

Good example of research paper on people should use less technology

[Literature](#), [Russian Literature](#)



It is a fact that cannot be denied that technology has taken over the lives of individuals. There are many people who have start living in the virtual world. Carrying a smart phones in the hand, laptop in a back pack and iPod earphones in the ears, a person's life moves around technology nowadays. Gone are the days when a desktop computer offers the only chance to use the internet. There was also a time when people use to be fascinated by the 'paint' feature in a desktop computer while today, that same feature can be used to make hand-made drawings on a simple touch phone.

There was also a time when complex engineering and architectural designs were create merely by the use of hand drawings. However, this is unheard nowadays when special sets of software has been designed merely for facilitating engineers and architects. Also, gone are the days when citizens used to carry huge charts of maps while traveling or camping. Global Positioning Systems took care of this dilemma long ago. However, excessive use of technology have also lead to adverse consequence that include declining sense of well-being, negative relationship outcomes, damage to brain, and sleep deprived and therefore, people need cut down his use of technology.

Facebook have long been govern the lives of individuals and has become the subject of greatest misuse of technology. In there effort to stay in touch with everyone they meet, they have lost all touch with even their closest ones. A study published in the journal CyberPsychology, Behavior & Social Networking researched the relationship between Facebook use and interpersonal relationship outcomes. The results of this study showed that " high level of Facebook usage is linked with unconstructive relationship

outcomes and that this relationship is mediated by social media i. e. Facebook related conflict” (Clayton, Nature, & Smith).

This explains the fact that while people uses Facebook with the intent to felt nearer to their loved ones, Facebook actually played a hand in drive them away. This does not mean that Facebook use should be completely abandon. Rather, the only purpose of this study is to let one realized that excessive uses of any social networking site is only going to generated adverse consequences and, therefore, there is a need to be exercise appropriate control.

Another study regarding Facebook have also reach a very simple conclusion: that Facebook use may led to a decline in the overall sense of well-being. Published by the Public Library of Science, this study may raise many eyebrows. The researchers sums up their findings in these words: “ The more people used Facebook at one time point, the worse they felt the next time we text-messaged them; the more they used Facebook over 2 weeks, the more their life satisfaction levels declined over time” (Kross et al.). Eighty-two Facebook users were chosen as the subject of the study, and they was ask to report there state of mind at various times during the day. The users report a decline in satisfaction if they have used Facebook during the time between the reports but show a positive link between the time they spent directly socializing and their sense of satisfaction.

The reason behind this difference in behavior are explained by a studies conducted by German scientists who concluded that the primary emotion caused during Facebook use is envy (“ Facebook use said source of envy, jealousy”). This were what ultimately leads to a loss sense of satisfaction.

Secondly internet, an integral components of technology, also carry several harmful effects. Although it is primary resources nowadays for all kinds of homework and exam preparations, its excessive use can lead to dangerous consequences. Sarah Harris in her article " Too much internets use 'can damage teenagers' brains'" in Dailymail states that " Excessive internet use may cause parts of teenagers' brains to waste away, a study reveals.

Scientists discovered signs of atrophy of gray matter in the brains of heavy internet users that grew worse over time" . According to the scientists, this can harm there memory and concentration. Their decision-make power and the ability to setting goals can also been adversely affected. Internet addiction have arisen as a health issue now and was the cause of concern. Technology use has also been linked to sleep deprivation and is, therefore, another reason why people should limits the use of technology. According to BBC Report, by Eleanor Bradford titled " Half of teenagers sleeps deprived, say experts" , screen based technology is one of the major factors behind the sleep deprivation of teenagers. Sleep-deprive people has been advise to turn off their technology devices around them in order to help them sleep better.

Many people argue that the technology has changed our life for the better. It provide us with facilities that is unheard of and unimaginable a few decades ago. Mechanization not only give a boost to industrialization but also better and more efficient agricultural techniques. Technology has also contributed to making our life easier in numerous ways. Research on the topic is many thousand times easier than previous time. Only by a single clicks, we can go deep into academic journals and books whereas access to such resources for

severely restricted in olden times.

Technology have made communication so fast and convenient that video conferencing has now been established as a proper form of meeting between business executives. It have led to drastic cuts in traveling costs. People have been allowed the choice to be flexible working hours because they can also work from home by having remote access to their desktop through the use of technology. Technology has also offer people a chance at livelihoods because people are working online to support websites and write for them. Learning methods employed at schools have also changed considerably due to the advent of technology. Kids are show animations and simulations that lets them have real-time experience and helped them understand better. In short technology completely changes the shape of life of humans. All these points are valid in their position. However, my thesis asked for a limit on the use of technology and does not call for total abandonment. It is the excessive use of technology that are considered harmful in many ways and not the use of technology itself. Therefore, what needed to be done are the regulation of technology use.

In view of the various advantages offered by technology, it will have be unjust to call for a complete abandonments of technology. However as its excessive use is also proven to cause bad effects it is recommended that people use less technology in there everyday life. Why are people willing to destroy their relationship? They should take care of humanity left and seek happiness in the human beings and not in technology.

Works Cited

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