

How Technology is affecting Humans

Did you know that over 70% of the global population uses mobile phones and the internet, and more than 63% using social media? It may be surprising but it is true. Technology is starting to be a key part of life in the 21st century. I mean how many times do you use a device a day? At least once or twice right? Well, this is how technology is affecting humans.

Firstly, one key reason is that technology is bad for your eyes. Have you ever wondered why people wear glasses? It is because that their eyes need to see through lenses to see properly and this is caused by looking at screens too much. Screens cause eye strain by reducing blink rates, which dries out the eyes, and their blue light can disrupt sleep and potentially harm vision long-term. Did you know that screens reduce blink rates by up to 50% ! screens also make people want to see it more.

Secondly, another reason how screens affect us is that they can be addictive. Screens are addictive because they trigger a powerful dopamine feedback loop in the brain, similar to substance abuse, through intermittent rewards, constant stimulation, and instant gratification from content like social media and games. This is because you will want to finish or beat something and want more. Sometimes, this can lead to other more serious problems.

Finally, my last reason is that screens can make kids over excited. Screens make kids excited by triggering the release of dopamine, a feel-good neurotransmitter that creates a powerful reward system in the brain. Instant rewards, captivating graphics, and engaging stories from games and videos activate the brain's pleasure centers, fostering a desire for constant stimulation and making it difficult for children to disengage from devices. This makes kids feel excited with the constant changes.

Therefore, I have now proven that screens are undoubtedly bad for your eyesight, makes you addicted and makes people excited. So, what are you waiting for? Go drop your screen and have an adventure outside!