**The Internet of Things Improves Young People’s Lives**

Approximately 2.6 million years ago, human ancestors began using tools, which marked a significant change in their way of life. However, people could use tools independently in the past. It is convinced that tools can fulfill their potential if they are arranged and used wisely. This is the basic idea of the Internet of Things (IoT). IoT is an advanced network that can not only distribute resources properly but control smart devices remotely as well. Since the concept of IoT was first introduced in 1982 (Wikipedia, 2023), billions of smart devices have been produced and have joined IoT. Young people are the most frequent users of smart devices, therefore IoT has significant effects on young people’s lives, especially in health care, education, entertainment, and housing condition.

Health care and education are basic needs for young people. In the health care area, IoT is helpful in status monitoring, intelligent diagnosing, etc. Nowadays, young people are more aware of their health. Instead of receiving treatment when disease occurs, they tend to monitor and care for themselves in the early years. For example, some young people are losing weight. To check their training effect, young people can wear on IoT-based watches to monitor their blood pressure and blood sugar conveniently, eliminating painful blood sampling in the past (Haddara & Longva, 2019, p. 5; Jaimini et al., 2018, p. 91). In another case, emotional changes can also be detected by the sensors. A large number of young people are suffering great pressure so they may act aggressively or impulsively. IoT then can automatically arrange resources, such as psychological counselors, to avoid potential danger. Similarly, IoT can respond to environmental changes, improper diet, and some misbehaviors to alert young people of potential risks including pollen allergies, sports injuries, etc. (Jaimini et al., 2018, p. 91). IoT also facilitates diagnoses of specific diseases. During the COVID-19 pandemic, there was a severe shortage of medical resources. Young people are likely to be strong thus most of them may not need manual diagnoses. IoT was able to detect and treat infected patients with sensors (Hurley & Popescu, 2021, p. 78) and greatly reduce the pressure on the medical system. It is claimed that IoT “make[s] it possible to gather important information about physical and mental health of the patients” (Haddara & Longva, 2019, p. 5) and is likely to save more lives in the future (Alonso et al., 2018, p. 11). Therefore IoT has a positive effect on young people's lives in health care.

Education is another basic need for young people. IoT contributes to higher quality education because “smart campuses [have] the potential to [revolutionize] the education system and offer the capability to enhance campus operating effectiveness, while delivering high-quality services to the campus community” (Abuarqoub et al., 2017, p. 2). IoT manages the basic hardware involving lights, air conditioners, etc., allowing teachers and students to focus on their academic planning instead of environmental issues (Pattanayak & Ramlowat, 2019, pp. 245-255). In addition, IoT-based services such as libraries and labs could help students learn better. Readers can use IoT-based systems to search for books and self-register to borrow books without manual management. Physics laboratories in universities now mainly use smart devices such as DIS to operate, record, and analyze automatically, reducing the experimental errors. So IoT’s positive effect on young people’s education is evident.

Although entertainment is not a essential part of young people’s lives, they love various sorts of entertainment, especially electronic games. IoT has affected this area as well. Virtual reality technology (VR) and augmented reality technology (AR) are both well-known applications of IoT (You, 2018). Players wear an electronic device similar to a pair of glasses, then they could see the simulated scenes. Although the scenes are generated by computers, they look so real that players enjoy the game immersively. There are other wearable IoT-based devices to create a sense of reality. For example, when players are hit in the game, IoT will instruct the smart glove to tighten up so that players can feel pain in reality. Sensors also collect real-time data therefore IoT can respond to players' physical and psychological status not only to make games more real but also to ensure players’ safety and health (Aslekar et al., 2021, pp. 87-109). IoT better supports player-versus-player (PvP) games as well with its unique advantages such as lower latency. Thus IoT based electronic games are loved by more players and become increasingly popular. It can be concluded that IoT improves young people’s experience in electronic games.

Furthermore, when young people form their own families, they have to care about their living space as well. IoT can improve young people’s housing conditions. For one thing, smart devices serve as IoT terminals that directly help them. Young people are pursuing more convenient lives. The smart kitchen is a particular example. Some young people are so busy that they can hardly prepare fresh food. The smart kitchens are able to manage the expiry dates of food, set storage environment, or cook meals automatically (Pangaribuan et al., 2020, pp. 72-76; Stojkoska & Trivodaliev, 2017, pp. 1454-1464). For another, smart devices are the tools for people to control things around them. Young people are sometimes “lazy”. They want to operate their furniture much easier. Thanks to the development of IoT, young people may control air conditioners by speaking directly (Bohouta & Kepuska, 2018; Dueros), which greatly satisfies their inertia. In short, people possibly get access to more tools than ever before. IoT “consists of advance manufacturing and information technologies, to fulfill the [customized] requirement of different areas of the human being in lesser time” (Bahl et al., 2020, pp. 419-422). It is clear that IoT has an effect on young people’s housing conditions.

It has to be acknowledged that IoT has some negative effects. As mentioned above, an increasing number of devices are based on IoT. Apart from the benefits, it appears that the aftermath could be catastrophic once IoT is attacked. As a consequence of IoT’s convenience, illegal behaviors are much more challenging to monitor (Mahmoud et al., 2015). The expensive IoT-based devices are another negative factor. It probably raises social conflict on the assumption that some live much better with advanced devices but most people cannot afford them. It may even bring idleness which is depressing. Although researchers are trying to lower the risk of IoT, anyway, the negative effect can not be avoided.

IoT is a successful system that has rapidly developed in recent years. It helps young people monitor their body conditions wisely, enables them to study better, improves their entertainment experience, and changes their housing conditions. IoT has a huge effect on many parts of young people’s lives indeed. Undoubtedly, young people’s life quality is greatly improved with the effect of IoT. Despite some potential negative effects related to IoT, it’s believed that IoT will be further developed and continuously serve not only young people but all people in the world.

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