

Gaming and technology has made us lazy essay examples

[Sociology](#), [Communication](#)



Technology is the resolute application of information in the production, design and use of goods and services and in the composition of human undertakings. Today almost everyone has a Tablet PC, laptop, iPods and the latest cell phones. Gaming, social networking, business activities and the style of doing everything has been altered with the developments in technology. Technology has led to many positive innovations that guarantee convenience. As a result, people have become lazy because getting and doing things has become easy. Think of the days when technology did not exist and human life was restricted because of lack of technological usage. Life had many physical undertakings, for example, for the common person life was not easy at all like that of modern times when technology is available. People were active because they exercised when doing their daily duties but today it is a contrary lifestyle where people do not exercise anymore. Although technology makes people lazy, it has its benefits such as fast communication through the internet and phones, where one can talk to people who are far and convey messages. Technology is also important in the education sector where learners are able to research on the things they are learning and teachers can reach their students through the internet. Technology helps in many fields like research in agriculture and biology, medicine and businesses. It also enhances security of buildings and information, which is a very positive impact (Cullingford, 2009).

The results of technology in the society are deep, both negative and positive. It has affected every attribute of living. It has made life simple, but so simple that it may elude its attraction one day. One can remember an achievement only if it occurred because of the effort he or she made. However, everything

has turned out to be so easily available because of technology, that it has eluded its value. There is excitement and enjoyment when an individual accomplishes things after working hard for them but when everything is a click away, there is no working hard or striving but it is striking.

Technology is also a negative influence on people because it makes individuals separate from reality. People are using things like iPods where one immerses himself or herself in music while in public and one is disconnected from the real world. The young people are the most affected because they want to be constantly cut off from their personal interactions and new encounters due to the use of technological devices like iPods, phones etc. If people don't face the reality by encountering new things, making personal interactions, and solving problems then individuals will never be able to do or function like grown up people especially the young people.

Technology has made people not to be communicating face to face because social media has enabled communication so easy that people do not need to communicate to anyone anymore in person. This is done through network services like twitter and Facebook where people do not even get to go and meet with their friends and have quality time with them. Instead they show they are still keeping the friendship and that they care by sending a post on those network services. A generation of young people, is supposed to involve itself into physical undertakings and know the world around them, which is being laid to nothing with the implications of social networking. If the simple work or duty of stepping out and going out to catch up with friends sounds like a very tiring thing, then, what next? People become lazy and obese. In

fact, many people remember their friend's birthdays from these social networks and wish them a happy birthday by posting on their wall, discovering what their friends have been up to, whom they are interacting with, what occasions or events they are going to attend by browsing through their profiles. Yes, social media has made life easy by making communication easier but it is making people lazy. They no longer go to catch up with friends and family or the individuals they want to communicate with, which is good because they are going to exercise or maybe change the environment they are living in. Nowadays people reach their friends and family while seated at home or even at work without having to move. Even at work, managers use emails to communicate to their employees about their organisations and meetings do not exist anymore. It is an easy way because it saves time but direct communication or face-to-face communication is better because a person can understand more compared to a message sent to him or her. Messages will enhance laziness as employees and the manager will not make the effort to arrange meetings and meet rather they will remain in their offices all through.

Walking around in mall aisles with a shopping cart or being in a large warehouse-like system was a captivating encounter for people. Doing shopping was less of an intimidating task and more of an exploration that people embarked on. Today online shopping is the preferred choice for many people and one can have anything they could imagine. People order things through the internet like food, clothes etc. Places like restaurants are making people's life easy as one can get food even without ever visiting the restaurant at all. One only needs to log in to the restaurants website and go

to the order menu and order what she or he wants and it is delivered right where you want. This makes people assume that there is no need for one to leave home or any other place, when one can have food from any part of the world supplied right at his or her doorstep. The same applies to clothes, books, groceries and special gifts where one gives information or selects the type, which he or she wants, pays online and it is then delivered. No need for phone calls or visiting stores, technology has all that covered. This has made people lazy because they do not make an effort of visiting those stores and restaurants. Some of them do not even know how they look like because they have never visited them. Some people do not even visit the nearest stores, which are around their residence just because they can shop online and be delivered right at their doorstep. Visiting those stores is good because one can walk or even drive to those shopping malls, get experience and that is exercise. It is better than staying at home seated glued to your phone or computer shopping online (Hollands, 2002).

Look at how studying has been made easy where students can learn online, do their assignments online and then the teachers will also mark and teach them and grade them online. There is no need to go to class and even when the need arises, the teachers just go through the topics and the students will get the notes in their emails. The internet has made people smarter but it has also made them lazy because people do not want to absorb information. Why absorb information when you can just Google the information? People even Google how to do things which are very simple like “ how to tie a tie”. Google has made the method of learning how to do things very simple. Before one had to know someone who knew how to do it and go to him or

her to be shown or to be taught. One could also figure out how to do the thing he or she is unable to do by messing up until he or she gets it right. This makes people lazy because they use no effort to gain knowledge. Look back at the time when something like Google was not around. People had to go to libraries and search for books where they could look for the information they needed. Finding information from books is not the same as getting information through the internet. In books, one has to go through the whole book looking for information but through the internet when you search all the information will come right away without striving. No more perusing bookstores because one can shop online for a book by downloading it to an e-book and have the new book you have been wanting to read delivered to your hands within seconds. Before this was invented, one had to go to the bookstore and search for the book. The invention is good but it also enhances laziness, (Rathbone 2012).

You want to have some fun or rather be entertained. Watch funny clips or comedy show on television. People are glued to computers and televisions the whole day watching movies or anything that is fun watching and entertaining. Before technology came up people could go to places where there were live comedians or to live shows and they could have fun and interact with other people. Nowadays it is different as people can be entertained through technology devices and have fun in their houses rather than driving or walking to the movies. One can download a movie at home, game and even update music without getting up from the seats and these results to laziness.

Nowadays people do not need paper maps anymore and at some point,

people forgot how those paper maps are even read. Today many individuals are using things like MapQuest, Google maps, where one can identify or navigate their own cities. These applications are able to give directions and one is able to locate the place where she or he is going very fast. Looking at the time prior to the development of these applications, people would be glued to paper maps looking for direction. This needed some effort because one had to be keen while conducting a search. Today it is easier because one only has to click on the applications which will offer one a map, enter the place one wants to go and within seconds it is brought right before you and hence there is very little effort if any applied

It was believed that news came directly from the sources or from the field through research. This does not imply that reporters do not depend on the same tactics or that people are lazy when it comes to their own findings, but it can be said that the method of mining or researching for store has become easier. Services like Twitter give quick answers to questions, instead of having to interview people or holding a questionnaire.

People have created many shortcuts in life through technology. Some of these things are not bad because they have made people to further develop other avenues of industry, but many are just to make individuals lives easier. Computers for example, where people write articles or even emails and they do not even bother to try to write them correctly because they know that the computer has a spell check and an auto correct. They use no effort in trying to achieve perfection hence making an individual lazy as the computer achieves it by itself. Another example is the car, which is the best example that is making people lazy because they drive even when they do not need

to drive. Like a person driving a couple of blocks to work or school is not necessary when one can walk as it will make one healthier because of the exercise? Furthermore, the laziness brought by technology is leading to the rise of obesity.

It has become much easier where one sits at a computer and play video games instead of going out to the field and play. Video games play a big part in laziness and for some people video games can be addictive like drugs to them Some years back people played soccer, football and other games, which was a physical exercise, and kept people healthy. Nowadays the young people, they just lie on sofas playing video games. The only effort they make is to hit tons of buttons after which, they go and munch on snacks and then go back to the same thing. Through that, there is no exercise done and hence this will lead to obesity and laziness. People need to exercise by doing physical activities, which are very not just jogging then going back to the ways of relaxing lazily. Is there any solution to this? Yes, there is and the solution is that people need to get up from those seats and start burning some calories in the field.

It seems that with every new thing of technology that is displayed or released people get lazier and lazier but technology can be a good and wonderful thing for our society. The society must be able to use it and not to allow it to interfere with individuals lives because it has made those lives much easier resulting in laziness. People should use technology but not to overuse it. They should not to let it to get the better of them but rather they should get the best out of technology.

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