

RESLIFE1

An Analysis of Multimedia Technology: Its Merits and Demerits to Society

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Multimedia technology has many advantages such as providing fun, knowledge, and association and connection with people, but it also has some disadvantages and difficulties. Some of the problematic issues with multimedia technology are too much information being absorbed by people, abuse of multimedia like the circulation of fake news and propaganda, and low interaction as well as harmful effects on health and well-being (Prasanna, 2022).

Information overload can cause confusion, stress, anxiety, and reduced productivity for users who encounter too much information online (Vogels E. A., et al., 2020). Misuse of multimedia can involve spreading false information or propaganda that can influence people's opinions and behaviors and damage the credibility of legitimate sources (Chazen D., n.d.). Limited interaction can result from multimedia not offering the same depth of understanding or social interaction as other forms of learning or communication (Prasanna, 2022).

Negative effects on health and well-being can stem from excessive or inappropriate use of multimedia that can lead to physical and mental health problems such as eye strain, insomnia, addiction, depression, and isolation (Johnson J., 2020). Therefore, users should be careful and responsible when using multimedia technology and seek a balance between media consumption and other aspects of life. While multimedia can enhance our lives in many ways, it can pose some serious challenges and risks requiring awareness and regulation.

## References

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