Name of Student

Name of Professor

Name of Class

Day Month Year

**How technology reflects our day to day life?**

We are breathing in the age of progressive technology where each part of our routine is, directly or indirectly related to the scientific methods Over the years, technology has, without a doubt transformed itself into somewhat of a trust-worthy source of assistance. The development of technology has led to many fantastic discoveries. It has brought everything at our finger-tips and has dramatically changed our lifestyles. From our vehicles to our toothbrushes, everything is tech-bound.

One of the major accomplishments of technology is the way it has transformed our modes of communication. Electronic communication is the new way of engagement among people. Sources such as social-networking websites, video calls, conference calls and voice-mails are the commonly used ways of communication. These tech-savvy tools have diminished the concept of space and time. They are not only better for personal communiqué but also a reliable source of interaction professionally and academically. The latest advances in communication are all-inclusive which means that it provides equal opportunities for all (Stojanov).

Everyday lifestyle and housing has also been impacted by today’s technology. Blind reliance on the automated items is now a part of day to day life. From automatic stove to the curling iron we use every day, these items make our lives much more organized and calmer. Housing technology such as lighting control systems and security cameras make our homes feel much safer to reside in (Tam).

Health care industry has come a long way. One of the leading reasons behind such revolutionary advances in medical industry is the progressive technology. From hospitals to daily aid, everything is influenced by modern technology. Hospitals now make use of management systems for organizing their records instead of manual work. Doctors and pharmaceuticals use the latest technologies in surgical equipment, research and medicines. Doctors use facilities like instant messaging, emails and pagers to communicate and consult others. People, themselves, have access to apps and equipment to monitor their vitals daily. Apart from physical resources, Internet has become of the biggest ways of spreading information about symptoms, diagnosis and treatment. People can learn and implement techniques directly from the internet. A large number of populations now use the internet to research their symptoms, diagnose their conditions and select treatments (Laal).

Beauty and clothing industry has benefited a lot from the increase in the use of technology. One of the major reasons behind the success of these industries is the way they are now interacting with their audience. The interaction between companies and their customers has become intimate; it’s personal. Companies are realizing the importance of customized products. People choose and order things of their choice off of the internet. They can personalize their order. Companies market their products specific to customers making them feel important. Most of the brands now have necessary presence on the internet whether it be through Instagram or Facebook.

Travelling industry has benefited a great deal from the advances in technology. Buses, trains, airplanes and cars, everything is going through a tech uprising. Cars are using the Google Maps and running i=on Auto-pilots which seemed impossible just a decade ago. Trains have been built to travel 267 mph and subways are giving options for cheap travel. Technology Is advancing at a rapid pace and so is the travelling industry (Marques).

Advanced technologies are providing us with a great deal of entertainment options. People can now watch Movies without going to the Cinema. There are options available to download, rent or buy the movies online. Same is the case with music and TV shows. These options may not be as fast as buffering online but they are valid and safe. People catch up their favorite over the internet via sites like YouTube and Vimeo.

One of the very important industries that have been highly impacted by the technological advances is the academic industry. It has changed the way we learn and the way we implement things. Virtual education is now a serious concept where students can learn away from the campus boundaries. People are teaching online classes over the internet. There are thousands of sources of help for students that can be availed within minutes. Sites like YouTube are holy-grail for today’s students.

Like everything else, technology comes with its own set of misfortunes. Technology has a tendency to become exploitable and addictive because of instant availability and low costs. People have low physical interaction and more virtual connection. There is overload of information and excess of negativity. People using the internet too much may end up feeling isolated. Mental issues are getting common by the day because of excess usage of internet. Interacting with the virtual world and living in it may be a menace that can’t be controlled in people addicted to the screens. There is lack of physical activity which may result in diseases like diabetes and blood pressure. Young generation with delicate brains may get easily influenced by the internet. The excess use of technology may not only result in little practical knowledge but also make youngsters feel less than or secluded(Patel).

With this technology-infused world, everything is an arm’s length away. Even the littlest parts of our day to day lives reflect technology is one form or another. Where there are countless advantages of technology, it comes with its own set of troubles. Regardless of all the advantages, the balance between real and virtual has to be maintained.

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