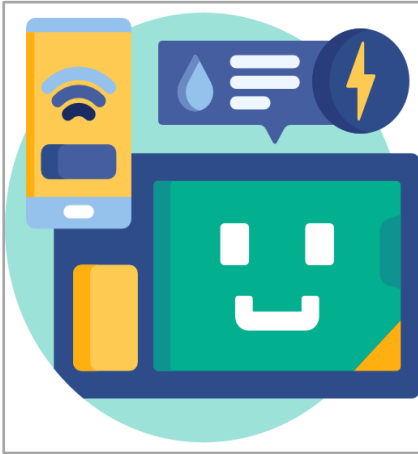# Northwest Software Inc

NSI

The help you need

## Effects of living in a technological world

Technology is taking over our world, we live in an age where most, if not all of us use technological devices all day, every day.

From mobile phones, to iPads, to laptops and TVs, we're constantly using technology. There are even forms of technology that we use during our sleep, fitness watches that track our sleep and the likes.

When you compare the lifestyle of people in today's time, you will see that it is more advanced and higher tech compared to previous years. People owe this to bright minds of those who keep on developing numerous advanced equipment's.

Pros of Technology

- **Ease of Communication**: Emails, SMS, Voice Calls, Video Calls, all these effective mediums of communication have brought us closer at a global level.

- **Comfort**: Technology has made our lives so much easier that all we have to do now is press a button to get any job done, be it online shopping or booking a cab.

- **Improved Education**: Modern technology has made it easier for students to gain knowledge through virtual classrooms and online classes. Students can study at their own pace from anywhere at their own convenience.
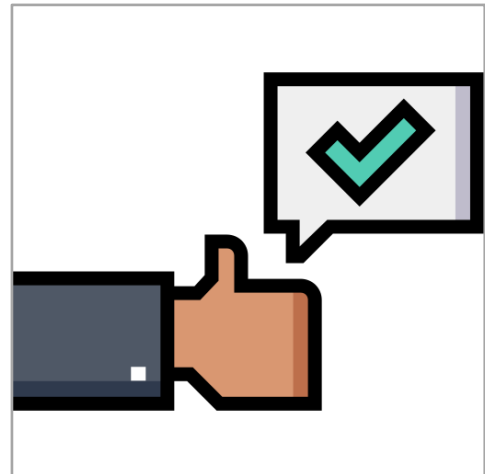
- **Access to Information**: A smartphone, laptop or any other similar device coupled with internet and you can access any relevant information while on the move. Access to the Internet has simplified the ways in which we can stay up-to-date today.

Cons of Technology
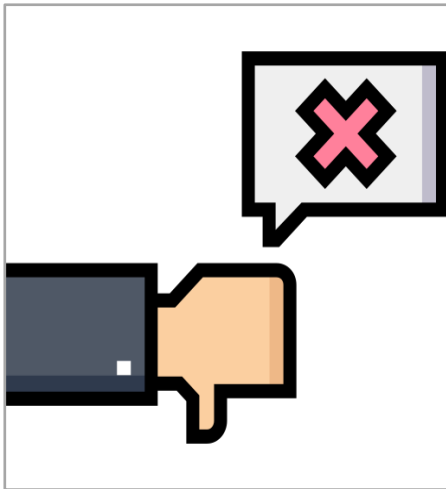
- **Too Much Dependency**: We are overly becoming more dependent on technology to take care of everything. We tend to get helpless when one of our gadgets fail to perform.
- **Depletion of Natural Resources**: The modern equipment and gadgets are so powerful that they need huge quantities of natural resources to run on. This is leading to their depletion at a faster rate.
- **Competency**: Increased dependency on modern tools that provide instant solutions have reduced our creativity and intelligence. Example, we no longer rely on mental calculations when we have the calculator at our disposal.
- **Less Value in Human Workers:** Because of all the technological advances, human workers get replaced as machines can do more work in less time and more accuracy.

Take Away
Technology provides great changes to one's life, making things more accessible and easier to handle. It is really great to manage things with just one click of a finger, giving you a lot comfort and positive results as well. Technology is our friend but at times it can turn into our worst enemy.

Positive Effects

1. **Learning has never been easier**

Education used to be something that only the elite few had access to, but with the internet holding all the knowledge you could possibly need, and internet access on a whole range of devices, learning has never been easier. A smartphone, laptop or any other similar device coupled with internet and you can access any relevant information while on the move. Access to the Internet has simplified the ways in which we can stay up-to-date today.
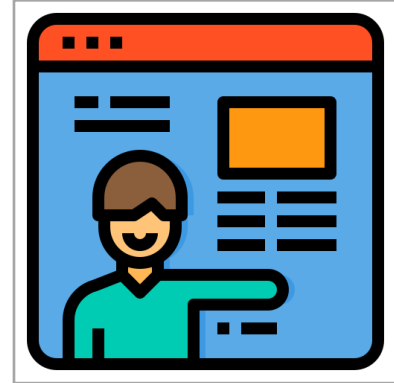
There are thousands of websites and applications solely dedicated to sharing information with people, and teaching youngsters' new things. With so many technological resources, there's no excuse for lack of knowledge anymore. So long as you have access to a technological device, you've got access to all the information you could ever need.

2. **We can talk to anyone, anywhere, any time**
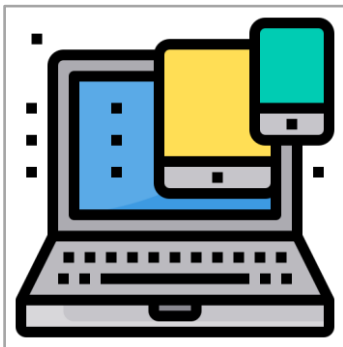
Easy communication is perhaps the best advantage of living in a technological world. Long distance friendships, relationships and work collaborations can all thrive with 24-hour access to instant messaging sites and applications.

We can send messages, have phone calls and even video chats with anyone we like, no matter where they are in the world, and without having to worry about racking up a huge phone bill. Emails, SMS, Voice Calls, Video Calls, all these effective mediums of communication have brought us closer at a global level.

3. Effect on Health Sector

Technology has revolutionized the healthcare sector. The various modern equipment has made faster and more accurate treatment of the patients possible. For people with disabilities, technology had given them the chance to access things easily. They do not need to manually get things done, since with just a few clicks in the remote; they could easily get what they want. Technology provided and established equipment's that will make the life of old people or with disability a lot easier.
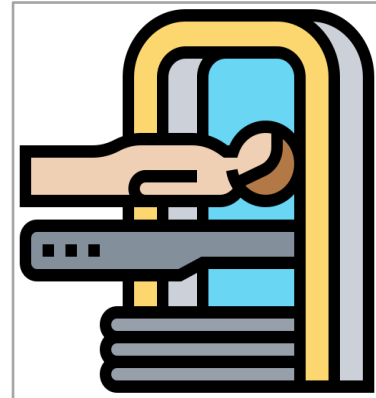
Negative Effects

1. Some of us become too dependent on technology

Technology is so incredibly easy to use, that we can find ourselves becoming dependent on it for even the smallest tasks. Many might find that their social lives are social media bound. We spend so much time on social media sites, socializing and communicating that way that it's easy to lose touch with real life socializing skills.

Take Away

There are of course downsides to this new technological age, but when we consider the advantages and developments that technology has brought about, there's no question that we wouldn't be without it. Talking and making friends from behind a screen is much easier than feigning confidence in face to face situations. Sometimes those that have the biggest online presence struggle in person, without the help of a technological wall. This can even lead to further problems, like isolation.

2. Technology interferes with our sleep

Looking at your phone or watching TV before bed can make it much more difficult to get a good night's sleep. When we look at screens, the blue light they produce simulates sunlight, and so our minds produce serotonin, the hormone that wakes us up. So, whilst a quick browse online or through a social media site might seem harmless, it might actually cost you more hours in sleep than its worth.

Aside from the scientific reason behind technology interfering with sleep, there's also the fact that it's easy to lose track of time when browsing. One-minute turns into ten, and before you know it you've spent an hour or so fiddling with your technological device. When this happens before bed, it can interrupt your sleep pattern and cause you to feel unrested throughout the day.

3. **Effect on Health**

Since greater numbers of people are being engrosses playing video games, online chatting and a lot more. They spend lesser amount of time exercising or being socially active. They unconsciously undergo a mindlessly eating habit that causes obesity.

To Sum Up

Technology has helped us progress so much in terms of education, communication, and even international relations, as people from all over the world can now work together easily and effectively.

The negative effects of this new technological world can be avoided if we simply look out for them, and make sure we use technology in a safe and sensible way.

Every one of us use one or the other technology every day. It has become much like our life partner. After going through this article, what do you feel about Technology and its effect on Human Race?