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The Impact Of Technology

Technology’s impact has more negative effects than positive effects and is overall harmful to society, especially affecting growing generations. Over time as technology increases, younger generations become more susceptible to screens and the health concerns that come with them. There are many physical, mental and psychological health concerns stemming from technology and social media combined. Computer vision syndrome is just one disorder that has grown with the increased use of technology. It is the complex of problems related to screen time. These problems include, but are not limited to eyestrain, blurred or loss of vision, and dry eyes. Many more concerns, issues, and disorders have become more prominent in technology’s development. Examples include strain/tension in the back, neck, and shoulders. This can lead to back pain, various injuries and even headaches. The exposure of artificial light from computers, phones, and television screens can throw off our circadian rhythm. In turn, the exposure directly influences sleep cycles, body temperature and functions, eating habits, digestion and even mood. This then causes negative effects that lead to depression or mood disorders. Technology is also damaging to one’s social life. Social media can affect one’s wellbeing, confidence, and is a rising cause for mental illness. It causes many body image issues by popularizing products for the perfect body and often leads to social isolation. Social skills are very widely affected by technology as well. Studies show that girls 8-12 who spend a lot of time using media and technology show lower self-esteem, and more difficulty with both multitasking and socializing. This is because technology causes a disconnect from our environment, making socializing much more difficult for some. One last concern with the advances in technology is privacy. Technology and social media combined have created a large platform for cyberbullying. Furthermore, it has built a platform for hackers. There are many cases where one's social media account has been hacked and security details or personal information has been leaked. This can lead to either security risks or blackmailing. If one's phone or computer was to be hacked, there are various ways a hacker could use personal properties against the victim. Privacy is expected but often security risks develop increasing the risk of invasion. In brief, technology has had a large impact on society and individuals all around the world. Its development has led to the expansion of mass numbers of health problems, social issues and privacy concerns. The younger generations are growing up surrounded by risks technology has created and it is our job as influencers, parents, and role models to encourage physical activity, limit screen time and find more ways to connect with each other, and with the community.

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