



The real effects of technology on peoples' health

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Abstract: This article is about negative impacts of technology on health. The disadvantages of technology and how social media affects physical health. How to create healthful habits with technology and avoid overuse.

Key words: Psychological, eyestrain, environmental problems, CVS, structural changes in the brain, disrupted sleep, addict, abnormality, teenagers, machine.

First of all, everyone may have a question: what is the technology? Technology is the application of science to solve problems and it is the making, usage and knowledge of tools, machine, techniques, crafts and system of organization to solve problems. Technology is used for scientific knowledge for practical purposes or applications, whether in industry or in our everyday lives.

In recent decades, technologies have developed very rapidly. They make our lives easier. The digital revolution has changed and continues to change, our world and lives. But as well as everything has its good and bad side, technology has advantages and disadvantages. This article is mostly about the real effect of technology especially on peoples' health.

According to the research of scientists, daily screen time has increased by nearly 50 minutes per day since 2013. The average American spends 7 hours and 4 minutes looking at screen each day. South Africans spend 10 hours and 46 minutes on screen per day. Almost half 49% of 0-2 year olds interact with smartphones. According to the latest available date, the average person spends 6 hours and 58 minutes per day on screens connected to the internet. These facts mean that technology has taken over half of our lives. But not everyone uses them for the right purposes and use more than necessary. These days many children and teenagers addict new technologies, such as: television, computer games and mobile phones. They impact their mind and thoughts. They play games or watch videos instead of reading books or doing their homework. Children's brains are still developing and may be more sensitive to the effects of technology and its overuse than adult brains. While adults use such kind of computer for playing warring games, they feel them very nervous and it will damage their behavior and mind. Various studies noted that the possible adverse effects of children using different technologies. If children use mechanics a lot, they may come across many issues. For instance, lack of attention, low creativity, poor sleep quality, addiction to these technologies, aggressive behaviors, social issues and delays in language development. These are disadvantages of technologies for kids and teens. However, if we teach children with

modern technologies by monitoring their time using them, it will be more interesting and understandable for young learners.

Technologies do not impact on only children or adults, they also have effects on peoples' health, who is a middle and old age. They have many negative effects on our health. For example, using the technologies a lot and for the unnecessary purposes, it will be a waste of time. Instead of using them, people can read books and it can develop their thinking. So, we should choose right way or use everything enough not overuse. Because, excessive use can cause many diseases. For example, looking down at an electronic gadget for long periods can lead to neck and back pain, as well as pains in elbows, wrists, and hands. In addition, laptop and smartphones usage can involve people sitting in positions consistent with poor ergonomic function and poor ergonomic positioning.

Constant exposure to digital devices can be harmful to our eyes. They cause many eye illnesses for example digital eye strain, sometimes called Computer Vision Syndrome. Handheld tablets, smartphones, and computers can hold a person's attention for long periods, this may lead eyestrain. It is the developing and the most commonly reported symptoms of too much screen time. For example, many Americans addict digital devices and 60 % of them affected by this symptom. Overuse of computers and phones causes dry eyes, headache, neck and shoulder pain. Nowadays, these sicknesses are mainly observed in young people. Because, they interested in playing games or watching funny videos, but they do not think using them for such kind activities, it is waste of time and harmful for their health.

Overuse or dependence on technology may have adverse psychological effects, including: depression, anxiety, eyestrain, poor posture, sleep problems and reduced physical activity. People, who is addicted to social media, become isolated from society, they don't want communicate with people and exchange ideas, they only want to live in a virtual world. We can reduce social media use by setting time limits for social apps and it may help reduce feelings of isolation in some people.

Getting enough sleep is important for everyone's health. People should sleep an average of 7 or 8 hours a day. Using phones, laptops or tablets too close to bedtime may cause issues with sleep. This effect has to do with the fact that blue light. According to the scientists' research this blue light is enough to disturb the body's natural circadian rhythm. This disturbance could make it harder to fall asleep or lead to a person feeling less alert the next day. Using such kind of digital devices disrupt our body clock. In addition, these devices make us much less ready for sleep. As a result, people can become absorbed and continue using the technology in their bedtime. People avoid using their smartphones, laptop, and tablet for at least an hour before going to sleep every night. Reading a book is more likely to relax. So, reading books in our bed is useful for health. Humans avoid using their digital devices in their bed because it affect their sleeping and health.

Excessive use of smartphones, laptops, and tablets can lead to physical inactivity. For instance, according to one study, 38% of parents worried that their children were not getting enough physical exercise due to excessive screen time. Especially when the "Covid19" disease spread, people around the world used social media in large quantities. At that time, many adults lost their activity and did not want anything, they only wanted surfing the internet.

Excessive screen time can cause psychological issues. For example, our mental and emotions. They can create structural changes in the brain. Alerts, rings and notifications can shift our focus in a way that can lead to long- lasting difficulties

with paying attention. Paying attention is very significant in everywhere and difficulties in paying attention can lead poorer performance on academic, personal, and professional tasks.

Technology cause lack of interest in studying or learning. These days most of teenagers prefer using social medias rather than education and they are more interesting for them They want to communicate, chat, make videos or take photos through them. But they do not worry their health and their future. Young people are committing suicide by watching videos or playing quarreler games. They impact their mind and they do not know what are they doing. Therefore, young people should use the digital devices less and should be restricted. Using a phone while driving or crossing the crosswalk can be life- threatening.

Air, water, heat and noise pollution can all be caused by producing and using technologies. They also cause the death of bees because they emit light with a much higher power.

To conclude, excessive using of technology cause many illnesses and harmful peoples' health. It can also damage our environment. Therefore, people use them less and only for useful things. Everyone should not be apathetic to their health. Humans especially youth to avoid maximum use of technology although it provides many facilities it causes severe health issues and lead to abnormalities.

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