Technology Effects on People

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26 March 2024

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Technology is one of the best creations that we have known to date. We use technology for everything we do nowadays. You are bored? Go on your phone or watch TV. You need to go to the store? Go ahead and hop into your car. Need to draft a paper? Go and grab your laptop. Technology used to never be as good as it currently is because when it first ever started out was millions of years ago when they did not yield the resources that we have today. As much as people use technology today, it is impossible to see a world where technology was not present. Do not get me wrong, technology is a great invention and thank goodness we were able to get it to the level it is on today, but with technology having all its pros, it has its cons as well. However, do the pros outweigh the cons? With technology comes mental, physical, and all its positive attributes in today's age.

With technology bringing us so many great benefits, it also brings along negative effects as well. First, we are going to talk about the mental health effects that technology, specifically social media, has brought upon us. "Prolonged technology use can lead to mental health problems such as anxiety, depression, and social isolation (therapyutah)". Along with social media comes social media influencers that like to show their day to day lives to us people that want to watch them for entertainment. On apps like TikTok, YouTube, Instagram, and Snapchat these influencers are showing their "perfect lives'" to us average people. Teenagers and young adults are the most affected group when it comes to social media. They see things that people are posting and become inferior and wonder why their lives could not be like the person they are watching. However, these people are not posting everything in their lives and everything that happened in their lives before they became social media influencers. People will wish to be like their favorite social media influencer but what they may not know is that that person when growing up was abused by their parents. Everyone has a story but not everyone is going to share it. Of course, there are those influencers that did not have a rough life at all, and they just were lucky to become famous on one of the various platforms, and that makes people mad. They wonder why they were not lucky enough to become a famous social media influencer and then they start to question themselves. Am I not pretty enough? Is it my body? Is it the way I talk? All these questions start to become fixations that the person will never stop worrying about, which then ends up with them developing mental health disorders like depression, anxiety, body dysmorphia, and much more.

On these apps you have kids, teenagers, and young adults seeing these people post their bodies on their platforms. They look at these people and envy them because they have "perfect bodies", and they do not look like them. "On one hand, social media can provide a platform for body positivity, community support, and health and fitness inspiration. But it can also contribute to unrealistic beauty standards and unhealthy comparisons (psychcentral)". This quote is perfectly said, yes social media can do so much for body positivity and health fitness journeys but on the other hand it causes unhealthy comparisons. When it comes to these unhealthy comparisons, most of the time these people compare themselves to all edited and fake pictures. When people post on social media, specifically celebrities or influencers, often they are known to photoshop their bodies and faces to make them look better than the real picture depicts. However, the people on either side of this do not see the editing and just see these people

"perfect bodies and perfect faces". It honestly is sad because there should not be the term perfect bodies or perfect faces being thrown around anywhere because everyone is different, and nobody is perfect. This also then causes developments of eating disorders such as anorexia, bulimia, binge eating, and many more. These eating disorders are mental disorders eating at people's brains because they have this image in their head that they look ugly in their bodies and want to look like all these people they see pop up on their feed. Another thing that this could cause is cyberbullying. This is a cruel world and people love to make fun of other people. Someone could be cyberbullied on the way they look or the way their body looks and that takes a big toll on mental health. Not everyone has the strength to block out the haters and they let them get into their heads. Yes, we have things that help fight cyberbullying but no matter what there will always be a victim of cyberbullying out there, which is incredibly sad to think about. We are all different, if we all looked the same the world would be boring, so we need to stop bringing people down for the way they look.

Now that we have talked about how technology affects mental health. Let us talk about how it affects physical health as well. Us humans love our electronics reigning from our phones, our computers, our gaming console, and many more. However, we might love it too much because it has started to affect some of our physical health. We tend to look down at our gadgets more than looking straight down at them which has been known to cause neck and back pain. Even if we do look straight on at our electronics, we do not tend to have the best posture while doing so, which then again causes back pain. It has gotten so bad to the point where they are naming different pains using technology terms, "there have also been reports of "selfie elbow" or "texting thumb" caused by technology overuse (kaspersky)". Another thing technology causes is digital eye strain from looking at a screen for too long. This is the most common effect that technology causes "for example, one study suggested over 60% of Americans were affected by it (kaspersky)". It makes sense if you think about it because a lot of the time if you are not busy or even if you are busy and the work you are doing requires using electronics, we are always on our devices. It is inevitable at this point, we use it for school, for work, to communicate with one another, and it just basically rules over our lives to be honest.

Another thing technology has affected is our sleep, sleep which is especially important for our day-to-day lives. "This is because the so-called blue light from devices can lead to heightened alertness and disrupt your body clock (kaspersky)". We all love to go on our phones before bed. It entraps us whether it's from TikTok or YouTube or whatever it may be. It is also not just phones; TV is the biggest component to disrupting our sleep because a lot of people tend to leave their TV on while they go to sleep. However, with the TV we are less interactive than we are with our phones, so it is better than being on your phone all night. The last physical health issue I am going to talk about is physical inactivity. "For example, according to one study, 38% of parents worried that their children weren't getting enough physical exercise due to excessive screen time (kaspersky)". Obviously, we would all love to just sit inside all day and do nothing but relax, but that is not the best thing for our bodies. It is particularly important to be physically active because it plays a major part in your health. It is not healthy to be addicted to your screens 24/7, and we could be more cautious when we are using technology.

Now that we have talked about some negative effects of technology, let us get into the positive effects technology has given humans. The first major thing it gave us is the form of communication. I know social media was in the negative category but it also gives us so many positives like entertainment and communication with friends. You can call, facetime, or message your friends in an instant. As much as I hate to say it, apps are a part of everyday life and most of the world would not be able to go without them. Now let's talk about how technology has changed the game for our health. "From the fitness trackers on Apple Watches to regenerative medicine and organ transplants, the possibilities of healthcare today would be nowhere without technology (switchliving)". Better technology has given us better medicine, better health care, better equipment, and better everything we use today. Without the help of technology we would not be able to cure as many illnesses or save many people's lives. Now we all love money right, but imagine a world where we can only use cash and only shop in stores. That would not work for our lifestyle because we are a generation that loves to shop online and we don't always have cash on us because we have a bank account. Now we even have our cards on our phones so you don't even have to bring your actual wallet with you either. The internet is our lord and savior because we as a community use the internet everyday, whether it's for school, for work, shopping, or even just to ask questions. Without the internet then the Covid-19 pandemic would have been 10 times worse if you think about it. We used the internet to be able to continue schooling from home, as well as working from home. Without the internet then kids would have had to stop their schooling which would have set everything back and people wouldn't have been able to work from home which allowed them to still make money for their families. Don't even get me started with how we would be without entertainment. We use YouTube, TikTok, TV, gaming consoles, and so much more. These things are used millions of times everyday because we are a generation that gets our entertainment from technology. We got everyday appliances like refrigerators, cars, heating and conditioning, and a lot more things that we use day to day. Basically without technology we would not be where we are in the world today and as much as people want to say that technology is taking over, it's the best thing that we could have.

Now that we have talked about the negatives and positives of technology, we can clearly see that there are a lot more pros of technology then there is cons. Yes, technology has hurt us majorly in the mental health department, but that is just one form of technology over many more. People like to say that if these apps were never created, no one would have developed mental health disorders from them, but it is not technology doing this to us, it is ourselves. We are the people going on the app photoshopping pictures and cyberbullying people, technology did not make us do that. Even with the negatives of social media, there are just a lot more positives when it comes down to it. Technology has shaped what our world is today, without it we would just be like how people were living hundreds of years ago. Which means that we would not have developed as a human race. There are some things that need to change in our world, but that is up to us as humans, not technology, because we are the ones making the decisions.

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