Advancement of Technology-Impact of Information Technology on Our Everyday Lives

Syeda Hajira Kawsar

syedakawsar@gmail.com

Abstract

With change in the digital evolution in today's time, our daily life is mostly dependent online and even kids getting prone to screen time. Use of technology has its own advantages and cons in humans' life which can raise many concerns as well. It's too much of use can affect functioning of brain and alteration in children's developments as compared to before times when technology was less used. Some technology also has positive impact on our lives as well weather be it education, learning or working from comfort of our homes. Another impact is earning through technology in today's world.

Keywords: Technology, Artificial Intelligence, globalization, advantages.

Introduction

A wide variety of hardware, software, and systems are included in technology, which aims to enhance communication, execution, and output. The widespread availability of portable electronic gadgets such as smart phones, tablets, laptops, and media streaming players has revolutionized our way of life. Nowadays, technology influences almost every facet of life, from the ease and security of transportation to the availability of food, healthcare, and education. While the internet has made it easier than ever to connect with people all over the world and exchange ideas, there are legitimate worries that excessive usage might lead to negative effects on mental health, exacerbate societal divisions, and compromise personal privacy. In the last 20 years, technology has unquestionably simplified our lives. Technology has improved our lives in many ways. The rate of technological advancement is outpacing our ability to adapt. Improved communication with customers and partners, streamlined data collecting and analysis, and streamlined employment processes are just a few ways in which technology has helped organizations thrive [1]. Improving company operations and making day-to-day management more organized and fruitful is the goal.

Technology influencing daily life of humans.

Every facet of human life is touched by technology in some way or another. The most significant changes have occurred in our methods of communication, employment, shopping, and even pleasure. While having a smartphone is a posh perk, most individuals carry one about with them constantly for work, information, and communication [2]. With technology, doing anything is as easy as tapping or clicking a button, whether it's buying groceries or entertainment, scheduling, or simply sending an email. Even more dramatically, the public and private sectors are seeing a sea change as a result of the interplay between AI, automation, and the Internet of Things. As an example, in smart houses, Internet of Things devices automatically control the thermostat, lock other security systems, and alter the lighting. In the

same vein, many modern businesses rely on AI to manage day-to-day tasks, communicate with customers, and enhance the quality of services they provide. Since many tasks are now accomplished much more quickly and easily, it seems clear that technological progress has shrunk the globe into smaller, more intimate communities. On the other hand, it has caused economists to develop a new worry: becoming indifferent or even antagonistic towards the significance of digital skill development in today's environment.

A communication revolution has changed the way individuals engage with one other as a result of everyday routines and technology breakthroughs. Due to the advancement and technology, we have social media and cell phones with the help of which we can easily communicate with people more than ever. This has helped us to keep in touch with loved ones and results in the issue of distance. In professional life it increases the level of communication among the team by reducing the communication challenges which increases the chance of success of projects and operations.

The educational sector has always been a very important element or part in our life. The sector has seen continuous technology advancements and increases the reach among people and underdeveloped areas. Students can easily excess to the learning and innovations with the help of technology and various learning platforms. The education among people has been increased with the help of technology and by the advent of online courses and different materials has added Spark to the sector.

Our everyday lives have been substantially improved and we now have the option to decide whether it's worth the time to go and store. Super convenient shopping has resulted from this. For healthcare, now that we have tools like fitness trackers to keep tabs on our vitals in real time, we care about wellbeing and want to do something about it. With the advent of telehealth, patients no longer need to physically attend medical centers to get medical treatment. Electronic learning, or "E" learning, has been widely used by students in this decade as a means of accessing material online, particularly in the realm of education, which has been profoundly impacted by globalization and contemporary technology. Online courses, instructional games, and virtual learning environments have expanded educational options and expanded access to education. One also needs not be physically present in a certain place or even in a "class" to be considered a student nowadays, all because of technological advancements. Additionally, it is said that technology has brought several advantages to the job. Zoom, Slack, Microsoft Teams, and other such technologies made remote work possible. So, it was possible for individuals to stay and even work remotely. Thanks to cloud computing, data sharing and management have never been easier, and AI has freed up humans to concentrate on more complex problems by automating routine ones [3]. Machine learning and artificial intelligence have permeated many spheres of human existence. Included in this category are Chat-GPD and other immensely popular robotic assistants, virtual advisors, business and social network algorithms, and so on. The use of artificial intelligence is spreading to many areas of society, most notably the professional and academic realms. Virtual and augmented reality technologies have a wide range of applications in our daily lives, from education which enables medical students to practice safely in various settings to entertainment namely, full immersion in different gaming worlds.

The way people see themselves and the value they place on themselves are both influenced by the digital communication technologies they utilize. Perceptions of normality and success may be distorted by continuous exposure to idealized pictures and lifestyles. Research has shown that young people and teens in particular might suffer from low self-esteem as a result of their excessive use of social media, which encourages harmful comparisons and unreasonable expectations. Optimistically, these sites may

provide venues for people to express themselves and learn more about themselves, which is great news for under-represented communities who are fighting for acceptance.

The good and bad

One aspect of technology that has had a great impact on society is how it affects learning. It's made learning more interactive and collaborative, this helps people better engage with the material that they are learning and have trouble with. Also, it gets you better access to resources. With the creation of the internet, it gives us access to information at a twenty-four-hour rate and you have access to almost anything online. In addition, it allows students to get work done easier. Students can take quizzes and exams more easily, and teachers being able to hold online classes can be very effective. Another way technology has impacted society is through communication, how we talk and communicate with one another worldwide. Technology brought many new methods of electronic communication. For example, there are emails, social networking, you can facetime a person that lives on the other side of the world, and here's video conferencing where you can have conferences electronically. Lastly, the technological advancements that were made within the health industry have helped keep people safe and healthy, whereas on the other side studies show that mobile communication affects people in a negative way when it comes to being sociable and making face-to-face contact. Mobile technology can decrease communication and relations between people. There's less personal time, where you find that you don't enough time for yourself because you're always in contact with someone. Also, it can be distracting from your schoolwork [4].

Figure: Impact of technology on our daily lives
Source [6]

Modern technology has made it possible to communicate instantly regardless of location or time zone. Video conferencing and instant messaging are now within our reach. Improving one's communication abilities is another area that technology helps in. Employees need to master digital communication skills since technology is in most office work contexts. Additionally, they need to make sure they keep up with any corporate announcements that are often provided by email. When people rely too much on technology, it may lead to addiction. Addiction presents a plethora of additional problems beyond those

associated with basic technology abuse. Various types of technology addiction exist. When it comes to personal computers, this might manifest as an unhealthy obsession with social networking, internet shopping, gaming, or work. Depression, anxiety, a lack of interest in things that used to bring them joy, and even risking their physical safety in order to satisfy their technological cravings are all symptoms of a more serious emotional and social disorder known as technology addiction.

I envision a future where the digital products we use enable us to establish boundaries around our tech use. Right now, for example, I can take my work home with me every day. I'm always available and often don't think twice about sending an email or text, regardless of the priority. It's up to me to ignore that email and spend time with my family in the evening. But placing that choice on us for every single email or message isn't sustainable or even just good design[5].

Conclusion

In conclusion it can be stated that there are various advancements in technology that have been done in past years which have effectively and negatively impacted our lives. The technological advancements have helped us to improve our self as well as have negatively affected the mental health of many people. Finally, we rely on technology to do almost all of our everyday tasks, and its impact on our lives is significant. In every aspect of our lives, from employment to communication to education, technology has brought about very positive changes. All aspects of human life, including our interactions, thoughts, and emotions, are impacted by technology to varying degrees. There is an interrelation between our behavior and technology which negatively and positively has affected our perspective on various things and on decisions. There has been a concerned regarding the addiction of technology among people that are making people dependent on technology. Lastly each and every person should use technology but very carefully and we should embrace the advantages of such technology to improve our selves.

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