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Technology has become a core aspect in every individual’s life these days. In the current century, we cannot imagine life without technology. It has influenced every aspect of our lives and always endeavors to make it better. There is no denying that technology has improved our quality of life and has benefitted us in numerous ways, but we have become very much dependent on it and it is almost impossible to imagine life without it. So much so, we have become big time addicts and to a great extent, it has cons too. It affects our personal life and health and mind in many ways.   
Technology has not only changed our lives, but also our terms and interaction with people around us. New media has given a different structure and form to our personality on the whole. Technology can practically solve every purpose of our living and fulfil all the needs. So much so, now it is almost impossible to imagine a life which is not centered on technology. No doubt, it has brought about a revolution, changed things for good, but, has cons too. It is up to the user’s discretion whether they extract benefit out of it or suffer its disadvantages.   
One of the aspects that has witnessed a series of technological revolutions over a period century is communication. There is no end to the point the human imagination, creativity and zest for enhancements can halt. The field of communication, continues to evolve, time and again, and at a very rapid speed.   
“ Cellular phones” or more commonly known as “ cell phone” have made a distinguished presence in the field of communication. The reason it is called cellular is that the system makes use of many base stations that divide a single area of service into multiple units or cells. The basic concept originated in 1947 when AT&T commercialized MTS (Mobile Telephone Service). Followed by this, the company introduced a major improvement IMTS (Improved Mobile Telephone Service), which used more radio channels that allowed an increase number of simultaneous calls in an area. Customer dialing replaced manual calling by operator. The weight and dimensions of the subscriber equipment had considerably reduced. Independent companies came out with a service called RCC (Radio Common Carrier) to compete against AT&T. Some of the systems were designed that allowed customers in the adjacent carriers to make use of their facilities. RCC became obsolete when AMPS (Advanced Mobile Phone System) came into being.   
Before 1973, mobile telephones were installed in vehicles only. Motorola produced the first handheld cell phone. The biggest turn off in the device was that it offered a talk time of half an hour, but took almost 10 hours for the battery to recharge. The pioneer analog system that was widely deployed in the Northern America was AMPS, in the year 1978. However, it had some serious security threats like un-encryption, vulnerability to eaves-dropping and susceptibility to cloning. By 2008, AMPS phones were completely gone from the telecom scene. It was followed by the era of 2nd generation digital cellular networks that came around 1990s. European standard GSM was a strong competitor against US developed standard CDMA. At this time, mobile phone usage had rose to new heights and prepaid mobile phones were introduced.   
IBM introduced the world’s first smart phone ‘ Simon’ in 1993. It worked as a phone, pager, PDA and fax machine. There were other utilities like calendar, clock, address book, notepad, calculator, email facility with a touchscreen and QWERTY keyboard. A new variant of communication short messaging service (SMS) had come into inception in GSM phones, then it was supported by all digital networks. With 2G, other significant developments that took place were: accessing media content, accessing internet and mobile payments. Following this, 3G revolution came into being. It promised high data rates and a wide spectrum of multimedia services. With a promising high speed of connection, media stream of radio and television content to 3G devices became possible. By 2007, around 9 percent of subscriber base worldwide became users of 3G. in 2009, 3G networks were over whelmed by users that exceeded the bandwidth limit that it could support. The industry then began to look for data0optimized 4G technology. It eliminated circuit switching and employed an all IP network, unlike in 3G. Satellite phones are still the mode of their full proof development   
There is no denial that, in the fast paced world, it sound practically impossible to do without a cell phone. Initially, it was only a craze and a symbol for show off. Now, it is a necessity for all age groups. But, to what extent it should be used, is a matter of concern. It has several disadvantages that most people are probably not aware of or tend to overlook. It gives rises to health related problems, impacts behavioral characteristics and other negative effects. Without a phone, we miss being connected to the world. Seldom have we realized that it is one engrossing factor which takes most of our time and attention, and is pulling us away from spending time with our family and friends. It refrains us from doing activities and pursuing hobbies which we would indulge in, had we not become so much addicted to it. Cell phone is a major distraction at work place as well as for students. They tend to get carried away and lose their focus on academics. People are so much into their phones that they use it while driving too. There have been many accidents reported in the past years, where the driver was negligent because they were on phone and lost their focus. From the health perspective, it emits microwaves radiations which are extremely harmful and are believed to be carcinogenic. Getting exposure to these radiations for a long time is lethal. In addition to this, it is one of the factors responsible for causing infertility in men.