

# Is technology really good?

Technology



Joana Leer says in her article " Our Cluttered Minds" that technology has always been screwed up. On the contrary Maggie Jackson says the world is crumbling because of technology in " The Erosion of Attention. " The good and bad with technology it is always fighting itself. Technology can be a negative effect on the brain, and on society; but along with this, technology can be a helping hand in our lives. You might find yourself being addicted to a social media website, or even just the internet in general. The benefits and doubts in the society now are astonishing because of the new problems.

There are many different social media sites, like Facebook and Twitter that are causing these problems such as: cyber bullying. Cyber bullying is when people hide behind their computer screens and bully with the use of technology. Cyber bullying is a great example because Parker Pope states, " The problem is similar to an eating disorder, technology, like food, is an essential part of daily life, and those suffering from disordered online behavior cannot give it up entirely and instead have to learn moderation and controlled use" (Parker Pope).

With Facebook and Twitter there are more things happening than just cyber bullying. Most people use Facebook to reconnect with old friends. For example, my parents use Facebook to get their local business out on the web and it gives them positive feedback with the community. There are so many different apps out there; game apps, social media apps, and educational apps. Such as Candy Crush, which makes you slide different kinds of candy in a row to get points. Or even Matchy Mouse Clubhouse, where you have to match the name of the color to the picture of the color.

Shirks explains that he would rather us be playing games, like World of Warcraft, instead of wasting our free hours watching endless hours of pointless TV (Shirks). As I have said before, Candy Crush, is just brain activity. Brain activity being a pointless thing to occupy your thoughts; while brain use is doing something that helps you learn and stay active. Brain use being the Mackey Mouse Club House game that helps you learn colors, or shapes, terms or animals. " When there's a crawl on the TV, people remember ten percent less of what the news anchor says.

What's being lost is the ability to problem solve deeply; to go beyond the surface of the data, and to make sense. To create knowledge out of information takes a certain kind of focus and problem solving you don't get in sound bites" (Jackson). Jackson is saying that you are more likely to learn something by reading it, than by hearing it. You have to have the ability to problem solve and focus on what someone is saying to be able to learn from hearing. Now that you can go out and buy the CD of a book instead of having to read it would be a lazy way of using technology to benefit you.

If you read the book you are more likely to understand what is happening. Remember as a child my mother would always read my books, and I could never fully understand the storyline until the day I learned to read the books myself. But with the books now being on a CD you can pop it into your CD player in your car and listen to the book on the way to work. If you exercise while reading, are you really reading at all? Richter says, " The technology makes the tiniest windows of time entertaining, and potentially productive

But scientists point to an unanticipated side effect: when people keep their brains busy with digital input, they are forfeiting downtime that could allow them to better learn and remember information, or come up with new ideas" (Richter). What Richter is saying is that you can't exercise and expect to learn something. Technology has advanced in such a way that we can now use our phones, or pads, while we are exercising to be multitasking. But along with being able to use these while exercising it isn't helping us to be doing two things at once with working out and being on your phone.

If you are at the gym emailing your office coworkers while running you are not getting your true workout in because you are focused on your email instead of your workout. In all technology has its benefits, and its doubts. There are many benefits to technology that we don't even think of, that we can have it around us all the time in an easy solution. Technology can also be extremely bad and unhelpful, you can abuse it and end up hurting people. Technology is all what you want it to be, all you believe it would do to help your life and to make your life easier, but it is.