

Does technology ultimately enrich our lives or isolate us?

Technology is the field of study that applies scientific ideas to allow for invention and improvement of existing systems (social media is one of those existing systems). In fact, it tends to benefit users more than harm them because it allows for global interactions, communication, and exchange of ideas. Some may believe technology isolates us which is right if we abuse it.

“In this age of information and technology, in which the smartphone is so ubiquitous, it’s only obvious to blame them for some of society’s problems” by Rosangela Ludovico. Smartphones are one of the main end points of social media, it has integrated artificial intelligence techniques like biometric analysis to scan fingerprints and facial recognition technologies for maximum security measures of data on smartphones. These features increase the quality and the usage of the smartphone’s technological advancements. It is beneficial to the world and safe right now during the Covid 19 pandemic because many people are asked to stay home and work from there. People can abuse this technology by spending additional hours playing video games and communicating unnecessary topics.

“DIGITAL TECHNOLOGY OVER JUST THE PAST DECADE HAS CONNECTED AND EDUCATED MORE HUMAN MINDS THAN PROBABLY THE ENTIRE SUM OF OUR PLANET’S HISTORY” by Gavin Aung Than. Technology overall is our life, it has enhanced food security through processing and storage over long periods of time. it provided Uber and Lyft that solved transportation problems, it provided us with maps and directions applications. It provided much more accessible knowledge for study and researches, online. Moreover, side effects from long-term use of some devices can be prevented by taking a correct posture, wearing gamma ray glasses, and maintaining physical and social activities on a regular basis.

Despite the many benefits of technology and technological devices, some challenges can occur and need to be addressed. Some of these challenges include side effects from long-term use of these devices, including smartphones and computers that cause digital eye strain. Using a smartphone in a forward leaning position will result in musculoskeletal problems with a lot of stress on the spine, neck, and shoulders. Social media addiction can cause sleeping problems. Lastly, technology can cause poor social skills. These things are minor and can be fixed, if people fixed their posture, do yoga or other muscle tension releasing activities, balance the time spent in front of devices, use gamma ray glasses or other gamma ray prevention gadgets, and spent time doing more social activities.

Overall, technology and the use of smartphones are beneficial to the user. Technology has great impacts in every field ranging from industrial, security, education and research, agriculture and food security, transport, and businesses among others. Technology enriches people's lives, but people need to balance their time spent in technology and away from it.