone. There's not a minute that I'm not getting a text or Snapchat from my friends." Overall, the youth who participated in this study has shown how long exposure to technology can cause lasting harm. I believe that those in the counseling field need to be aware of this danger. Technology is a useful tool that helps youth to communicate but when that tool becomes the sole means of their communication, it can lead to unhealthy addictions.