Technology: Beneficial or Harmful to our Society

Juan

[Institutional Affiliation(s)]

Technology: Beneficial or Harmful to our Society

In the development of societies, technology plays a crucial role because societies and countries are dependent on multiple disciplines of life. Deciding on technology as beneficial or harmful to our society is a hot topic, and this paper will be discussing this subject by providing different arguments for both. Advancements in technology are beneficial and harmful to our society.

The world has become more globalized and most people’s lives have become dependent on technological use in the present era. Technology has made a positive impact on our society in a way that has helped to make better relations with other people around the globe(Bosamia, 2013). Moreover, technology has helped us to develop better communication with our family members, for example, mobile phones have made it easier to be connected with our family members who are far away from us. Due to our busy routines, we interact with our family members, very rarely. In such case, advanced technological tools including mobile phones and laptops help us to talk to our family members online (Olimat, 2013). Whereas, within technological development, the internet is a major development as this makes a huge impact on our society. Our society has become more connected to the other parts of globe and this technology, particularly social media platforms have enhanced communication and cultural exchanges.

Technology is helping different societies to improve educational patterns. E-learning has become a trend, which is a result of advanced technology (Van Laar et al., 2017). This is the learning process with the help of electronic technology, and includes computer learning. E-learning has become one of the effective learning methodologies where learners are provided with multiple options with resources. In the education development of societies, technology contributes positively as it provides many opportunities for learning tools and resources to the members of society, whether they are infants or adults (Van Laar et al., 2017). Enhanced and developed education system helps societies to overcome socio-economic and political issues. Technology allows students to be more aware about the different sectors of life, as a result, students or learners become able to understand societal issues (Olimat, 2013).

However, each development in the society is not meant to be beneficial, it can be harmful as well. Technology has become harmful to society in a way that, it has made negative impacts on the health of people. People using technology have become limited only to these devices and media platforms and stopped physical activities. Physical activities including exercise and walking are important for a healthy lifestyle, as these boost body metabolism(Warburton & Bredin, 2016). Technology has caused major health issues including skin diseases, psychological disorders, and eyesight issues. Excessive use of screens is harmful, and it may result in the disorders of body mechanisms including cardiovascular diseases (Olimat, 2013). Lack of physical activities is a source that promotes such diseases, and technology is one of the factors involved in the lack of physical activity. Hence, it is important to make shifts in our preferences over excessive use of technology to physical activities.

To conclude, it is important to understand both aspects of technology as beneficial as well as harmful. Societies have developed with the help of advancements in technology and this is a positive aspect, moreover, this has helped individuals to communicate with their family members and other people as well(Naikoo et al., 2018). At the same time, it is important to understand technology as a harmful source that has made huge impacts on our health causing cardiovascular diseases, psychological disorders, and skin diseases. To avoid harmful impacts caused by technology it is important to change our choices and give priority to our physical activities.

References

Bosamia, M. (2013, December 28). *Positive and Negative Impacts of Information and Communication Technology in our Everyday Life*.

Naikoo, A., thakur, shashank, Guroo, T., & Altaf, A. (2018). Development of Society under the Modern Technology - A Review. *Scholedge International Journal of Business Policy and Governance*, *5*, 1–8. https://doi.org/10.19085/journal.sijbpg050101

Olimat, S. N. (2013). Positive and negative impact of technology and information revolution on compiling the dictionary. *American Academic & Scholarly Research Journal*, *5*(3 special issue), 205.

Van Laar, E., Van Deursen, A. J., Van Dijk, J. A., & De Haan, J. (2017). The relation between 21st-century skills and digital skills: A systematic literature review. *Computers in Human Behavior*, *72*, 577–588.

Warburton, D. E., & Bredin, S. S. (2016). Reflections on physical activity and health: what should we recommend? *Canadian Journal of Cardiology*, *32*(4), 495–504.