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**Positive and Negative Impacts of
Information and Communication Technology in our Everyday Life**

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Abstract

In today's interrelated world, information and communication technology (ICT) is extensively used by our country and it affects our lives everyday. In the current digital age everyday new technology comes as ICT riot. These new technologies have been accessible by people in their everyday life and increase their living standards. Now days, many ICT gadgets are used in our life and they facilitate with mobility thus used anywhere and anytime. These gadgets operate for Information, Speed, and Communication and reduce the physical and mental human work load. By that principles, modern day gadgets truly helped mankind in daily life. ICT has contributed a lot to change our everyday life such as letter to e-mail, market shopping to on-line shopping, classroom learning to e-learning, etc. This paper present's the effects of ICT as Home and Domestic Activities, Social Networking, Education, Health, Commerce, Banking, and Employment. Based on this review, positive and negative impacts to use ICT in our day to day life are discussed.

Keyword: Information & Communication Technology (ICT), E-learning, Impacts of ICT.

Introduction

ICT stands for Information and Communication Technology, which is a technology that allows us to search for information and to communicate with each other. Society has seen the ICT revolution in the leading edge. The new technologies of the digital age have been accessible in our everyday life with the guaranteed benefits so ICT has been encouraged as our great living standards. ICT integrate all communication channels for us to use in our everyday life. ICTs are no longer a luxury for developing countries. In the past few decades, ICT offers society with a huge array of new communication capabilities, such as home and domestic activities, employment, education, health, commerce, banking, and social networking websites. We are now actually in the digital age so the numbers of ICT gadgets such as computers, laptops, internet, mobile phones, tablets, etc are available into our lives. People catch up the most recent trends and move up in life with the use of ICT. In the last few decades, ICT has become the necessity rather than the exception.

What is ICT?

Information and communications technology (ICT) is often used as an extended synonym for information technology (IT), but is a more specific term that stresses the role of unified communications ^[1]. ICT provides access to information through telecommunications. It is similar to Information Technology (IT), but concentrates mostly on communication technologies such as the Internet, wireless networks, cell phones, and other communication mediums. ICT includes any communication device or application, encompassing: radio, television, cell phones, computer, laptops, tablets, and network hardware and software, so on. ICT also provides the various services online and applications associated with them.

Revolution by Rapid Development in ICT

The early computers to latest cell phones there was huge revolution as per different computer generations. History can teach us a lot about the dynamics between society and businesses ^[2].



[Figure 1: Revolution in ICT]

We can see that in the past digital signal are generated by one room machine which now comes in our hand. Communication medium has also a vast change that will affect the ICT because these devices are needed to use the ICT technology. Probably over 50% of people engaged in their devices like smart phones, tablets, laptops, etc.



[Figure 2: Revolution of computers and telephones as ICT]

Effects of ICT

As human being we are always connected with lot of essential things in our everyday life. By the use of ICT gadgets in our lifestyle, many time consuming calculation and tough tasks has becomes easier and social contacts has been increased. ICT has affected lives by improving timely distribution of information through the media and improved communications in homes and work places through social networks, emails, etc. ICT has extremely enhanced the quality of human life. For examples, writing a letter could take few days to arrive to the receiver but by the writing an e-mail reaches in just a minute. ICT provides each facility on 24 Hrs X 7 days with the wider knowledge and information. ICT affects various fields of daily life some of them are discussed below:



[Figure 3: Effects of ICT]

As Home and Domestic Activities: We can connect and controls domestic equipments (such as washing machine, refrigerator, cell-phones, laptops etc.). Carry out net banking, online shopping, read newspapers online, watch TV programs, impart education and connects ourselves to our family, friends, or relatives while we are at long distance by using the e-mail, messenger, call-conference, or video-conference.

As Social Networking: There are many social networking sites are available like FACEBOOK, ORKUT, TWITTER, and LINKEDIN which allows users to communicate and stay connected with each other across the globe regularly. All these sites have helped to

narrow the physical distances between people. Social Networking provides facilities such as faster communication speed, effective sharing of information, paperless environment, etc.

As Education/E-Learning: E-Learning is an electronic learning, in which the learner uses a computer to learn a task, skill, or process at that time teacher teaches through the computer online. Students can learn by watching videos, e-books, discussion groups, bulletin boards, blogs and e-learning in a collaborate environment. Students can also ask question to their teacher using emails. Educational institutes uses projector or digi-class to teach students.

As Health: When we get sick, we don't like to go outside even to visit the doctors. Today, we had a solution use ICT gadgets to contact with our doctor and describe our problems. It is helpful to medical students to learn about disease, medicines, and surgeries. Doctors can demonstrate major surgical operations to medical students by the use of ICT. Doctors can operate critical patient in guidance of many specialist surgeons through video-conferencing.

As Shopping/Commerce: Online shopping involves E-commerce. It draws on such technologies as electronic funds transfer, online transaction processing, Inventory management system and automated data collection systems. It makes buying and selling activities easier, more efficient and faster by using computers, internet and shared software. ICT helped companies to make more money and spend less on their business. We can choose range of items from different countries without reaching that place to buy whatever we want at any time. We can pay for the items on the internet with a safe internet payment option. Product advertising is also possible through ICT.

As Banking: Banking helped us to buy things using E-commerce. It carries out electronic transactions through Debit/Credit cards, net banking and Air/Rail tickets booking at anyplace at anytime with the use our same banking account. We can save our time, access accounts for loan applications, transactions and update our cash flow at any time. Banking is facilitated with virtual money so it introduces an Eco-friendly world.

As Employment/Jobs: ICT increases the number of employments in our society. People can work as Web developer, IT network administrator, etc who have skills in ICT. It gives new job opportunities for many people to become successful self-employer to work from their home.

Impacts of ICT on our Everyday Life

Let's look how they affect our lives.

The Positive Impacts of ICT

- ✓ **Daily routine Management:** We can store and manage our daily schedule information using ICT gadgets. We can also integrate the domestic equipments to use and control together. We can also use net banking, online payments and online trading for purchasing daily needed items. It will save our time to go market and purchase things.
- ✓ **Social Relationship:** ICT provides the facility to make contacts and maintain relationships with people around the world in our daily routine. With the use of Internet and communication channel, we can connect the people via e-mail, social networking websites and cell phones. It saves time and works inexpensive way. There are bulletin boards, discussion groups services are available to communicate with a large number of people at the same time.
- ✓ **Information Sharing:** Now information just right on our fingertips. We can access any information anywhere and anytime. Information, news, views, etc. can be shared by people all around the globe with the use of e-mail, discussion groups on the Internet such as Google Groups, Yahoo! Groups etc. By the sharing of information, it develops global awareness such as cultures, religions, ideologies and lifestyles. These create an environment of openness and increases mutual respect.
- ✓ **Communication:** We can communicate each other without boundaries. It becomes quicker because we can send an instant message in a fraction of time with the low cost which saves costs and man power for delivery. For that E-mail, teleconferencing, and video-conferencing are available. By the use of video conferencing technique, we can get feel to communicate with someone face to face which is benefit for meeting or communicate together.
- ✓ **Usage of Free time:** ICT can be used to access as an entertainment. We can play games, launch of digital TV, Chatting, watch videos, listen songs, watch or listen to the news, pick up on individual news items, and many more.
- ✓ **Children's Education:** New ways of learning are possible through ICT such as e-learning, distance learning, on-line materials, virtual learning and interactive multi-media. Students can be part of these various learning and teaching from all over the world. For the impossible experiments, we can use simulations and virtual reality. If students and teachers logged at same time at the same pace mad the virtual classroom for e-learning. This is a smart investment four our children's future.
- ✓ **Self Employment:** ICT gadgets are help out us to do our jobs easier. We can create our own business shops without the heavy overheads of place, purchase items and sales in market and make the advertising campaigns use of multimedia application. This increased

sales and encourages the small businesses. We can use net banking, online payments as the payment option.

- ✓ **Paperless Environment:** ICT mostly uses its gadgets to store and retrieve information instead of paper. Use of ICT involved less papers, thus it saves the trees and makes our environment healthy.
- ✓ **Developing Health Literacy:** With the immediate feedback from doctors, we become well sooner. Health literacy deals with the need for people to access and use high quality information about disease and medicines through internet health care services available in ICT gadgets.

Negative Impacts of ICT

- ✗ **Reduced face-to-face interaction:** Now days, people mostly like online communication rather than real conversations so people tend to become more individualistic and introvert. Other limitation is that we are not able to express our feeling or what we are actually want to say by the use of e-mail or social networking sites. Thus we require face to face communication with them to express our real feeling.
- ✗ **Social Disconnect:** Although the internet has reduced physical distances between people, but that doesn't mean they brought all closer together and emotional distance is increased in some aspects. People are always busy with their own virtual world and passing a day. They forget the real world with family and friends and they become a formality. Children too are spending more time in virtual world and they adopt wrong thoughts thus rising cyber crimes and extra marital affairs with the use of ICT gadgets.
- ✗ **Reduced physical activity/Health Problems:** Users may accept a more sitting lifestyle by the use of ICT gadgets. This can lead to health problems such as headache, fatness, heart disease, diabetes, repetitive strain injury or eyestrain, wrong posture/position, neck pain, physical and mental stress, etc because of continuous use. Children get stretch by the playing internet games, watching cartoon which may stop them to go outside and they feel afraid to talk with other children. In this kind of lifestyle there is lack of physical exercise, increases our health risk.
- ✗ **Cost:** Many ICT gadgets are expensive. So they are cost effective to purchase and to maintain. Poor students cannot get the benefits of e-learning due to the educational establishments.
- ✗ **Job loss:** Job losses may occur because of manual operations being replaced by automation.

- ✱ **Security/loss of privacy:** Each ICT gadgets are integrated by specific technology and uses Internet connections. Data must be reserved as secure data so it needs to protect from virus attacks and other forms of malware are released daily. Use of social networking web site risk of personal data loss. When we use Net banking, online payment then there is a risk of losing our money by fraud people. They can transfer our money to their account.

Conclusion

ICTs have an impact on almost everybody that has access to them and that the internet has changed society and how we live. ICT brings people from different parts of the world together to communicate with each other across the world. It gives an opportunity to improving communication, to meet new people online and establish a friendship, to share the personal information online, increasing opportunities for education. Undoubtedly ICT gadgets have really made peoples life simple and entertaining but Information, Media, and Technology Skills are needed for the use of ICT. ICT can have positive impact on our lives but still we have to be careful when using it because we may suffer from some negative impact by using them. We have to be wise in using the ICT gadgets. Thus, ICT is the new technologies of the digital age have been accessible in our everyday life with a confusing blend of guaranteed benefits with some problems.

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