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In Class Essay

**Black Mirror: Showings Technology Dependency in My Life**

During the semester, we watched an episode of Black Mirror, which is a TV series that tells the story of a character that lives in a technology dependent society. This show made me reaffirm my idea that technology is destroying our lives and culture. I have always been skeptical on technology improving all aspects of our lives. I started to believe on technology’s unproductive effect in our lives as early as in middle school.s

In middle school, I stopped watching television because I felt I was wasting my time in front of a screen while I could be more productive and enjoy the nice weather outside. Therefore, I joined a soccer team and started to hike nearby mountains with friends. In high school, I joined a Catholic youth group and took French and guitar classes as extracurricular activities resulting in incrementing my productiveness and detaching completely from technology. During my teenage years, I despised technology and avoided watching television at all costs. I would depend on technology only when required to complete an academic assignment.

Even though I did not enjoy using technology, I decided to pursue an Engineering degree. I moved to the United States from Mexico to pursue my undergraduate degree in Electrical Engineering; however, I was a skeptic on technology usage. At first, I completely rejected how American society relied on computers and Internet for daily tasks, online shopping, communicating with professors, and filing taxes. After adapting to American reliance on technology, I became antisocial as I increased the time I spent on social media and communicating via text with my friends. Furthermore, I ended up spending less time outdoors.

As opposed to many Scientist and Engineers, I am susceptible to art, music, and the environment that surrounds me. Therefore, I felt I frustrated and desperate when watching the monotony of the principal character’s life. I could not imagine myself in a life where four walls limit my life. I enjoy spending time outdoors and enjoying nature, so I rejected the idea of spending my life indoors. In addition, I take pleasure in having my own personality and expressing myself all the time, so I felt troubled when I saw everyone wearing uniforms and eating flavorless meals. Unfortunately, I realized my life was becoming as boring as the one lived by the main character when watching Black Mirror. My daily routine became online shopping, ordering food online, and spend most of my time inside my room because I always try to optimize my time. After watching Black Mirror, I realized how technology “improved” my life, but it did not give me autonomy. I realized I had lost my free will. After becoming more objective in analyzing my technology dependence, I became more critical on how to use technology again.

Technology development is giving us a huge advancement in quality of life, but it is making us more dependent on it. This might bring social issues because it is shaping the way me interact with each other, as seen in Black Mirror when the main character wanted to approach the person he liked. Similarly, it is affecting our emotional and physical health because we stop sharing our deep thoughts with loved ones because our relationships become shallower. Our society is becoming distant; therefore, Black Mirror is an interesting show to watch because it exposes our technology dependent society.