„The human brain: possibilites and limits“ by Prof. Dr. Manfred Spitzer

(section: „brain degradation through auxiliary media“)

What effect do media have on our brain? Especially since we are in the so-called age of digitisation, in which everything is being done to integrate media into our everyday lives as much as possible, and everyone is asking for the digitisation of schools and even kindergartens, one might think that there would be predominantly positive effects, and the few negative ones that exist would be negligible. Anyway that´s what I assumed and so I was quite suprised, when I heard this lecture. The talker, Prof. Dr. Manfred Spitzer, a neurobiologist, is a staunch critic of digitisation in schools. Based on studies and research, he has the opinion, that media have an extremely negative effect on the brain of kids or adolescents and can damage the brain development.

I knew, that there are also negative effects of media, but that that also refers to the use of digital learning media in schools, and not only the media, that are used for fun, was new to me.

I can´t judge whether Prof. Dr. Spitzer’s opinion is a very subjective opinion and if he has „exaggerated“ it because of that, or whether media are just as „dangerous“ as he says.

But I think what is very critical here is, that I have the impression that these really important aspects are hardly discussed at all. All you get to hear is how important it is to push ahead with digitisation. But I didn´t know the damage, that this could do to us, who are affected by this, and I believe, that many others feel the same way. I would like to see more education and discussion about this, in a way, that reaches all of us.