How does the technology affect our lives?

Positive:

* **Improved communication**: The continuous advances in technology have led to the appearance of numerous new methods of electronic communication, such as social networking websites, emails, voicemails, and video conferences. These [advanced communication tech tools](https://tech.co/business-phone-systems/voip-vs-landline-phones?6-main-ways-technology-impacts-daily-life) have helped us to eliminate time and distance as obstacles to effective communication. This is beneficial not only to our personal relationships, but also to education and business. Technology has improved cultural education by giving children the opportunity to communicate with other children from different countries and learn about different cultures.
* **Convenience in Education**: technology has impacted every aspect of our lives today, and education is no exception. Technology has changed education in so many ways. First, technology has expanded the access to education and there are huge amounts of information (books, images, videos, audio) that are available through the Internet and that will enable you to empower yourself with knowledge. In addition, online courses are on the rise and most of them are free. Modern technology has made it simple for students to learn from any place in the world through online education. Also, nowadays students use modern technology in classrooms in order to learn better. For example, students can use iPads to share visual lessons, presentations, and examples with their peers. This has made learning much more convenient and more fun, but most importantly – more effective.
* **Convenience of Traveling**: Computer makes it easier to book tickets online and do calculations to optimize our options of traveling. GPS and map application permit us to go virtually anywhere in the world without fear and deviation. If we straggled in a city or desolated place, these technologies help us reaching exactly where we want to be. Google Map capable to predict time required, traffic conditions, traffic block, weather status and sometimes, giving vital advises and alerts about the roads and destinations we are traveling. GPS enabled map devices have become a standard equipment in modern vehicles.
* **Make work easier and more efficient**: work online, store data, projects, important info, advertise, transaction, shop/ship online
* **Entertainment**: more selections of games, movies with more visualization, interactions
* **Medical**: find cure and search for symptoms within a click, keep track of your health record

Negative:

* **Mental health**: One of the most dramatic impacts of technology is the decline of the quality and quantity of sleep. The sleep chemical melatonin is influenced by the constant glow from screens, so keeping technology is likely to interfere with your sleep and effects your general state. What is even more serious is that people become addicted to technology, which has a detrimental effect on person’s health and social life, and destroys social and family bonds. Among other mental problems caused by computers is a new type of stress called the chronic Smartphone Stress. It is caused by notifications (or their absence), constant anticipation of a message or e-mail. If a person doesn’t get enough attention, this can make you feel stressed or even depressed. Excessive information space, exaggerated online reality, internet overuse, and social comparison are all factors potentially provoking depressive behavior. Addiction to online computer games seems to be a growing problem in Asian countries. China and South Korea have both had incidents in which someone died after playing games nonstop for an incredibly long period, sometimes two days or more. A man in China died after a three-day gaming binge at an Internet café (where most online gaming in Asia seems to take place) in 2007 [source: CNN]. These countries have set up special counseling centers to deal with gaming addictions, and China has enacted strict laws limiting Internet café access.
* **Physical health**: myopia, obesity, back problem, brain damage (memory loss), headache, neck and shoulder pain
* **Environmental problem**: Pollution caused by the production of computer hardware, as well as from the cleaning agents used to clean computers, is a great hazard to the environment and the people that live in it. People leaving their computers on for hours results in a lot of energy consumption and enormous amounts of paper are being used daily to print out electronically stored data. It causes health problems as well as economic problems and is in urgent need of treatment. If we all shut down our computers at night the energy savings could light the Eiffel Tower 24 hours a day for 720 years.

Discuss social, economic, cultural, ethical and other impacts/influences?

Economic: raise unemployment rate in the short term. The main way that computers can cause unemployment is if they make certain people's jobs unnecessary. For example, firms used to employ large numbers of stenographers and typists. Computers have made these people unnecessary.

Social: derive of social skills, lack of human interaction

**Ethical/Privacy and security:** If being misused, technology can expose you to a number of risks. Especially vulnerable are kids. One in three teenagers reported being victims of cyberbullying. The offenders use text messages, social media or forums to reach out the target. The internet is now also where online sex crimes take place. Sexting is another risky behavior teens might be exposed to. 39% of teens admitted sending sext messages, and almost half of the teenagers received texts containing nudity. With huge population using the Internet, it gives rise to cybercrime. Today it’s easier than ever before to find someone’s personal information as the borders of privacy is blurred. With a few clicks, you can now discover Facebook page with all the contact information, pictures, whereabouts and many more. The information obtained can be used by cheaters for hacking and viruses.

Cultural: computers help you learn more about other cultures within a search on youtube. You can reach out to friends around the world, from different cultures by using social platforms. Technology also change our reading culture, read online or behave differently. Technology has changed the culture of measurement by giving out new concepts like binary or units (bytes, kilobytes)