

**TEC MM CAMPUS ZAPOPAN**

**THE CHANGES IN TECHNOLOGY AFFECT PEOPLE**

**Corona Lomelí Martín**

**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.

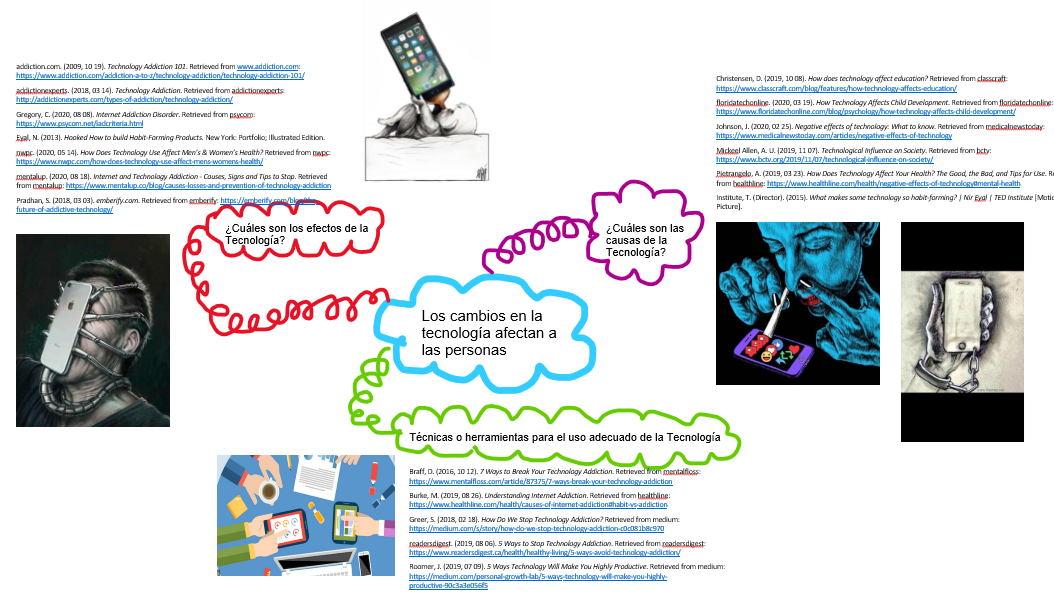
Nowadays there is an excessive use of technology by kids, teenager and adults, back to the old times, there were a healthy communication and also good cultural and social habits. The purpose of this investigation is to give information or provide information that will help the well-begin of the people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

Desarrollo Emocional

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. 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.

• Lost of memory.

* 1. 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. ¿Cuáles son las causas de la Tecnología?

2.1 ¿Cómo la Tecnología funciona?

La tecnología juega un papel importante en nuestra vida cotidiana de tal manera que nos mantiene actualizados en cualquier campo, acorde con Eyal, N(2013) “the feedback loop that involves trigger,action,variable reward and investment”

Observe la Figura 1.

**Trigger**

Internal: Historias de WhatsApp,FB etc. Haciendo que el usuario los visualice y las observe al menos una vez al día.

External: Notificaciones como email, ofertas de e-comerce, news, etc.

**Action**

El mínimo esfuerzo de hacer click o motivación.

**Reward**

Reacciones a una publicación o contenido, deslizar la pantalla hasta buscar o encontrar algo interesante al usuario.

**Investment**

El tiempo consumido que dura el usuario en el producto, haciendo que el usuario sea más adicto o consumidor del producto.

2.2 Síntomas de adicción a la Tecnología.

Reconocer los primeros síntomas son los primeros pasos para pedir ayuda o tomar una decisión si se continúa haciendo o no.

• Un adicto puede incluso llevarse un teléfono a la cama por la noche o usar un dispositivo móvil mientras está en el baño.

• Para los adictos a la tecnología, tener nueva tecnología es más importante que pagar la hipoteca.

• Revisar constantemente las páginas de las redes sociales en busca de actualizaciones, así como realizar actualizaciones incluso sobre las actividades cotidianas.

• Sentirse "excluido" cuando la tecnología no está disponible y tomar prestados los dispositivos de otros para registrarse o conectarse

• Checar constantemente el dispositivo incluso cuando hace un sonido de notificación.

• Permanecer en el dispositivo por un largo tiempo.

3. Técnicas o herramientas para el uso adecuado de la Tecnología

3.1 Formas para terminar la adicción a la Tecnología.

Si utilizamos una aplicación frecuentemente y dejamos que el tiempo pase, cuando se tiene tareas o deberes para realizar, se considera una adición.

•Una hora antes de dormir, apagar los dispositivos.

•Apagar las notificaciones de apps no esenciales.

•Limitar el uso de redes sociales.

•Interactuar con otras personas o comunidad.

•Guardar el dispositivo durante las comidas.

•Evitar el uso del dispositivo en el baño.

•Hacer actividades al aire libre.

•Eliminar los elementos o aplicaciones que nos hacen ser menos productivos.

•Crear el habito de la lectura en físico.

3.2 Ser productivo junto con la Tecnología

**Pomodoro**

Esta técnica consiste en hacer una lista de actividades por completar, primero se empieza con un temporizador de 25 min., una vez que termino el tiempo, se inicia un temporizador de 5 min. De descanso o break, después se realiza el mismo procedimiento anterior por tres sesiones consecutivas, como se muestra en la Figura 2.

**“20-20-20” break**

(elobservador,2014) explica que *“cada 20 minutos una persona debe mirar fuera de su escritorio por 20 segundos y enfocarse en algo que se encuentre a 20 pies (6,09 metros)”*

**Música**

La música no ayuda a prevenir ser distraído por ruidos exteriores, además incrementa la productividad referente a (LESUIUK,2005).

**Evitar Multitasking**

Cuando hacemos varias actividades al mismo tiempo, tendemos a sentir ansiedad, y coraje por no terminar cierta actividad planeada, lo cual no dirige a procrastinar.

**Evitar el uso de la tecnología en zonas con poca luz**

El uso de la tecnología en áreas con poca luz incrementa la posibilidad de tener dolores de cabeza y ojos irritados.

Observe la Figura 3.

Por lo tanto, algunas veces el conjunto de tareas toma más tiempo de lo previsto, para ello es recomendable descargar software que ayuden a recudir el brillo de la pantalla por ejemplo f.lux , Twilight o lentes como BluBlocker ect.

**Evitar Redes Sociales**

**Apagar Notificaciones**

**Realizar un To-do list o plan de trabajo**

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*

Observe la Figura 4.

Observe la Figura 5.

**Lista de Figuras**



Figura 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*](https://books.google.com.mx/books?id=dsz5AwAAQBAJ&pg=PT11&source=gbs_selected_pages&cad=2#v=onepage&q&f=false)

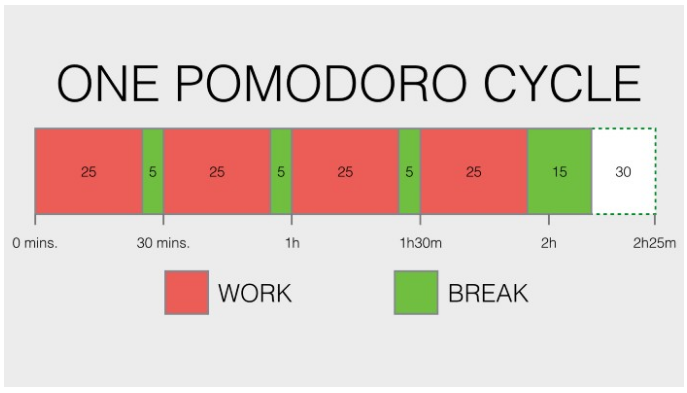


Figura 2 Masood Aqib(2017) Pomodoro Technique to improve Efficiency and Productivity[Imagen]<https://medium.com/@aqib.masood/pomodoro-technique-to-increase-efficiency-and-productivity-86880b8b38ca>

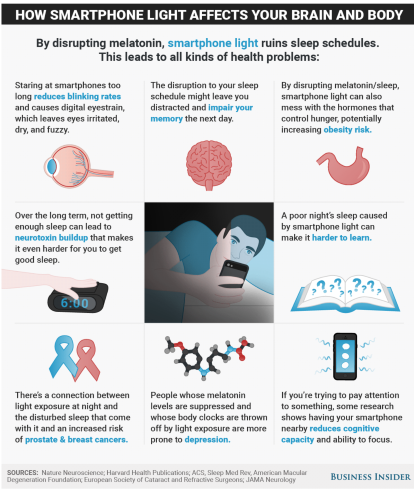


Figura 3 Loria Kevin y Gould Skye (2015) How smartphone light affects your brain and body[Figura] <https://www.businessinsider.com/how-smartphone-light-affects-your-brain-and-body-2015-9?r=MX&IR=T#:~:text=Smartphone%20screens%20emit%20bright%20blue,%22time%20to%20sleep%22%20cues>.



Figura 4 UWA(2012) Workstation [Imagen]<https://www.safety.uwa.edu.au/__data/assets/pdf_file/0012/1859844/Workstation-setup.pdf>

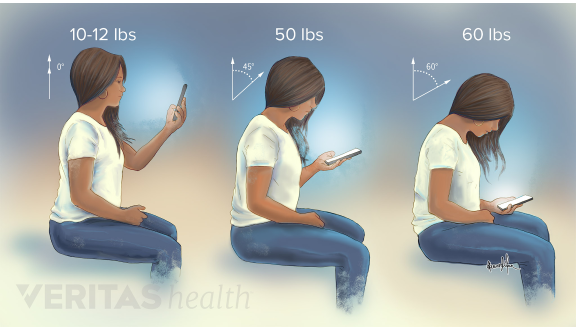


Figura 5 DeWitt David(2018)How does text neck cause pain? [Imagen] <https://www.spine-health.com/conditions/neck-pain/how-does-text-neck-cause-pain>

**Conclusion**

La tecnología es una herramienta que nos ayuda a realizar tareas complejas de manera eficiente y eficaz, por lo tanto, habrá personas usan la tecnología todo el tiempo debido a que están en un área de trabajo, en el cual se necesitar trabajar en conjunto con la tecnología, por lo tanto, no se considera una adicción, se considera una adicción cuando el usuario le hace imposible de desconectar.

Al final es la responsabilidad de cada uno de los usuarios de como usar la tecnología, por tanto, se debe de tener un cuidado con las nuevas generaciones para que vallan en la correcta dirección.

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