

# Essay on negative social impacts of the smart phone

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



Since the establishment of the print technology in the 15th century, communication technology has witnessed the innovation and application of more technological appliances aimed at further improving efficiency in communication. Introduction of the telephone as a medium of communication in the late 19th and early 20th century was well received and appreciated by society. The 20th century saw the introduction of the mobile phone invention that later developed into a Smartphone. These developments in communication technology have come with various effects, some beneficial and others limiting. The smart phone is one such device that has influenced the society in different ways that include negatively impacting it.

Mediums of communication influence the kinds of human association that can develop. Communication technology is, therefore, central to social processes and its impacts are manifested on social organizations. Today, communication operates at a global scale where the internet has assisted in the creation of a ' global village'. Invention of the smart phone has steadily increased the use of the internet. A Smartphone is described as a cellular telephone that is equipped with additional software functions giving it computing abilities. Through the device, people are able to defy space and time as they conduct their businesses over the internet. The device has enabled more people to easily access the internet and its features which include social media sites. The sites are currently popular especially among young individuals like me.

The smart phone has resulted in cultural shifts. The celebrity culture, for example, is a recent development whose origin is mainly attributed to media

channels that are made readily accessible through by the gadget. Most individuals including myself admire celebrity icons such as Mariah Carey, Luther Vandross and Billy Ocean. The rise of this culture comes with many complications where many individuals would want to be like their icons and be accepted as such by the society.

When in junior high I was obsessed with the idea of creating amazing dance moves like the late Michael Jackson, and Chris Brown do on their music videos. I spent most of my time watching, mimicking and trying to modify extreme dance moves just to achieve my goal. Unfortunately, at one time while practicing I sprained my ankle and tumbled down a flight of stairs and, as a result, I was severely injured. My case is an example of extreme acts people engage themselves in just to achieve goals aimed at establishing resemblance with their icons. For me, the accident changed my perspective towards celebrities as I no longer worship talented dancers to the extent of subjecting myself to dangerous training just to be like them. However, many people are yet to make a similar discovery as some people still go to various extremes such as undergoing plastic surgery just to resemble their ' stars'. The device has further increased the use of the internet to execute duties without physical movement. People can now keep contacts with family and friends without having to visit. The notion has increasingly diminished close relationship ties because people have adapted to overdependence on media channels to maintain relationships as opposed to making frequent visits. Also, people can comfortably perform other activities like shopping, attending lectures, working, attending church services, accessing banking services and medical services from the comfort of their homes due to

increased online based business. All these services are easily accessible through use of the device. I do not have a need to get out of the house to do much. My movements could be restricted to the house, and I would still be comfortable. As a result am not as fit as I would have been should I have been compelled to move around to get everything I need just like I had to before I could access all these online services. Many people today lead very unhealthy lifestyle that is facilitated by this device.

Critics have argued that advanced technological devices like a smart phone are quickly turning people into their slaves. Without access to such devices, most businesses today may come to a halt, and people would experience difficulties in accomplishing their normal daily routines. Humans are increasingly subjecting themselves to overreliance on such devices to satisfy basic needs like making friends and maintaining family relations. Many people like me would find it extremely hard to spend a week without a mobile handset as we have accustomed ourselves to using the device to perform most activities that we engage ourselves in. It is, therefore, evident that we are indeed becoming ' slaves'. All the above discussed are highlights of some adverse impacts that the smart phone has on social aspects of life today.