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THE CHANGES IN TECHNOLOGY AFFECT PEOPLE
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INVESTIGATION WORKSHOP II
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Topic

The changes in Technology affect people.

Objective

- Show the causes of excessive technology.

- Show the effects that had changed the society by the fast development of technologies.

- Provide tools or techniques for the proper use of technology.

Introduction

The technology is tool that help us to do different types of work or task, thorough efficient and effective, within a couple of years we will have new technology that will make us be update and not obsolete.

Unfortunately, the new advances of technology might affect kids, teenager and adults. As an example, changes in their cultural and social habits, also lost of cognitive skills and learning.

Nowadays there is an excessive use of technology by kids, teenager and adults, back to the old times, there were a healthy communication and also good cultural and social habits. The purpose of this investigation is to give information or provide information that will help the well-begin of the people or guide the new next generation to the correct path.

In this investigation will focus on the areas of health, social ambit, and educative, showing the effects of the bad use of technology, and provide techniques that will help to keep the balance between the technology and cultural ambit and social.

Theoretical Framework

Referential Framework

Concept Map
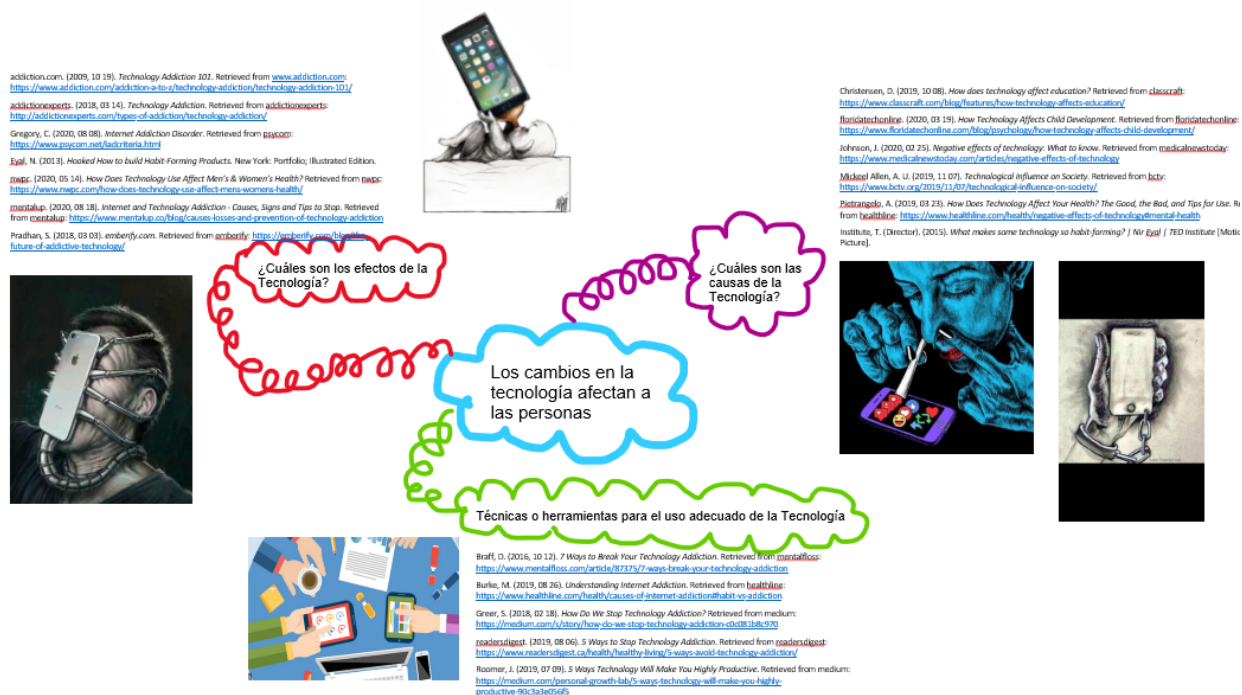
Conceptual Map

¿Which are the effects of Technology?

1.1 ¿Does technology affect your health?
Technology addiction affects kids and adults in whatever age. "*Children are introduced to the internet at the age of 3.*" (Mentalup,2020). There might be adults working alongside with technology or procrastinating, "*An average person spends about 6 hours a day on the internet.*" (Mentalup,2020).

The frequency and use of technology, is the result of how might affect our health in the next couple of years in each person.

1.2 ¿How does technology affect child development?

The kids "*children may be digital natives when it comes to gaming and social networking—but they are digital novices when it comes to using technology for academic purposes.*"(Martin,2017).

Aggression

When the kids find something on the internet, they try to imitated it, F.I. (2020) affirms "*Exposure to violence was found to make children and teens more likely to argue with peers or teachers, and less empathetic and impacted by actual violence.*"

School

When kids get a device in which they can play videogames online or offline, or whatever addictive application, they spend much time interacting with that application and they forget their academic duties, and much of the time they also use it at night, as a result, the next day they have laziness or simply the don't wan to do anything for the lack of focus.

Visual

Much of the kids use their devices closet to their faces, and sometimes with the brightness high, this happen at night or even when they wake up with the necessity to check their devices.

Emotional Development

The child's development is fast within the first three years, which means the kids must interact with kids with the same age, in this way develop their essential skills as communication, leadership, team, etc. And other skills that allow them resolve difficult challenges in their future.

"*For young children, the impact may be felt as screen time replaces time previously devoted to play, peer interaction and exploration, which are thought to foster empathy, problem-solving skills, curiosity, intelligence, and listening skills*" F.I. (2020)

1.3 Mental effects

- Depression.
- Feelings of guilt for excessive internet/technology use.
- Anxiety.
- Feelings of euphoria when using technology / Internet.
- Inability to determine priorities or postpone plans.
- Isolation from the social environment.
- Lost concept of time.
- Extreme defense of the habit of use.
- Poor performance at work or school.
- Continuous deferral and avoidance of responsibilities.
- Change humor.
- Fear of not have internet/ Technology.
- Sensation of loneliness.
- Loss of memory.

1.4 Physical Effects

- Back pain.
- Headaches.
- Insomnia.
- Bad nutrition (no eat or eat in excess to avoid stand up).
- Personal Hygiene (for example, not taking a shower).
- Neck pain.
- Dry eyes and other vision problems.
- Gain weight.

2. ¿ Which are the causes of the causes of Technology?

2.1 ¿How Technology works?

The technology is an important tool in our daily life, it has become important to keep ourselves upgrade or update in every realm where we work or we want to improve, according to Eyal, N(2013) "the feedback loop that involves trigger, action, variable reward and investment"

Look at Figure 1.

Trigger

Internal: WhatsApp histories, FB etc. Making the user to visualize it at least once a day.

External: Email notifications, e-commerce discounts, news, etc.

Action

The minimal effort to push the button or simple motivation.

Reward

Reactions to publications, scroll down and up until find something interesting or entertainment.

Investment

The time user spends using the product or service, making the user more addicted to it.

2.2 Technology addiction symptoms.

Recognizing the first symptoms are the first steps to ask for help or take decision to continue doing it or stop it.

• An addict uses the device before going to bed at night, or use the device on the bathroom or restroom.

• An addict feels the sensation of have the latest on technology.

• Check constantly social media.

• Feeling of "excluded" when there is not technology around them and ask other persons to use their device or share reception to connect to the internet.

• Check constantly the device even when there is not sound of notification.

• Spend too much time on their devices (procrastination).

3. Proper Tools or Techniques for the use of Technology

3.1 Ways to end Technology addiction

If we use an application frequently and we let the time goes nowhere, even if we have task or duties to complete, it is considering an addiction.

•Turn off devices before sleep.

•Turn off notifications of not essential apps.

•Limit the use of social media.

•Interact with other people or community.

•During meals keep the devices away.

•Stop using the device on the restroom or bathroom.

•Do activities outside.

•Delete elements or applications that make us procrastinate.

•Create the habit of reading physical books.

3.2 Being productive with the Technology

Pomodoro Technique

This technique consists of the activities or task we want to complete through specific lapses of time, first we start with a timer of 25 min., once it is time up, we start a timer of 5 min. Which means a break, after that we make the same procedure before doing three consecutive sessions, as shown in the Figure 2.

"20-20-20" break

(elobservador,2014) said that *"Every 20 minutes each person should see outside of their desk every 20 minutes, and focus on something around 20 meters (6,09 meters)"*

Music

The music helps us to prevent be distractive due to outside noise, therefore the music helps us to be more productive according to (LESUIUK,2005).

Avoid Multitasking

When we a lot of activities at the same time, we feel anxiety, or feel angry because we know we are not going to finish the activity planned, which led us to procrastination.

Avoid the Technology with low light in dark sides

The use of technology with low light increments the levels of headache or eye train.

As shown in the Figure 3.

Therefore, sometimes it is indispensable to work at night or morning with low light, as a solution there is software to help us to decrease the brightness of the device such as f.lux , Twilight or glasses like BluBlocker ect.

Avoid Social Media

Turn off notifications

Make a To-do list or plan of the day.

3.3 Ergonomics

"Ergonomics (or human factors) is the scientific discipline concerned with the understanding of the interactions among human and other elements of a system, and the profession that applies theory, principles, data and methods to design in order to optimize human well-being and overall system performance."

International Ergonomics Association Executive Council, August 2000

As shown in the Figure 4.
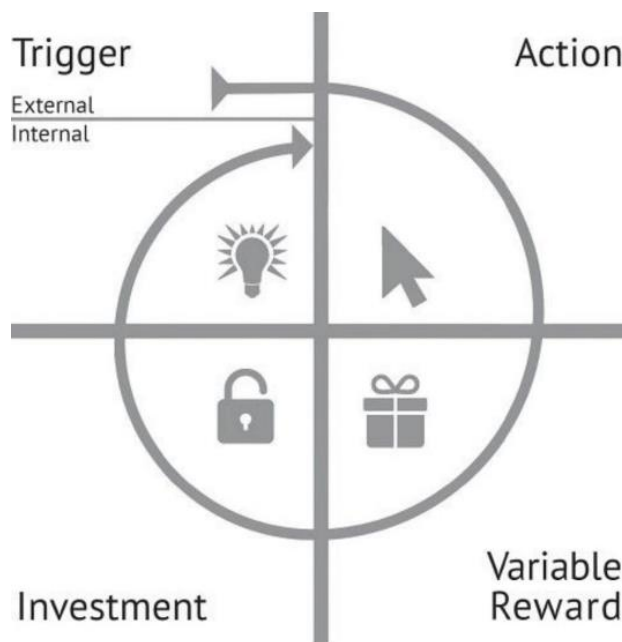
As shown in the Figure 5.

Figure List

Figure 1 Hook(Engaged)

Eyal, N. (2013). *Hooked How to build Habit-Forming Products. [Figure]*
https://books.google.com.mx/books?id=dsz5AwAAQBAJ&pg=PT11&source=gbs_selected_pages&cad
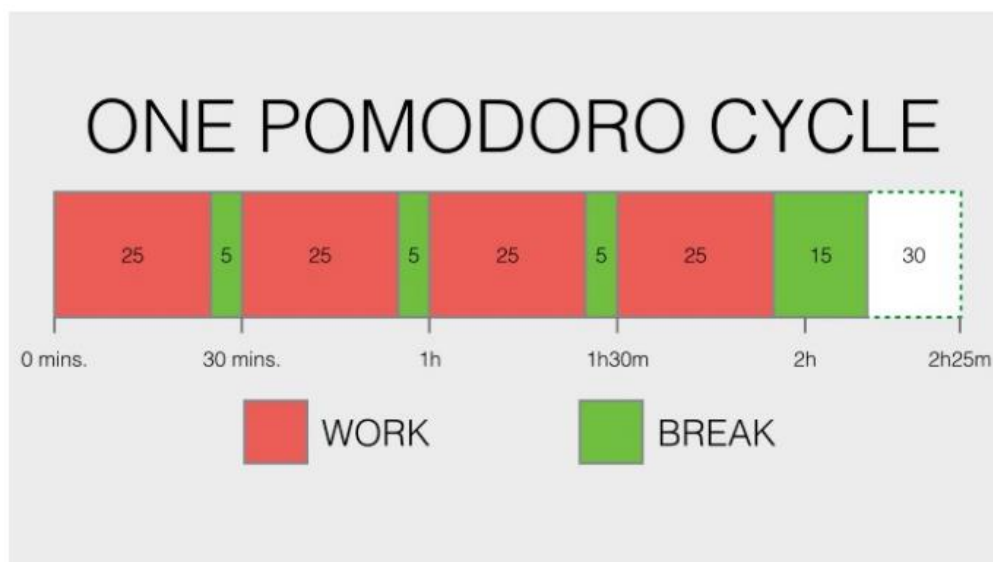*=2#v=onepage&q&f=false*

Figure 2 Masood Aqib(2017) Pomodoro Technique to improve Efficiency and
Productivity[Imagen]https://medium.com/@aqib.masood/pomodoro-technique-to-
increase-efficiency-and-productivity-86880b8b38ca

Figure 3 Loria Kevin y Gould Skye (2015) How smartphone light affects your brain and body[Figura] https://www.businessinsider.com/how-smartphone-light-affects-your-brain-and-body-2015-9?r=MX&IR=T#:~:text=Smartphone%20screens%20emit%20bright%20blue,%22time%20to%20sleep%22%20cues.

Figure 4 UWA(2012) Workstation
[Imagen]https://www.safety.uwa.edu.au/__data/assets/pdf_file/0012/18
59844/Workstation-setup.pdf

Figure 5 DeWitt David(2018)How does text neck cause pain? [Imagen]
https://www.spine-health.com/conditions/neck-pain/how-does-text-neck-cause-pain

Conclusion

The technology is a tool that help us to make task through efficiency or efficacy, therefore, there are people that use the technology all the time due to work, or personal projects, which means work alongside with the technology, that is not consider as an addiction, it is consider an addiction when user is impossible to unplug or keep aside the technology when there is work or task for to do.

At the end, the responsibility is the hands of every user of how to use the technology, therefore, we must take care of the new generations, and led them to the correct path, and better through of the humanity.

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