

Research paper on long term effects of living in a technological world

[Technology](#), [Future](#)



Introduction

No matter where we look today, we are surrounded by technology. We are so dependent on technology that we have started taking it for granted. We do not realize how much it affects us. We think of us driving technology while the truth is the other way round. We are now driven by technology. If you do not agree with this statement, then simply try making through a single day without technology. No electricity, no electronic gadgets, no telephones and no cars. Try pumping water by hand from the well and walking to your school.

Imagining life without technology is unthinkable. It is a great achievement how far technology has come through. It is due to this technology that we have learned so much about our world and body. Like everything else, technology too has its positive and negative effects. But what are the long term positive and negative effects of technology on our life? Are we right in investing so much on technology? Will it help our future generations prosper and make their life easier?

Long-term Positive Effects of Technology

When we see how the world has evolved around us, we should be proud. From moving at lighting speeds and travelling to all parts of the world to the deepest part of the ocean, we have achieved a lot. It is also great to see the advancements done in the field of medicine. We now have the technology to detect and birth defects in a fetus and treat it immediately. Technology has reduced the chances of many untreatable diseases. Virtual environments

have enabled doctors to treat and diagnose patients anywhere in the world. These technologies have a positive effect on our life and will even have a positive effect on our future generations.

Another long term positive effect of technology is the way education is provided. People have better options and more knowledge. There are better educational facilities which will help our future generations prosper. It should also be noted that in spite of the famine and hunger in specific areas of the world, people have access to better and more food. Being nutritionally healthy is another positive outcome of technology.

Technology has provided us with great ways to manage our time and use it for entertainment. With the increase in use of machines, we have more spare time which can be used for anything constructive. As I see it, in the present as in the future, technology has enabled us to lead more comfortable lives.

Long-term Negative Effects of Technology

Although there are so many long term positive effects of the use of technology, but how can you justify the building of atomic bombs for the sake of security? Is this attitude healthy in the long run? Will any of our future generations even be alive to see the great technology if atomic bombs are used?

When we come to the negative impacts of technology in the long run, a lot comes to mind. The biggest drawback of technology is that it has frozen us socially. The concept of family time has vanished from our homes. The parents and the children are online at all times wanting to be connected 24/7. What they do not realize is that they are becoming disconnected from

their family which is present right in front of them . Simple gestures like smiling to strangers, common courtesy and ability to talk to others have started to diminish . This will be very disturbing in the long term and will result in depression and confinement.

Perhaps this isn't even our biggest concern. Our biggest concern is our health. We are comfortably confined to our seats thanks to technology. We can have groceries and food delivered to our doorstep. We have machines to do the cleaning and washing. And even if we need to go next door, we use our cars. We are constantly in presence of artificial air blown from the air-conditioner. This is the level of how inactive we have become. We spend the whole day in front of the computer, mobile or television. We no longer take a walk at the break of dawn. We don't go for picnics out in the park. We no longer do anything ourselves.

The effect of this has started taking its toll. The world's top medicine practitioners are becoming very alarmed t this situation. Inactiveness due to technology overuse is leading to serious health problems. There is a disturbing rise in obesity, development delay, mental problems, Autism, ADHD. These problems further lead to problems like diabetes, heart attack, addiction, violence, and perversion. These problems are also carried forward genetically having a huge long term negative impact on our future generations.

Another huge negative long term effect of technology is global warming. Technology hugely depends upon the use of electricity. Until the time when technology will be able to make renewable energy, we will keep on increasing the global warming effect. The eco system and the whole

environment are highly affected by the use of technology. There are processes that include the mission of fumes and other waste material. Carbon dioxide gas is being released in the atmosphere in a huge quantity. Microwaves and other gadgets are emitting harmful radiations. Also, in order to compensate our daily needs, over exploration of resources is being done. Natural resources need millions of years to develop into organic material from fossil fuel and technology is forcing us to use up those resources so much that they are becoming exhausted. If we continue with our extended use of means, our future generations might not have the resources to experience what technology actually is.

Conclusion

Technology is a beautiful thing. The need of the hour is to understand that the over haul of technology will eventually lead to destruction. We need to find a balance. In order to minimize the long term negative effects of technology we need to implement change today. By making healthier food choices and 'going green', we can still save ourselves from damage. Implementing simple lifestyle changes will not seem big but will make a huge impact on the natural resources. Driving hybrid cars, limiting the use of trans-fat food, using fluorescent bulbs, recycling, eliminating use of plastics, and exercising out in the fresh air are some simple steps that you can start from your home. If every person realizes their duty, then the world would become a much better place to live in.

We cannot ignore that technology has many long term negative effects, but

it has made our lives better. The negative effects are the results of our own over exploration and over usage of technology.

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