

# Pros and cons of technology of adolescence

Technology, Information Technology



The currently increasing advancement in technology has brought a lot of impact to its users. The dynamicity in the field of technology has both positive and negative impacts on teenagers. However, it is widely attested that the negative impacts associated with the technology surpasses the positive impacts. Companies that manufacture technological devices are producing new and advanced devices year in year out. These devices are widely used by the young adults and the teens compared to the older generation since at their time these advancements had not been introduced. Most teenagers are believe that owning a cell phone is part of them and has taken over their life. This results in numerous distractions that affects their performance at school and even endanger their life since they tend to loose concentration when using their phone thus are at risk of experiencing accidents. Also, the current technology exposes young children to a lot of information in the internet that may encourage immoral behaviors as well as criminal activities. Companies that produce fast food utilizes the internet to advertise their products to the public thus encouraging the teenagers to consume junk food which exposes them to a lot of health risks. Health related risks that teenagers encounter such as heart diseases, diabetes and obesity emanates from consuming junk food that are advertised in the internet as well as playing internet games that encourages young children to spend most of their time staring on their personal computer screens.

This results in inadequate exercises among the online game players thus developing weight problems. Also, the sufficient information that are available in the internet educates its users on diverse field and provides a base for research (Davies & Eynon, 2013). It enhances communication

between individuals irrespective of their geographical locations. This paper is going to provide an in-depth elaboration of these impacts that teenagers encounter as a result of the increasing advancement in technology.

### **Negative Impacts**

Technology provides a portal for accessing information of numerous kinds in the internet thus encouraging a lot of activities that can negatively impact the young children morally and socially. Criminal gangs use the internet to conduct their criminal activities among their members. The easy access to technology by the teenagers increase their vulnerability of being accomplices of these gangs since they can be easily convinced to join the gang with easy communication and provision of easy access to criminal related information in the internet. Also, the internet provides access to videos and pictures that are related to criminal activities which then morally corrupts their minds. Access to online video games encourages criminal behaviors among the teenagers since they tend to practice what they simulate from the internet to the real world thus engaging in criminal activities. Moreover, teenagers who possesses smartphones or tabs wastes a lot of time on social networks thus taking up more of their time that could have been used for doing assignments and reading for exams. Failures in schools among teenagers is associated with the informal texting techniques that teenagers use to communicate between each other (O’Keeffe & Clarke-Pearson, 2011).

There are prevalence in health problems due to the easy access to the internet which results from incorporation of advanced capabilities of technological devices to provide access to unhealthy information and adverts

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that encourage unhealthy practices. Companies that produce fast food make use of the internet to reach the wider market. The increasing use of technology by teenagers enables them to view these advertisements thus getting convinced to go for these foods. Most of these fast foods contain a lot of cholesterol that when consumed results in the accumulation of fats in the body thus developing weight problems. This increases the risk of being obese among the teens which then makes them vulnerable to heart diseases such as cardiovascular attacks. Also, an abnormal increase in weight among the teens results in increased chances of contracting Type II diabetes. Weight problems also emanate from the increased use of the internet by teens for accessing social media and playing video games (O’Keeffe & Clarke-Pearson, 2011). This encourages them to spend most of their time on their PCs thus lacking adequate time to exercise thus resulting in a BMI of greater than 25 hence higher chances of being obese. Use of technological devices such as mobile phones takes much of the time teenagers could have used in doing other constructive activities and also distracts their attention from their surroundings. This exposes them to risks such as getting hit by automobiles since they do not watch where they are going while using their cell phones.

### **Positive Impacts**

There are positive impacts associated with the extensive use of technological devices that are equipped with the latest technology. For instance, cell phones are enabled to access the internet and other applications that enable users to have access to other important information can be installed into portable devices. Thus, teenagers can use their personal computers,

laptops, or smartphones to access the internet where they conduct school research and get other school related information (Davies & Eynon, 2013).

Also, communication is between teenagers and other people in world is made easier by the advancements in the technology. For instance, teenagers who go to schools that are far from home are able to connect with their families through the internet based social networks such as Facebook, skype, and Twitter. Teenagers are able to keep contact with their schoolmates after they clear their studies which is one of the benefits accrued from the new technological advancements.

In conclusion, it is evident that technology in general have greater impact on its users. Conversely, teenagers are the ones who are vulnerable to the influence of technology on their daily activities compared to older generation. Technology provides a portal for accessing information of numerous kinds in the internet thus encouraging a lot of activities that can negatively impact the young children morally and socially. There are prevalence in health problems due to the easy access to the internet which results from incorporation of advanced capabilities of technological devices to provide access to unhealthy information and adverts that encourage unhealthy practices. There are positive impacts associate with the extensive use of technological devise that are equipped with the latest technology. For instance, cell phones are enabled to access the internet and other applications that enables users to have access to other important information can be installed into portable devices. Teenagers are able to

keep contact with their schoolmates after they clear their studies which is one of the benefits accrued from the new technological advancements.