The Impact of Technology: An Analysis of the Heated Debate

Modern technology, one of the most convenient, useful, efficient, and powerful things in everyday life, yet still with its own unique disadvantages. Items like phones and laptops are dominating the modern world, replacing traditional ways of doing things like meetings with new and potentially even better online ways. For example, original face-to-face conversations are now being replaced by online chat platforms, like WhatsApp. Despite this, it affects people physically, changes their mental state of mind, and impacts their social skills. So, is technology good or bad?

First and foremost, let’s dive into technology’s impact on social interactions. On the positive side, technology reduces the need for physically present meetings, resulting in more convenience by using online platforms. However, what most people don’t realise is that this makes them less comfortable in face-to-face conversations and events, meaning that it would significantly worsen their communication skills. It could also cause more people to fear large crowds, as they are more used to conversing online. This defines the rest of their life because most formal events happen in person, so they probably won’t be able to pass the interview or succeed in the event or test. Therefore, technology is harmful for people’s social aspect of life.

Second of all, technology significantly affects people’s physical health. While technology lessens the need for traveling to places for meetings in a tiring way, it more severely makes the person lazy due to the fact that travel is unnecessary for most things. This could mean that people no longer want to move even a few hundred metres from their house, making people overly reliant on others. This is bad practice because without exercise, they could eventually become overweight or underweight, depending on their home environment. Plus, technology strains people’s eyes because screens emit unnatural light that is harsh for the pupils. This makes their sight get worse and worse and can even lead to complete blindness. So, technology is helpful in some ways physically, but careful control of its use is needed for balanced physical health.

Last but not least, technology undoubtedly has an everlasting result on people’s minds. Technology will make people’s health better in some ways, as they can now chat with their friends every day without meeting in person. This reduces the worry about what their friends are doing and the anticipation that affects many things about the next day when they’re meeting. Although it does do the above, it also makes them check their phones every minute for their friend’s message, eager to respond to it as quickly as possible. This could also result in late-night conversations, disrupting their sleep and reducing their concentration the next day. Should we really sacrifice mental health just for communication? Therefore, technology helps people have better communication, but with the cost of mental health.

In conclusion, technology is a huge advancement that impacted people’s lives. While it does have positive attributes, some negative ones are too big to ignore. The best approach is a hybrid one, balancing traditional ways and technology-related practices. Therefore, it is advisable to limit one’s use of technology.