

# Limiting the use of technology

Technology



Over the past several years' technology has advanced significantly. Nowadays most everything we use is done by some form of technology. Several years ago, we didn't even have cellphones or the Internet, now we have cellphones that can access the Internet. This generation has become so dependent with technology that it is actually beginning to harm most us, not help us. So this leads us to believe one should limit his or her use of technology because it could cause addiction, loss of time management, and invaded privacy. Technologies, such as cellphones, Internet, and video games have lead many to be addicted.

Because we use cellphones everyday we become dependent on them and use them constantly. Now, when one loses his or her cellphone one gets paranoid and feels as if there is no more hope or life because he or she is so addicted to it. Another sign of addiction would be driving while on the phone. There have been so many cases of people driving while texting or talking on their phone that have caused accidents and deaths. One may see this when a person is a businessman and is constantly on calls, he or she will not put ones phone down because that person is too addicted.

Businessmen even bring their work home, they would be eating dinner and they would still take their calls. Obsession could also lead to contently buying items off the Internet or even buying money to play certain games such as, Farmville. Addiction can cause many problems for a person such as, obsession, and the loss of focus towards school and ones job. When a person becomes obsessed over technology such as video games, they soon consume ones life. People find video games exciting as well fun, but what

they do not know is that when they continually play them, they can be easily addicted and obsessed with them.

Many people waste their lives away just sitting in front of their television playing video games all day and night. Technology can also be an occurring distraction for many and this can cause many problems. The Internet is one of the many forms of technology we use on a day-to-day basis, and it can be very helpful or very distracting. When we become distracted with the Internet we lose all other priorities that need to be done such as our schoolwork, job, or even children. This is one of the many reasons why we should limit ourselves to the use of technology. By limiting ourselves we are saving ourselves from becoming addicted and obsessed.

Secondly, we may end up losing our discipline in time management and cause problems in our lives. When we do not watch how we make use of our time, we can lose track of what needs to be done. Time management is an important factor in our lives and when we lose sight of that we may end up forgetting important tasks. Video games are one of the many technologies we use most of our time doing and keep us from doing our work. Teenagers these days have gotten bad grades and failed classes because they spend too much time playing video games and not much time on their schoolwork.

We also end up losing time we could be spending working on our career. Instead of building up our career we tend to waste that time on the Internet or video games. When technologies such as video games or the Internet take the place of schoolwork or our career, we lose all discipline in time management. People who do not have a good time management also will

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tend to lose friends; they distance themselves by constantly being on the computer or video game. No one wants a person as a friend if all he or she does is play video games and nothing else.

When people are losing friends because they are always playing on the computer or video games, we know something must not be healthy. Time management is one of the biggest problems we face when technology is in our day-to-day focus and priority. We also tend to stay inside all day on the Internet or playing video games, and this consumes all the time we could be using for outdoor exercise and fitness. People can become sick because they are not getting enough exercise through out the day; they become lazy and procrastinate.

Staring at a screen is not healthy for your body mentally and physically; it affects your brain and your physical well-being. When our brain absorbs too much ultra violet rays it actually affects our imagination and thought process, and when we sit in front of a screen for a certain amount of time we can actually gain weight and become unhealthy. This is second reason as to why we should limit our use of technologies; they can easily become our number one priorities in life and can ruin a possible future or career. Lastly, since technology has advanced within the last couple of years it has become less private.

The more time you put into updating statuses, uploading pictures, and talking to people on line, the more of your personal life will appear all over the world wide web. Every little thing we do online has become less and less safe and private, when we spend so much time on the computer we could end up putting material up we never intended everyone in the world to see.

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When we spend too much time on sites such as Facebook we become more susceptible to invasion of our privacy, this is when situations can get dangerous.

Since the advancement of technology people can hack into other people's computers and steal passwords and private information we contain. There are so many bad guys out there that when we are so into whatever we are doing online we lose all common sense in safety and privacy. Once people put their information on the Internet there is no way of taking it off, so the criminals could easily find them. Another example would be the use of E-bay; so many people use this constantly and actually are losing money. There are a lot of people out there that will scam you and take your money such as sending fake checks and such.

We need to be more careful when we do business over the Internet, it's not safe. This is very dangerous, so how you spend and limit your time on such technologies is important for ones safety as well as another's. Looking back about 10 years ago when they didn't have video games, high speed Internet, or cellphones with good connection life was much safer and healthier. People were always outside and when they wanted to talk to someone they would go to them and would have an actual conversation face to face. Nowadays we stay connected with people over the Internet and build relationships online.

We have become very lazy in our daily living. If we didn't spend so much time using the Internet, phone, video game, or television, we wouldn't have to deal with most of the problems that are occurring now, such as theft, tiredness, laziness, and obesity. Some of the causes of these problems would

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be addiction, loss of time management, and invasion of privacy. Technology, nowadays have become the main source of most of our crimes, problems, and accidents. By limiting our use of these technologies we limit the problems that will potentially occur.