

# **ADVANTAGES AND DISADVANTAGES OF TECHNOLOGY**

A PROJECT REPORT

Submitted

By

**JAMAL MOHAMMED ISMAIL  
MADHAN K R  
HAREESH NANDHA  
SARAN RAJ S  
DEEPAK S  
VISHAL M**

Reg. No.



NARAYANA E-TECHNO SCHOOL

NO.180, ZAMIN PALLAVARAM, 200 FEET ROAD,

CHENNAI-600043

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## **BONA-FIDE CERTIFICATE**

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### **ADVANTAGES AND DISADVANTAGES OF TECHNOLOGY**

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**Seal**

**Principal**

**Date:**

**Internal examiner**

**External Examiner**

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## **ABOUT TECHNOLOGY:**

**Technology** is the application of [knowledge](#) to reach practical [goals](#) in a specifiable and [reproducible](#) way. The word *technology* may also mean the product of such an endeavor. The use of technology is widely prevalent in [medicine](#), [science](#), [industry](#), [communication](#), [transportation](#), and daily life. Technologies include physical objects like [utensils](#) or [machines](#) and intangible [tools](#) such as [software](#).

Many technological advancements have led to societal changes. The earliest known technology is the [stone tool](#), used in the [prehistoric era](#), followed by [fire use](#), which contributed to the [growth](#) of the human brain and the development of [language](#) in the [Ice Age](#). The invention of the [wheel](#) in the [Bronze Age](#) enabled wider travel and the creation of more complex [machines](#). Recent technological developments, including the [printing press](#), the [telephone](#), and the [Internet](#) have lowered [communication](#) barriers and ushered in the [knowledge economy](#).

While technology contributes to [economic development](#) and human [prosperity](#), it can also have negative impacts like [pollution](#) or [resource depletion](#), or cause social harms like [technological unemployment](#) caused by [automation](#). As a result, philosophical and political debates have arisen over the role and use of technology, the [ethics of technology](#), and the mitigation of technology's potential downsides. Historical and contemporary movements like [neo-Luddism](#) and [anarcho-primitivism](#) criticize technology's pervasiveness, while adherents to [transhumanism](#) and [techno-progressivism](#) actively support technological change, viewing it as emancipatory. Many negative impacts of technology can be mitigated through technological [innovations](#) like [renewable energy](#) in transportation and industry, genetically modified crops to address [soil depletion](#), and [space exploration](#) to mitigate [global catastrophic risks](#).

# LOVE TOWARDS TECHNOLOGY?

## ✓ Decreased dependency:

What would you have done 10 years back if you wanted to find out the best restaurant in a certain location after you've already stepped out?

Maybe call a friend living nearby or just ask around local people? The internet has significantly reduced everyone's dependence on each other to find answers to everyday questions.

Whether the information is authentic or not is a different question altogether, but the fact still remains that we look up Google for knowing a range of things from how to know if you are pregnant or not, what is the **price of petrol** for the day, is **Infosys a good bet to invest in**, how to remove spice stains from a white shirt or finding a perfect match online.

## ✓ Tracking progress or decline:

It's amazing how the need of doctors and preliminary medical help from daily life has been heavily reduced. From athletes who want to track the increase in their running speed to diabetic patients who want to know what foods cause an instant rise in their insulin, all they've got to do is attach small gadgets to their bodies.

Even things like monitoring traffic over a website, watching profiles of customers who've bought your products or knowing how your business sales have been faring in comparison to the industry standards, technology has made everything a piece of cake.

## ✓ It may save someone's life:

With **mobile technology** having boomed in the past decade, especially in India, live updates are a thing of the past. In fact, there have been cases internationally when someone's life has been saved because of a Twitter feed of an impending earthquake, tracing imposters becomes easy by digging out their internet browsing history and social media footprints or helping someone in a crisis through GPS spotting.

We love technology because it can keep us and our families safe if used at the right time, isn't it?

### **✓ It helps you keep in touch:**

Yes, yes we know that there's absolutely nothing new in this but that is exactly the irony we want to point out as the primary reason for all of us to love technology.

Social media has been so overused by the world that it feels like it's been around from ages. From couples in long distance relationships, to students studying away from home, from re-connecting with friends who haven't been in touch from more than 10 years to getting second opinions on medical reports from overseas, social networking and online messaging services have made the world a smaller and a more efficient place.

### **✓ Creating a seamless world:**

One of the prime reasons why most people love technology is because it treats everyone as an equal. Availability and benefits of technology are not dependent on gender biases, religion, caste or creed.

Technology, especially the internet, is an oasis where you can opine freely and anonymously, eradicate the barriers of language, time zones and cultures. Not only that, it's great for education and business and serves as a window to the world.

Today, a person in India can know about all the corners of the world without having taken a single step out of his/her country, only because of technology!

Imagine what a throbbing power India will become when everyone will be able to fully utilize the power of technology – whether it is through the internet, new gadgets, medical advances or simply machinery that can make this world a better place to live in.

So there you have it – Our Top 5 reasons why we love Technology – Off course there are hundreds more reason, but these are our most important reasons!

What say?



## **ADVANTAGES OF TECHNOLOGY:**

- **Increase production:** the technology helps increase production multiple times. Human efforts and energy of working are limited. But with machinery, the production can be multiplied the number of times as machines have the capability to perform better. The work done by the machine is more accurate and is done with perfection. All the products are alike, which is not possible in the case of human efforts. Technology has helped people make profits multiple times.
- **Saves times:** today, time is money. Thus, technology helps to save a lot of time and increases efficiency and productivity. We can complete huge tasks within less time. Today everything is automated, and this technology helps to save a lot of time in doing things that are not possible by humans. Example: If you do not have the time to buy clothes, just shop online, and you will get the delivery at your doorsteps. Thus, it is through technology that one can use time on other important things
- **Technology helps improve services:** in case you buy a television, and it stops after a few days. You need not worry as the TV is in the warranty period. You can simply call the company or its customer care and get your TV fixed. Thus, with a simple phone call or mail, things have become so easy.

- **Easy and quick communication:** technology has made communication just a button away. With a click of a button, you can make calls, send emails, fax, order things online, and do a lot of things with the help of technology. Technology has helped us in giving better modes of communication. Now you don't need to write letters to your loved ones if you are missing them. Do a video call and feel them close to you.
- **Reduces online crime/cybercrime:** today, the technology is so advanced that there are apps made to find fraud within seconds. Cyber-attacks have reduced as there are advanced algorithms made to detect any kind of cybercrime.
- **Has increased safety:** technology has increased the safety of people. With the help of technology, there are CCTV cameras made that keeps your valuables at the shop and home safe. Everything is captured in the camera, and finding the thief becomes easy. Even our mobile phones, laptops, Godrej locker, have lock systems that keep our data and other valuables safe. You can use fingerprint, eye, or face recognition to open your phone, laptop, and other devices.

# **DISADVANTAGES OF TECHNOLOGY:**

- **Unemployment:** Technology has brought unemployment to a great extent with the advancement of technology. People are being dependent on computers for every work and also for their existence. This further has brought unemployment as a single computer is capable of doing the work of so many people that too in very less time.
- **Data security:** Today, your data is not at all safe with you as there are people who know the use of technology and have become hackers. Using the latest technology, they can hack your computer, bank accounts, office data, and a lot more just by sitting at home. It has become risky to share OTP and other details online as the risk of fraud is high. Sharing a single piece of information online clearly means that there are vast chances of data reaching the hands of criminals, hackers, terrorists, and foreign enemies.
- **People get distracted easily:** People get distracted easily by using different gadgets rather than going through something fruitful. There are social media that has kept youngsters, adults, and children engaged, and thus they get distracted from doing their daily chores. Kids find it hard to concentrate on their studies as most of them today own a laptop or a phone.
- **Health issues:** People today are so obsessed with technology that they forget to care about their own health. This affects their

health in different ways. They have eye-sight problems, obesity, insomnia, and a lot more. Some people cannot sleep without using their phones. Some cannot focus on their studies as they have a habit of checking their phone every now and then.

- **People get involved in seeing unwanted things:** due to the internet, people, especially students and youngsters, get involved in seeing the wrong apps. They are using apps that are not legal and are good for their growing minds. Things that are not pleasing become entertainment for some just because of the internet and technology.

- **Addiction:** some people have an addiction to playing online games, using dating websites, watching a movie every night. There are people who have an addiction to gambling online which has its own diverse effects. In addition to anything, even technology is bad.

# **How to overcome addiction**

## **towards technology**

Let's go back to the year 1996. A teenager has just been admitted to an alcohol and drug rehabilitation centre. Not only is his whole body shuddering, he's whimpering and shaking uncontrollably. In the lounge, he starts hurling chairs and tables around. One thing is crystal clear: He is in the worst stages of withdrawal.

But what did he consume? Crack? Vodka? Heroin? No, nothing of the kind. According to the psychologist he consulted, he had gone [cold turkey](#) from the internet. In 1996? Hard to believe, right? But wait...we bet you've looked at your phone at least once in the last 10 minutes. Been on the laptop? Opened Facebook? Read the latest news? In 2018, this withdrawal clinic would attract countless potential patients, [smartphone zombies](#) as a Deloitte study calls them, who have long been out of control of their internet use.

### **1. Turn Off Push Notifications:**

A classic one and rightly so! This trick works so well because it can easily be implemented in everyday life. In fact, push notifications are rarely important and just seduce you into picking up your phone and not letting go. The same applies on a laptop – they rarely benefit or help you.

Chloe Brotheridge, an anxiety expert, told the [Guardian](#) that notifications practically force the subconscious to open the corresponding programme – regardless of whether it's an important message; in most cases, it isn't! For this reason, she recommends that you consciously retrieve your emails instead of relying on push notifications. This way, you're automatically in control of how you use technology.

## 2. Exit Unused Apps:

This is a pretty obvious tip, isn't it? The mere fact that Slack is not constantly grabbing our attention or that we do not see the Instagram icon on our screen causes much **less distraction**. Nevertheless, there is practically no one who completely logs out of currently unused programmes or at least closes them down completely.

Why not try it out? The ten seconds it takes to log in are sufficient to convince users that checking for something new (probably nothing new anyway) is completely unnecessary. Think the repeated login wastes too much time? Sure, it may take slightly longer, but you'll save so much more time by only opening the tool when you actually need it.

## 3. Combine Sleep Mode with a Password:

Just the light of a screen seems to magically attract our eyes. It's just so hard to ignore, even [newborns react to flashing screens](#).

However, when phones and desktops are regularly shut down, and you've only got the black screen in front of you, it's much **easier to focus** on other things, like actually sleeping.

**Use passwords to reactivate your devices and apps.** Similar to the principle of logging into programmes or networks, the few seconds required to unlock your device after it has been reactivated from sleep mode often provide you with enough time to consider whether it is really necessary.

## 4. Put It in Your Pocket!:

Simply turning off the PC at work may not be very practical – after all, this is where most of our daily communication takes place.

However, how about your mobile phone?

In most companies, intelligent [cloud telephone systems](#) have replaced the mobile phone for all work-related discussions anyway. These systems include [appropriate features that actively enhance communication](#) rather than constantly providing distraction. And if in doubt, your mobile will ring anyway, even when it's in your pocket.

## 5. Stop Googling Everything:

Do you remember how you used to ask your colleagues what time the baker around the corner closes or what a certain idiom is in English? This still works perfectly and is good for team communication.

Forbes recommends: [Trust your instinct](#) and think a little longer before you refer to the internet. In everyday work, this often has the nice side effect that you will determine [where your talents and strengths lie](#) and simultaneously interact more with your colleagues. People who rely completely on the internet find it harder to come up with original ideas and an authentic appearance. They also lack the feedback that exchange with colleagues brings with it. Maybe you'll make a fool of yourself from time to time – but you will learn a lot in the process.

## 6. Good Conversations Are the Best Distraction:

Clearly, the problem is a cause for concern. As [psychotherapist Hilda Burke](#), chairwoman of the [National Unplugging Day](#) 2016 and 2017, confirms, the excessive use of technology sooner or later brings **psychological** problems such as **anxiety** or **insomnia**. Even if you don't feel any of this yet, your body and mind will benefit in any case if you occasionally switch off. And that **makes your work more efficient**, beyond the promises of the productivity tools on your laptop.

Technology keeps us constantly up to date and permits neither breaks nor idleness. It is actually beneficial to get bored more often, because [that's when the really good ideas emerge](#).

**In short:** real conversations, face-to-face or over the phone, more single-tasking and a conscious, self-determined approach are the key to a healthy relationship to technology in everyday life.

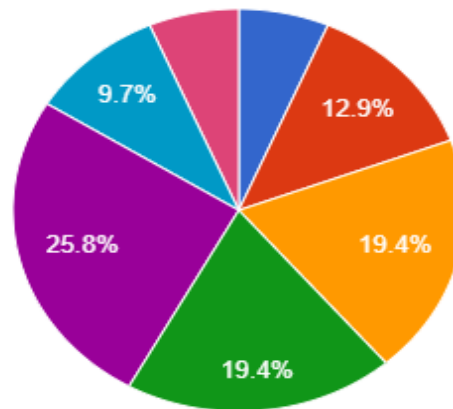


# SURVEY RESULTS:

1

What is your screen time ?

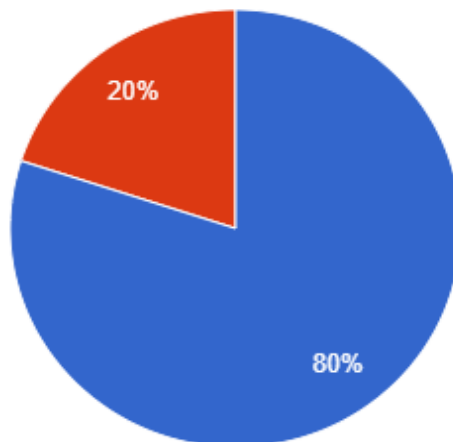
- 1hr
- 2hrs
- 3hrs
- 5hrs
- 6hrs
- 7hrs
- 8hrs



2.

Do you like using phone ?

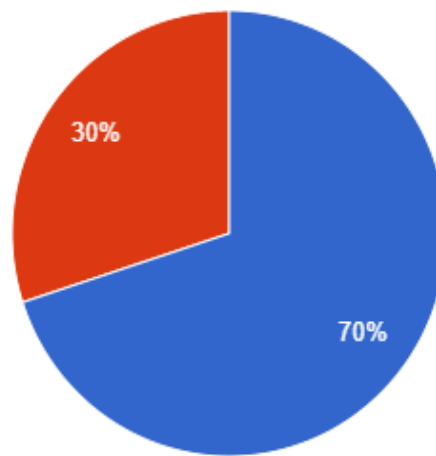
- yes
- no



3.

you have your own phone

● yes  
● no



## **CONCLUSION:**

There's no doubt that technology has changed our world forever, both in good and bad ways.

In a good way, It has given rise to a civilization that is smart, connected and free. It has made our lives much easier and comfortable. Everyone has access to knowledge and information, most of the countries are democratic and People have Right to freedom and equality.

In a bad way, technology has caused climate change, It has made us dependent on it. A.I and robotics technologies have become a threat to millions of jobs. Pollution, nuclear wars and cyber attacks too are very dangerous .

After a long analysis of the major facts related to advantages and disadvantages of technology. I hereby, conclude that Pros of technology overshadows it's cons. So, if used well technology can make this world a better place to live in.