Technology has become an integral part of human lives. Birth of the industrial revolution has caused among other things, an exponential grown in technology. Many of the most valuable companies in this age are tech companies. Google, Amazon, Microsoft, Meta and many more in their core are tech companies. Our daily lives have become so synonymous with technology that without it, many of our lives would be meaningless.

But what exactly is technology and how much does it really affect our daily lives? Technology is the application of scientific knowledge in practical everyday human life, to change and manipulate the human environment (Britannica, 2022). Technology is everywhere, the phones we are so addicted to, refrigerators we store our food in, TVs, Heaters, Fans we are surrounded by technology. The term tech now mostly refers to phones, tv’s and the next big thing. But technology in simple terms is to apply knowledge for achieving practical goals in a reproducible way (Skolnikoff, 1993).

Most people agree that the new age of technology has undoubtedly become an asset in further growth of the human civilization. We have been to the moon, landed machines in mars, found cures for many diseases and most importantly increased the quality of life for the human population with the help of technology. But recently, people have become worried that we are becoming too reliant in technology. In a study conducted by Penn State University, it was found that 77% of people believed that society as a whole relied too much on technology (Penn State University, 2015). Lets dive deeper into both the positive and the negative impact of technology today.

Positive Impact: Undoubtedly the most positive impact of technology for us is the increase in quality of life. We can store foods for longer, cook better, drink cleaner water, stay healthier, commute better and so much more because of advancements made in technology. If we don’t know anything we can quickly look it up on the internet, we can learn new things, relearn things we might have forgotten even set reminders for things we might forget, all because of technology.

The benefit technology has made to health sector is also massive. Cures for many deadly diseases have been found. People who in the past had to suffer because there was no cure can now live life normally. Doctors can perform operations to patients from a different continent. More than 50% of blindness now can be cured because of advancement in technology (Weber, 2018).

Other than that, we have advancements made in transportation, energy production, agriculture and even growth of business.

But the most impactful development technology has ever made in my opinion, is the birth of social media and by extension, the internet. The world has become more connected than ever, with information travelling around the globe within seconds. Communicating with loved ones in a completely different continent, in real time seems like magic. Businesses can grow and find a wider audience because of the internet.

Negative Impact: Technological advancement today has come with a big responsibility. The advancement made in nuclear technology has been great for sustainable energy but along with that there now is always a looming threat of nuclear winter. Social media has affected the growth of children and people’s mental health. A 2017 study showed that young adults with high social media use were three times more likely to feel socially isolated than people who didn’t use social media that often ([Social Media Use and Perceived Social Isolation Among Young Adults in the U.S. - American Journal of Preventive Medicine (ajpmonline.org)](https://www.ajpmonline.org/article/S0749-3797(17)30016-8/fulltext)).

The negative impacts of technology are not caused because technology in itself is bad, it is caused because of we are using it in a bad way. We need to be more responsible with the technology we have been given.

Impact of technology while selling bonsai plants: Our company, origin-bonsai is fully online. We do not have any physical stores and all our business is conducted from the internet. Technology for us has been game changing. Without it, there would be no origin bonsai. We established this company in 2016 because of our love for bonsai plants. We sell a limited species of bonsai because we aim for quality, not quantity. Because of this, we even have the option to hire an expert. They will come to your home and teach you everything needed to take care of your new bonsai. We are glad that the technology today is advanced enough that we can conduct this business without having any physical stores. The Ad campaigns we run on social media increases our exposure to a wider audience, which in turn increases sales. Like any company, we are driven by profit as much as we are driven by our love for bonsai. Technology has helped us maximize our profit and decrease overhead costs.

In conclusion, technology is a boon for human population if we use it responsibly. Many people have found their purpose, their livelihood because of technology. It has caused harm to a few, but in contrast it has helped billions of people in various ways we may not have even imagined.