The Impact of Smartphones on Society

The greatest technological advancement of the 21st century is the smartphone. It transforms how people communicate, work, and research. A smartphone is a cellular device that accomplishes typical phone capabilities and comparable tasks of a desktop computer on the go. According to Pocket-lint, it operates complex software in the form of micro-processing CPUs, touch-screen technology, and high-speed wireless transmission. This signifies that it is the by-product of years' worth of incrementally important scientific breakthroughs from the creation of the World Wide Web to integrated circuits and miniaturized electronics to wireless data transmission and communication networks like 4G and 5G. If any of these crucial breakthroughs failed or did not happen, the smartphone would not be.

Therefore, when such incremental important research and development occurs relative to such a small piece of technology accessible by billions of people daily, it makes ease of access to information and social interaction all the easier. There have also been social implications, for better or worse. For example, smartphones have changed the way people communicate. People can respond to one another and communicate via talking, texting, and social media messaging. Anyone who possesses a smartphone and has Wi-Fi can communicate with anyone else across the globe. Furthermore, the ability to communicate digitally and remotely greatly expands employment and academic opportunities because people can reach their bosses or teachers via smartphones. According to Twenge (2023), when the pandemic struck, smartphones helped recreate the virtual classroom/office. However, the accessibility is also unwarranted and fosters negative social maladaptive behaviors like anxiety, depression, and loneliness particularly in teenagers. According to Twenge (2023), increased screen time makes teens lonelier and more isolated; they are less empathic and more socially anxious.

I believe the change has been good and bad. More information and communication are accurate, but less social interaction and less ability to escape, in person, are also true. It's a matter of equilibrium using the smartphone as a power-enhanced version of productivity and socialization but also understanding the pitfalls into which people could easily slip. But as a society so dependent upon the technology itself, the better solution would be to still use it, and as long as in-person socialization is continually emphasized, it'll be fine.