Technology tracking

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 **Technological Tracking**

**Introduction**

In the contemporary era, technology dominates the executions of operations and modes of communication. Life of each person is primarily connected with technological innovation. In my life, technology plays an instrumental role. From surfing educational sources to meeting new friends, I am inclined towards using technological manifestation every day. The kinds of technologies I use incorporate various social networking platforms, emails, browsing, Whatsapp, internet and Skype. All of these kinds of technologies assist potentially to execute operations and offer flexibility to pass the leisure time. However, a critical appraisal on the impact of these technologies ought to be conducted on the social, cognitive and emotional traits.

**Discussion**

To begin, it is essential to highlight the amount of day devoted to technological use. It will be a challenging task to stipulate the exact number of hours. Technology is utilized in persistent and intermittent phases in a day. It ranges from waking up and scrolling on the mobile screen and using social networking applications throughout the day. On weekdays, I consume approximately 7 hours using Facebook, surfing on the internet and using it for educational purpose. Watching movies on Netflix is not added as I commonly watch movies on the weekend. If the weekend is assessed, the technological use extends beyond 10 hours as I am a technological freak if it is measured in the context of watching seasons on Netflix. The bottom line is technology has shaped a web which has become an essential part of my life. In its absence, I cannot think of a way to spend my leisure time. In fact, the significant time in my life is also devoted to technology. In college, technological manifestations as projectors and personal computers assist to expand the learning curve.

 I am not reluctant to say that I have established an addictive relationship with technology in daily life. An overview of the routine will explicate the addictive relationship. The moment I get up I search for notifications on the social networking applications. It is a habit regardless of the place and circumstances. Afterward I listen to songs on my iPod on may towards college. After reaching college, technology dominates the learning process. The usage of emails and Whatsapp remains persistent throughout the day based on the need. In leisure time, I prefer to watch movies or browse the internet for specific things. To sum up, I have established a critical relationship with technology and the dependence on it is immense. It further raises contentious debate about how life will be in its absence. In addition, technology has primarily removed communication barriers. I have many friends in social skill which were first introduced by other friends on Facebook. We communicate potentially on chats and Skype while sitting far away from one other. It is imperative to underpin the changed social structure. Many of my friends and acquaintances get in touch on Whatsapp or Instagram instead of meeting persistently.

Besides, technology has nourished the emotional, social and cognitive development. It has cast both productive and adverse consequences. For instance, browsing on Google has enhanced my knowledge base and made me familiar with certain things which I had never known in the first place in its absence. Whenever I miss lecturers on a specific topic, I open Youtube and search for the topic to fill the lacuna. Such essential are the manifestations of technology to advance cognitive development in my life. Similarly, emotional assistance is another critical aspect. The emotional boost and breakdown both are vested in technological applications and utilization. A few days ago, I became friends with a person who later ditched me. I never expected it and the unfortunate instance took a severe emotional toll on me. Meanwhile, there were friends who assisted me during that I and that too was a perk of technology. It reveals that emotional assistance and breakdown both are the ramifications of technology. It may appear a petty matter to others but it has a significant place in my life. Furthermore, the enhancement of social skills is also vested in technology. As I described earlier, there are several friends with whom I met ion internet and social networking platforms. An intriguing aspect is that the bond of friendship is much stronger in comparison to that with friends I meet in daily life. The social, emotional and cognitive aspects are critically impacted by technology and thus they shape the state of affairs of daily life.

**Conclusion**

 To sum up, I utilize various kinds of technology like Facebook, Youtube, Whatsapp, Skype, Internet and Netflix. Primarily, the internet is the main source enabling the utilization of these technological features. I use these features throughout my day for approximately 7 hours intermittently. On weekend, the usage extends beyond 9 hours as I prefer to stay at home and watch seasons on Netflix. A critical appraisal of the discourse highlights the immense dependence on technology. I nourish an addictive relationship with technology which casts a significant impact on my personality and character. Social, emotional and cognitive nourishment is associated with the aspects of technology. The exposure to widespread population and removal of communication barriers has enhanced my social development. The educational incentives and material offered has complemented my cognitive development and the emotional instances taking place on social networking platforms have also impacted emotional development. The bottom line is that technology has become a part and parcel of my daily life with its impact on social, emotional and cognitive development.