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Use of Technology in Daily Life and Its Effect on Life Style, Health and Well-Being of Society

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Technology is playing a significant role in our life as a students, parents, and employees because it saves lot of time and energy. It has many benefits to humanity. From entertainment to health and medical care there is no aspect of modern society untouched by the large range of services provided by internet technology. Today, there are very few people who are not affected beneficially or harmfully by internet era. Yang (2007) identified that the internet is one of the fastest-growing areas of technical development. Integration of internet into day to day life through its utilization in cars, transportation, military services, online banking and shopping, electricity and water supply even in remote and rural areas, make daily services virtually dependent on it. Advanced) technology) has provided) many) new) benefits to society, but on the other hand there are grave issues that have emerged from the overuse of technology which affects the lifestyle of modern generation and make them dependent on technology. In the present scenario daily schedule of people have increasingly immersed in technology. Human brain is under threat from the recent and rapid increase use of internet and from addiction of technology. Advancement of technology is one of the significant factors affecting the changing lifestyle of society. According to internet world statistics (2012) in 1995 number of internet users was 16 million which has risen to 2280 millions in 2012. Understanding the multiple and complex nature of these changes is a burning issue in modern society. Present article will discuss how present society is spending large part of their daily schedule in using internet and technology which adversely affect their life and well-being. Many previous researches has suggested that excessive use of technology in daily life may be affecting concentration and focus, relationships, social skills and physical and mental health. Spraggens (2011) found that overuse of internet had decreased self-esteem, satisfaction with life, happiness and increased depression, loneliness and anxiety. Careful, limited and optimal use of technology is very essential in internet era so that they can avoid overuse of technology and internet addiction which can affect their health and social life adversely. Users should aware of cybercrimes so that users make benefits out of technology advancement rather than become victims of cyber security issues.

Introduction

Technology is very powerful in today's world and backbone of society. Information communication technologies (ICT) are a part of day to day life in modern society. The world is constantly changing and ways in which we function at home, work and school are also changing.

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The speed at which technology has developed plays a major role in these changes. From e-mail to on-line classes, computers definitely influence our lives. The world has developed into a global village due technology. On the other hand, too much involvement with technology and overuse of it affects our lifestyle. People walk through this world with our heads down. Immersed in the technological realm, they disregard the real. Today people converse with our hands rather than our mouths, tapping keyboards and touch pads to the rhythm of our thoughts. This is the way people communicate in the 21st century. In the last decade, advances in information technologies have substantially altered the way humans interact. Between email, texting, social networking, instant messaging, and Skype, people now have the resources that would make it possible to spend days or months without coming face-to-face with another person, yet still remain connected with the world. Technology is affecting society's mental physical, emotional, social well-being.

Use of Technology in Daily Life and Its Effect

Technology Dependent Society

Individual may be masters of our environment with the help of technology. People may be able to direct technology in ways that achieve our wishes but now a days technology is directing us because when technology calls people rush to answer it. When technology fails people scramble to fix it. Are we masters or slaves of technology? Society is willingly put their lives into these devices. No matter where the individual geographically, physically or mentally their electronic companions will follow and find them to ring them until they answer those demands. Every age group in the society is engrossed in their phones while walking, driving, eating, at the office class, coffee house, social functions and there is no limit of use of technology. Even staid kitchen items like refrigerators and ovens, even toasters, have the ability now to make demands from owners. Basically people are using technology from the minute they get up in the form of alarm clock, cell phones and tablets to the minute they go to sleep. People should all focus more on reality than just the screen in front of their face. Most of the students these days don't even know how to use a dictionary because Google is available, they don't give importance to this skill. When anybody wants to know something their brains instantly jumped to Google. People are too much addicted to technology that they cannot imagine their life without texting, GPS, and Google.

Technology Effects Interpersonal Communication

It is an important issue to discuss that- does technology take away from interpersonal communication and interactions with our co-workers, peers, and colleagues and family. However people are always busy in talking with someone through text messaging, email, or social media but they are not realizing that they are missing the warmth of relationships. Quantity of relations is quiet high on social media but it deteriorates the quality. One can observe in daily life that people goes out with a group of friends or family and continuously browsing on your phone, tablets or computers instead of engaging in a conversation. Technology makes communication cheaper, quicker, and more efficient. Now one can communicate with anyone around the globe by simply text messaging and email for an almost instant response. The internet has also give the opportunity of face to face direct communication from different parts of the world but somehow too much use of technology in communication stole the quality and warmth in relations and left empty and hallow large social circles. All of us should switch off the phone or set it on silent the

phone at dinner and sleeping time at night. Try to use it when necessary. Avoid checking it frequently without any beep.

Technology Lessen the Concentration and Sucks Energy

When the phone rings people rush to answer it. When the battery is empty all of us become agitated until it is plugged into a source of electronic plug. When an alarm sounds use rush to that appointment. When the email comes or the chat bubble pops up most of the users immediately check the phone. Researchers have begun to observe and interpret changes in the way people think and behave when exposed to the bombardment of emails, tweets, social media messages, online advertising and other online stimulants. The ability for the mind to focus diminishes with longer exposure making users a slave to the dopamine -pleasurable neurotransmitter excitement received every time an individual see an alert seeking one's attention. It makes users addicted to it. Bargh and McKenna (2011) stated that over a billion text messages are sent through mobile phones around the world every day (as cited in, Stockdale, Busby, Iverson & Grant, 2011).

Well-Being and Health Compromised

Plowman et al. (2010) has found out that technology endangers the user's social development, because user spend less time with their peers and are mostly isolated; technology provides virtual experiences from the second hand and not realistic experiences. Cognitive development and development of imagination is effected by technology because it stimulates passivity and not activity, users spent more time in enclosed spaces and not outdoors. Finally it leads to addiction with technology and exposure to inappropriate content, besides all that the chances of interacting with family members are also decreased, which effects emotional health. Parents are afraid of negative consequences for their children such as: inappropriate content, danger for physical health, associability or even addiction, Parents considered that the most common negative effect of ICT usage are: contact with aggressive or unsuitable content, endangerment of the physical health in the form of deterioration of sight, stiffness, spinal injuries because of constant sitting position, and obesity.

Less Physical Activity

Technology in all its forms is leveraged in visible and invisible ways to make life easier, faster, more productive and far more appealing online. At every step technology steps in to save users time and energy. Facilities are there for online shopping, online libraries, online bookings, online banking etc. List of online services has no end. Electronic kitchen accessories, automatic doors, automatic water taps, sensor lights and much more is there with technology which enable us to lead our life with very less physical effort and maximum comfort, which seems sophisticated but badly effects the health of user.

Compromised Safety and Privacy

Technology is providing many facilities for quicker, easier and more convenient banking, shopping, communication etc but with many serious privacy issues from which half of the users are unaware. Users are now worried about their once private information becoming public knowledge. **Identity theft** is a form of cybercrime through which individual steals someone's personal information such as passport numbers, Date of birth, addresses, phone numbers,

passwords and pretends to be that person in order to obtain financial or non-financial benefits in that person's name without their consent. **Computer virus** may steal disk space, use personal information and other data transfer information out to the other devices. Most common way to infect a device is by email with an attachment. When we open infected mail it spread virus throughout the device. Hackers have a wide variety of sources to access the system, always use security software and update the system regularly.

Lack of Job Security

Industry experts believe that the internet has made job security a big issue as since technology keeps on changing with each day. This means that one has to be in a constant learning mode, if he or she wishes for their job to be secure.

Dominant Culture

Information technology may have made the world a global village but it has also contributed to one culture dominating another weaker one. For example it is now believed that US influences how most young teenagers all over the world now act dress and behave. Languages too have become overshadowed, with English becoming the primary mode of communication for business and other use.

Gaming and Social Development

Studies show negative social impacts of some video games. Anderson et al. (2008) has conducted a study whether high exposure to video games increased aggression over time and has found that playing violent video games is a significant risk factor for later physical aggression for boys and girls.

Social Networking Sites

Salaway et al. (2008) has studied the student's use of information technology and has found that 85 percent of undergraduates surveyed used social networking sites. Many of the respondents reported using such sites daily.

Social networking sites have both positive and negative consequences. Narcissism—excessive interest in one's appearance and in oneself—is sometimes manifested on social networking sites. Buffardi and Campbell (2008) has found that these web sites was avenue for people to display their narcissistic traits online by using these sites as a source to display their popularity to the world rather than use them to develop meaningful relationships.

Relationship and Technology

Technology enables us to overcome the obstacles of time and space with airplanes, cars, and the Internet. These tools can be used to understand other cultures, meet people of different races all over the world, maintain and strengthen familial relationships, communicate effectively with others, and help people to become more socially adept. On the other hand many technological advancements cause users to be distracted, overly stressed, and increasingly isolated. Many users are involved in an abundant number of relationships through technology, but sometimes the quantity of these associations leave people feeling qualitatively empty.

Conclusion

The discussion throws light over how deeply people tied to technologies and it is not filled with as many answers as with the questions. We can discover answers only, if we explore the world around us and not be slave to our own digital avatars. All these dangers and disadvantages of information and communication technology usage are largely depend on the amount of technology use. Users should careful about the time spent with technology for optimal utilization of advancements of technology. Users must aware about the consequences of overuse and addiction of internet to avoid adverse affect on their lifestyle and health.

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