

信息技术诱导的注意力转换对抑制性控制的影响

莫妮卡克里斯托弗，德文罗塞利
美国心理学系，美国信息技术部门

摘要： 决定我们关注什么信息对我们各自的学术和经济领域保持价值和生产力的能力有所影响。本研究调查了由于信息技术的中断而引起的注意力转换是否会以一种独特的方式消耗资源，并损害反应抑制任务的表现。三组（120名女性，57名男性，平均年龄 = 21.56，年龄范围：18-40岁）在自我调节任务中接受或不接受中断后，在西蒙任务中进行了比较。出乎意料的是，没有接受中断的参与者发现了较大的西蒙效应。这些结果符合以前的证据，即持续的定向注意可能导致消耗并影响随后的抑制性控制。尽管不支持预测，但这些结果可能为进一步的研究提供了基础，特别是由于年轻一代比前几代人在一个更多联系的世界中发展。通过了解这些差异，年轻一代可以更好地适应技术进步，并利用它们来发挥自己的优势。

关键词： 注意；信息技术；抑制性控制；西蒙效应；转换

Information Technology Induced Attentional Switching Effects on Inhibitory Control

Monica Christopher, Deven Rosselli
Department of Psychology, USA

Abstract Deciding what information we attend to has implications on our ability to remain valuable and productive in our respective academic and economic domains. This study investigated if attentional switching due to information technology interruptions would deplete resources in a unique way and impair performance on a response inhibition task. Three groups (120 women, 57 men, Mage = 21.56, age range: 18–40 years) were compared on the Simon task after participants either did or did not receive interruptions during a self-regulation task. Unexpectedly, a larger Simon effect was found for participants who did not receive interruptions. These results conform to previous evidence showing sustained directed attention may result in depletion and effect subsequent inhibitory control. Although not supporting predictions, these results may provide a basis for further research, particularly because younger generations are developing in a more connected world than preceding generations. By understanding these differences, younger generations may better adapt to technological advances and leverage them to their advantage.

Keywords Attention; Information technology; Inhibitory control; Simon effect; Switching

引言

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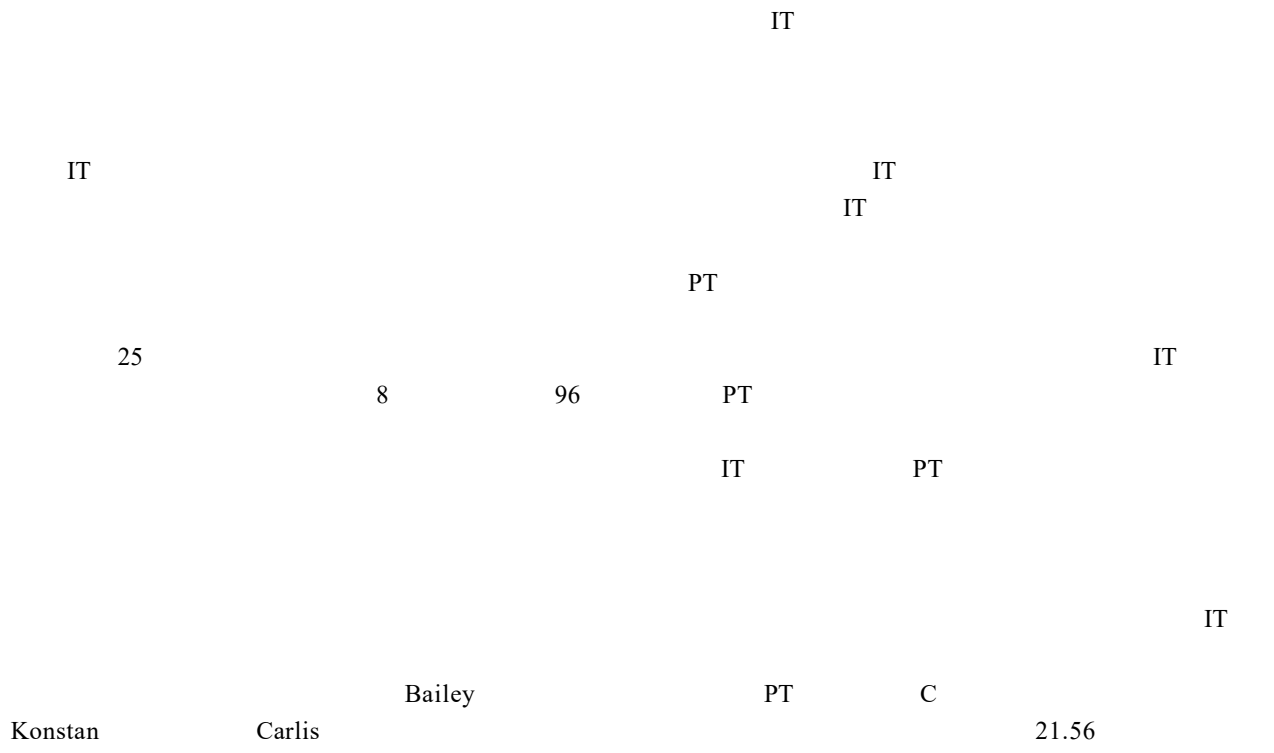
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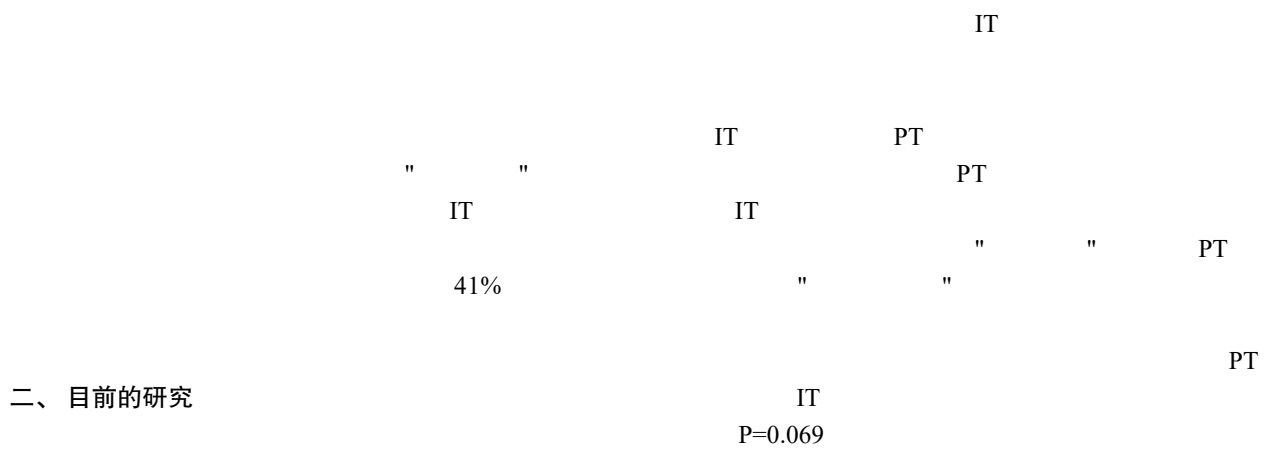
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三、讨论



二、目前的研究

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P=0.069

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