# technology paper

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Although we suffer from too much Technology, but there are also some benefits; for instance, proper use of Technology impacts people's lives by improving their innovation and creativity, thus improving their performance. People improve their life by acquiring accurate and unlimited statistics. Too much Technology is also significant in easing the communication sector like in a business sector, office, and person-to-person communication from a distant area. Additionally, it improves individual innovation as they are exposed to the internet, giving them knowledge and skills for innovation and creativity. The benefits of too much technology have adverse effects like interims of innovation and creativity as one of the benefits of technology. Children get so used to Technology, thus, lowering their thinking capacity as they always rely on the internet. Therefore, the innovation associated with these children lacks general creativity and innovation related to individual thinking. Even though too much technology helps to improve students' performance through online learning, this process lacks motivation and knowledge of critical thinking. On the other hand, too much Technology poses more negative impacts especially to the children who are still growing, teenagers and the overall human life. It causes both mental and physical problems to the users such as eye problems, neck pain and also emotional distress as a mental problem. One of its touted effects is the cause of metabolic diseases due to sedentary lifestyles. This form of lifestyle reduces the physical body activities required to boost a healthy life. In addition, 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.

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