**Positive and Negative Aspects of Technology**

Nowadays, technology is an important part of everyone’s life. Just like we need food and water to survive, we also need technology to communicate with others, for shopping, for our entertainment and for working etc. Although, technology has a very important role in our every day’s work but it also have some positive and negative aspects.

By using technology, it is very easier for someone to communicate with others. Now there is no need to write longer letters because technology makes it simple, by just clicking on the accessories we can talk to anybody, anywhere in the world. It is also very helpful in business world as conversations and approvals can be sent to other person or to other countries just by using E-mail service. Technology also improved our education system. Students who faced any difficulty can take help from the internet. The use of modern technology and social media increases social and problem-solving skills. Students become aware of many new inventions and use them in their learning.

However, we also use technology in healthcare, we produce huge amount of medicines. In this modern era weather is also predictable before by the use of technology so we able to get an idea of every day’s work and mostly plan our things accordingly. Moreover, technology is also used in making machines. The machines help us in our work and saves time like many kitchen accessories make our work more easy.

As technology has many positive aspects but in the same case it also has some negative effects. Excessive use of mobile phones engage people in virtual world and people find less time to spend with their family physically. Similarly, in children more usage of screen time causes aggressive behavior and anxiety in them. Children tried to copy everything so if they see wrong things on phones they also do wrong things and from this, bad habits are developed in them. More use of technology also affects the health because people have no time for physical activities that is necessary for a good health. When people indulge themselves in technology so much then they only rely on accessories and don’t do anything by themselves. Moreover, through social media many teenagers are involved in wrong things and destroy their mental health and ruin their life.

In short, technology is necessary in this modern world and we also can’t live without it. We have to move in this world with all these things but the requirement is that we should balance the use of technology. We should need to take advantage from it in a positive way and set time for its use. Parents should keep an eye on their children and tell them the consequences of wrong use of technology from the beginning. Moreover, we don’t need to depend completely on technology but do small things by ourselves and we should also try to involve ourselves in such activities that are beneficial for our health and also help us in our future too.