**Long-term effects of Living in a Technology world**

***Abstract*: - A technology world undoubtedly offers benefits and drawbacks. So many people refer to technology as a necessary evil. Although technology plays a significant role in our lives, it has also contributed to various social ills. For instance, technology has facilitated communication between individuals and turned the globe into a small, interconnected village. These days, collaborating on projects and other activities doesn't even need being in the same place.**

***Keyword*: -** Technology

***Introduction***

The 21st century is quite different from the preceding centuries in which we have lived, and this difference may be attributed to technological breakthroughs. In the past 20 years, technology has spread from the earth to the moon and a number of other worlds. Everything from our everyday needs to our wants and desires is affected by technology.

In the modern world, technology is all around us. We have grown so reliant on technology that we now take it for granted. We are unaware of how much it impacts us. The fact is that technology drives us, not the other way around as we seem to believe. Technology now controls our lives.

It is impossible to imagine existence without technology. The advancement of technology is a tremendous accomplishment. We have gained a great deal of knowledge about the world and our bodies as a result of this technology. Technology has both beneficial and harmful impacts, just like everything else.

***What is Technology today?***

Over the years, technology has continuously transformed our world. Due to the availability of technical instruments, we currently experience a great deal of simplicity when executing various tasks.

Technological improvements have led to the creation of items like cellphones and smartwatches. And if the pattern we're now observing is any indication, there will be more to come in the upcoming years.

It is reasonable to argue that technology has improved, sped up, made life easier, and even made life more enjoyable for everyone.

***How Technology has changed our lives?***

Both older and younger generations now enjoy a higher quality of life thanks to technology.

We have been able to stay in touch and communicate even through some of the most trying moments in human history, including during the COVID-19 epidemic, thanks to social media and instant messaging systems.

It has had a negative impact on so many families and lives, resulting in isolation and the emergence of new norms like work-from-home rules and social estrangement. If it weren't for technology keeping things afloat, all of this would have kept people utterly apart from one another.

Some of the new technological innovations we've acquired have greatly streamlined and eased our daily lives. We may even add that some gadgets, including health devices, have improved people's quality of lives. For instance, folks who have difficulty hearing well might profit from the assistance they receive from TV listening devices and hearing aids. As a result, individuals may go about their daily lives with comfort and peace of mind.

***Pros of the Technology***

Technology has unquestionably raised the standard of living. So, let's take some time to consider some of its benefits.

* **For Individuals with Disabilities**
  + Technology has been a steadfast support system for those with impairments. For this population, life certainly presents challenges. Technology has greatly facilitated and simplified their lives through the design and development of products. Use the example of hearing aids from previously to illustrate.
  + Additionally, there are alternative input methods and adaptable keyboards that enable persons with impairments to use technical instruments that might otherwise be inaccessible. For persons with disabilities, foot switches and eye-tracking software can also be used to create those difficult controls.
* **Communication is simple.**
  + You will undoubtedly concur with us when we say that communication between people has become simpler as a result of technology. As an illustration, consider social networking and instant messaging services. It has made it simpler for people to communicate no matter where they are.
* **Comfort**
  + Our domestic life are significantly influenced by technology. One example of a technology used for comfort is smart light bulbs. This produces a tranquil color atmosphere that is great for many tasks. When it's time for you to go to bed, some can even improve the quality of your sleep.
* **Improved Education**
  + There are new resources available that support teaching and learning. The usage of video technologies, like as Zoom, gained popularity during the COVID-19 pandemic and is a suitable example.
* **Health Sector Change**
  + The subject of medical science has seen significant technological growth. Results can be obtained more quickly and at home. There is a lot of equipment available for diagnosing various ailments.
  + Unsustainable healthcare systems can be transformed into more sustainable ones with the aid of digital technological instruments. Additionally, new technology innovations have enhanced the quality of life by making some diseases easier to treat.
* **Information Access**
  + Information is now simpler to get because to the existence of social media. These days, you don't even need to turn on your TV to get news updates on what's going on in the world. Quickly do this on your smartphone in ease.
* **Getting Results** 
  + You can do things that would have previously taken you a long time more rapidly if you live in a technologically advanced planet. Additionally, tasks become simpler and more practical.
* Technology has given us fantastic tools for controlling our time and using it for fun. Because of the increased usage of machines, we have more free time that can be put to good use. I believe that technology has made it possible for us to live more comfortable lives both now and in the future.
* With the use of technology, you may simply and quickly obtain things like knowledge about something, directions to a certain location, and the ability to view or speak with your loved ones. The technology has also benefited business.

***Cons of the Technology***

* **Our sleeping patterns are altered by technology:**
  + This is undeniable. We stay up much too late surfing over social media or texting musketeers. It's challenging to uninstall the applications that are meant to keep us inside.
  + All of this results in disturbed sleep and generally bad sleeping habits. For individuals who fall asleep watching TV, the light from the devices also affects our sleep habits.
* **Technology makes us feel alone:** 
  + Our dependence on technology might make us feel alone. Depression can actually result from a large absence of human touch. We may feel cut off from humanity when the development of our relationships with people occurs online. On occasion, our online mutineers aren't even mutineers.
* **Technology promotes a more sedentary life:**
  + One of the major drawbacks of a world full of devices may be the promotion of a more sedentary lifestyle by technology. Children who spend a lot of time online and playing video games nonstop miss out on crucial physical activity.
* **A persistent source of distraction is technology:**
  + The availability of every solution in the world at our fingertips is a major source of distraction provided by technology. It may be something as basic as having issues talking on the phone while driving.
  + Everyone has witnessed individuals’ texting or browsing while they should be doing something else, and it is incredibly distracting.
  + There does not seem to be any way to escape the never-ending influx of information. It doesn't appear to be slowing down any time soon.
* **Technology can contribute to eye and attention issues:**
  + Anyone who spends the entire day using a computer understands how psychologically and physically taxing it can be. After a long day of staring at a screen, you could start to realize that your eyes are getting tired and are having trouble focusing.
  + Listening to music and playing video games further exacerbates our hearing loss since we regularly notice the consequences of loud noises. The use of earbuds can really harm the ear, according to several research.

***Conclusion***

Understanding that the overuse of technology will eventually result in devastation is urgently needed. A balance must be struck. Today's changes must be made in order to reduce the long-term harmful impacts of technology. Technology has undoubtedly left its stamp on this planet, whether that mark is beneficial or detrimental. Everything depends on which angle you're looking at it from. Eye strain and trouble focusing on crucial activities are only two examples of how social media and mobile bias can cause mental and physical problems. Additionally, they might exacerbate more severe medical issues like depression. Teenagers and young children, who are still developing, may be particularly affected by excessive technology use.

Every coin has two faces. Same is the case here. There are benefits and drawbacks to technological progress. However, we cannot declare that we shouldn't advance because of the drawbacks. We should work to reduce inappropriate use and advance in the proper way.

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