# Argumentative paper

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# Do we suffer from too much Technology?

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## Introduction

Technology is the use of methods, devices, and systems for scientific knowledge used for practical reasons. Technology is therefore inevitable and critical in our daily lives as it provides platforms for new and unlimited mediums for communication and accessing information and knowledge. This paper focuses on exploring how Technology exposes several dangers and threats to the physical, mental health, education, and social lives of teenagers and children Trakhtenberg (2012). “Do we suffer from technology?” is a topic that explores the effects of Technology on children, thus resulting in both negative and positive impacts.

Ideally, too much social media, mobile devices, and other technological devices may lead to psychological and physical problems. According to Trakhtenberg, (2012), one of the effects of technology overuse is metabolic disease due to a sedentary lifestyle, which reduces the physical body activities required to boost a healthy life. For instance, sitting constantly leads to back and neck problems, exacerbated by bending into the handheld device all the time, leading to a new disease such as "Text Neck." (Lepičnik-Vodopivec & Samec, 2012). Most teenagers like watching, and constantly looking at the screen can lead to poor oversight and chronic headache. All these physical problems are associated with the overuse of Technology as people develop complications in their bodies, leading to physical-related diseases (Trakhtenberg 2012). Children who take more time in watching may suffer from the text neck, which is a disease that predominantly affects kids from their teenage age.

Orben & Przybylski (2019) stated that depression and anxiety are accounted in the effects of technology use on mental health. Children who overuse technology are likely to experience

mental complications like low creativity, lack of attention, and language and social development delays. Emotion distress is also associated with too much use of Technology as the affected children have unrest feelings caused by stress over the Technology. For instance, children who spend most of their time in media can develop hypercreativity disorder (ADHD) and attention – deficit (Orben & Przybylski 2019). ADHD affects a child's attention and self-control as a medical condition because people have difficulty staying focused. The focus is affected by this problem as they tend to be more fidgety than others. ADHD has symptoms where the affected person can't control his behavior, thus making teens and kids into more trouble due to this problem caused by technology overuse.

Technology has dramatically affected people's social lifestyle by physically isolating them from being together. People tend to create isolation between youth as most of them spend their time on Technology, thus limiting the interaction and mingling time. Most children aged 19-32 years who overuse Technology are likely to live socially isolated forms of life than those who do not use media often (Lepičnik-Vodopivec & Samec, 2012). For instance, most youths use their time on online platforms such as YouTube, social media apps, and other technological devices to communicate and have other funs, thus affecting their social interaction. It has deprived children's social skills because most of them prefer sharing by chatting other than meeting in person. It also hinders the language development of teens and kids, which is associated with social interaction between youths.

The statistical data have shown that too much Technology is an addictive system that captures the attention of youth to have of their time on technology usage. This addictive system, therefore, affects people's communication skills (Lepičnik-Vodopivec, & Samec, 2012). Language development is associated with people's interaction and socialization. Addictive use of Technology

thus hinders the communication skill of individuals as they concentrate more on Technology, imitating the language used on the internet where some of the languages are foreign languages (Orben & Przybylski 2019). Therefore, it affects human development since relationships and interaction play a significant role in human development. It also affects people's performance as they rely much on Technology, neglecting student-to-teacher physical learning, which helps in improving their creativity and innovation.

Additionally, technology overuse may distract people's sleeping, eating, and doing homework as they spend more time on the internet. Technology has all the information required for more homework assignments; thus, students tend to copy directly from the internet. This lowers their thinking capacity and also creativity which is needed in academics (Lei 2010). A kid likes to watch and interact on online apps like Twitter, Instagram, YouTube, and TikTok, thus spending their night watching. They have fewer sleeping hours, and some tend to omit their eating routine due to too much Technology.

Performance is an important instrument in schooling for children. Better grades facilitate admission of good colleges and universities to children, thus registering for appropriate courses. Therefore, accumulating more Technology will lead students into additional suffering over low results. People's writing skills have been affected as students spend their time on the internet, acquiescing a little script that gives them poor grades. They deliberate that grade are of no important until they get to a higher learning institution and the same trend follows them for a lifetime (Lei 2010). Hardworking students are demining, as people becomes lazier and few of them who are there in schools ate not innovative since they spend most of their time on Technology. Bodily education and practical courses require a hardworking and creative student. Thus, too much Technology has affected both physical and technical courses too much.

People who are exposed to too much Technology tend to have a sedentary lifestyle (Trakhtenberg, 2012). This lifestyle doesn't promote regular physical movements/activities thus, leading to obesity and cardiovascular diseases. They develop legs problems and other body-related conditions to a lack of exercise. Technologies like smartphones, tablets, computers hold someone's attention for a long time, which can cause “eyestrain, asthenopia, an eye condition with symptoms like fatigue, pain around or in the eye, headaches, occasional double vision, and blurred vision” (Trakhtenberg, 2012). Users thus have more challenges related to too much Technology than the importance. Some of the diseases developed from Technology are ignored by some technology developers claiming that the challenges occur according to individual body immune and not technology overuse. While using Technology, people tend to move "down and forward," which puts unnecessary pressure on the neck and spine.

In contrast to the negative effect of Technology, it helps treat sick people and consequently saves lives by fighting deadly bacteria and dangerous viruses such as Coronavirus, which is the current world deadly virus. It is also essential as it is used on Artificial Intelligent (AI), where it has reduced the workload to human beings through AI, (Lei 2010). Technology has also improved Technology in the global world as it is known faster and efficiently through wireless devices to communicate. For instance, companies can share easily with foreign countries and get feedback immediately as needed.

Continually, Technology also has the best advantage as they increase the efficiency of a business process. People can perform more tasks on business in less time through the use of Technology. For instance, people can have the journal entry from the company in less time, or even calculate to profit and loss account for the business quickly since all the data concerning the business is computerized (Costley 2014). Technology has transformed from shared drives to

emails, communication, coordination, execution, and implementation of many business processes has been made easy and hassle-free (Trakhtenberg, 2012).

**Conclusion**

As I sum up, too much Technology may lead to psychological and physical problems. One of the effects of technology overuse is metabolic disease due to a sedentary lifestyle, which reduces the physical body activities required to boost a healthy life. Additionally, depression and anxiety are accounted in the effects of technology use on mental health. Children who overuse technology are likely to experience mental complications like low creativity, lack of attention, and language and social development delays. Also, Technology has dramatically affected people's social lifestyle by physically isolating them from being together. People tend to create isolation between youth as most of them spend their time on Technology, thus limiting the interaction and mingling time. Technology has more problems related to its than the advantages. It is essential in improving people's innovation and creativity as it also increases the efficiency of a business process. Finally, for future usage of Technology, people need to limit their time on technology usage and only use it for essential purposes, not just for leisure time. These will help to reduce the problems resulting from too much Technology.

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