Research Paper

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In the modern world, technology has overruled our lives in every aspect, be it our lifestyle or communication with other fellow beings, it is now an integral part of our life. Apart from communication technology is used for multiple purposes including promoting business and advertisements, but like other scientific breakthroughs, technology also has some positive and negative aspects. It is a known fact that before the evolution of technology people were more focused on their goals, they were more indulged in doing healthy activities rather than distracting themselves by using technology and the services that it provides. The impact of technology on human life is huge when it comes to communication. Although it has enhanced the communication in so many ways for instance when a person uses technology as a medium distance is not a barrier and also it is easy to use and convenient but having said that there are some drawbacks of technology because it is interfering greatly on the way humans are communicating with each other (Maffey, Homans, Banks, & Arts, 2015).

When technology was first invented it was created for human convenience, with the advancement of technology people of every age used it but it is proved from several studies that technology was mainly used by the aged people in order to reduce social isolation. “Social isolation is a multidimensional concept that lacks a clear and consistent definition in the literature”. Some scholars see it directly equivalent to loneliness and use it interchangeably” (Chen & Schulz, 2016, p. 2). Therefore, in order to reduce the social isolation in aged people, technology can be used as a great tool to enhance their communication. Through the available facilities of technology, they can communicate with their loved ones who are away and cannot meet them daily due to which a feeling of depression prevails in such population so technology provides them the platform to communicate with them (Chen & Schulz, 2016).

The main reason for technology invention was to provide better communication facilities to the people but unfortunately, it is adversely affecting the people and their communication with fellow humans. Studies have suggested that mobile technology is one of the leading reason that face-to-face communication is reduced and also intimacy is decreasing day by day. It was suggested that “mobile technology is responsible for reducing the social interaction and also face-to-face communication this is happening due to the online stimulants which require less outside stimulants such as interaction and body-to-body sociability” (Lengacher, 2015. p. 1). Although technology and mainly mobile technology are helping in decreasing social isolation but at the same time internet is responsible to induce a sense of loneliness and depression as well and earlier the trend was increasing in the adult population but now youth and specifically the teenagers are suffering from these effects of technology (Lengacher, 2015. p. 1). The increasing suicide rate and symptoms of depression are one of the major causes of technology, which are some of the causes of unnecessary communication.

Although everything has its own good and bad effect and technology also has its own share of good and bad but on the basis of the above discussion, it is safe to say that technology has enhanced but at the same time it has interfered with the human communication. People are now more concerned about their Facebook friends rather than real friends and family due to which many people are now experiencing social isolation and the situation is getting worse day by day. Therefore, it is important to limit the use of technology and use it only that time when it is required and spend time with the loved ones when they are near, only this way it will be possible to reduce the interference of technology with human communication.

**References**

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