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### Technology Autobiography

Technological advancements have developed our society drastically. From the most basic technologies to supercomputers, these tools help make our lives easier and the world a better place. Along with these mind-boggling benefits, technology also produces several unseen consequences. Throughout my life, I have experienced the impacts of technology from various viewpoints.

In my childhood, I grew up without many personal devices such as phones, tablets, and other devices which the children of the current generation use. The amount of time I spent in front of a screen was much less relative to my current screen time. If I recall correctly, I remember the first time I played a virtual game instead of a board game; it was on my dad's Nokia flip-phone as seen on the right. I was glued



to the screen for quite a while and spent a lot of my time playing video games later on. As game development improved, I bought the Nintendo Wii, PC games, a DSI, a PlayStation Portable, and many more. Playing video games regularly as a child has deeply influenced my mindset, habits, and attention levels.



Because of the strategic thinking, competitiveness, and optimism I displayed when playing video games, these qualities are engrained in my general mindset. Although my strategic approach and problem-solving capabilities have improved, gaming has also led me to several bad habits and a reduced attention span. Due to constant movements with my thumb and fingers while playing, I am unable to sit without moving for too long. I have also developed an overprotective mindset in all situations because of the paranoia I had for protecting my “valuable items” in game. Most games I played were dynamic, which meant something was constantly happening. Now, whenever I use technology, I feel the urge to always click on something new or change my screen. This leads to a drastically reduced attention span and countless hours spent on my devices. My interactions with video games in my childhood shaped who I am today, both the good and the bad.

When I turned 14, my parents gifted me my first handheld, personal device; a Samsung Tablet E as seen on the right. This opened up an endless hallway of doors, each with a possible way to spend my time. It was at this point that I created my social media accounts and checked my device at least once every day. This habit felt great at first because it allowed me to feel connected to my friends, but it soon began to do the



opposite. I lost track of how much time I spent in front of my screen, connected to others virtually, that I unintentionally disconnected from the real people right near me. Many research studies have shown how addicting technology is. I experienced this when I would spend endless hours scrolling through a personalized feed on Instagram. This addiction really broke apart my personality, communication skills, and confidence. It was not until high school that I started feeling myself after constantly having live interactions with my friends on the school bus, at school, and at home. Looking back, this unseen addiction that comes with staying connected virtually really changed

who I am today. Although it was a struggle, I now know how to limit myself, how to improve my time management, and how to value each moment.

This story is not just my own, millions of teenagers around the world face similar consequences when interacting with any sort of technology. When I look around right now, everyone seems to be addicted, but society has also advanced greatly due to technology. From past



experiences and from looking at the world around me, I can see the true impact technology has on my life; both the unseen consequences which people are starting to realize, and the rarely used benefits. It is vital to use technologies for the greater good, and

the first step to solving the problem is realizing there is one. Awareness must be spread about these topics, and people must also be taught how to use these technologies to their advantage.