

Lidia Nesci

Dr. Pokorny-Golden

College Comp

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### Technology Dependency

Where would society be without cell phones, laptops, Internet, etc.? People are too dependent on technology that they have let it influence their lives immensely. It was meant to make life easier; when in reality it has negative effects on society. Technology creates a lazy population and takes away peoples' ability to think for their selves. Physical and mental strains are put on people because they are so addicted to their cell phones, or computers. People are too reliant on technology, even when it possesses flaws. People could function before it, and they can function without it.

One of the negative effects technology has on society refers to communication. When someone wants to get a hold of a person nowadays they either call or text them on a cell phone, send them messages on social networking sites, etc. There is a loss of face-to-face communication between people. In J.R. Ortega's article, "*Have We Become Too Dependent on Smart Phone Technology?*" he talks about a game called cell phone stacking. The idea of the game is to have everyone stack his/her cell phones on top of each other's forcing person-to-person communication. This game was found on Tumblr, where the blogger included rules and penalties if someone went for their phone (Ortega). Unfortunately, this is what society has become. Andrew Baerg said, "some people may be so engrossed in their phones that they would rather focus on that than on the person right in front of them... (Ortega)." Communication is one

thing that makes people human. Technology is taking that away; when a person speaks to someone, now it is as if they are talking to a wall, rather than another human.

In a sense, the use of technology promotes laziness. Some may argue that technology is a tool that should be used to society's benefit; however technology does not benefit society, it just hurts people. According to Al Erisman, "computers think for us (Monica)." Technology is not used in moderation, nor when absolutely needed; people use it for everything because they claim it makes life easier. Ironically enough, it does not make life easier; people have just gotten lazier and take the easy way out.

There was a time when people did not have the Internet, or a calculator, and they still were able to function in everyday life. For students, the Internet is supposed to help with research. It was supposed to be used as a tool to make researching go smoother and faster. When the Internet did not exist, students researched by reading books. They learned about the subject because they were forced to actually read the book, instead of skimming an article online. "...We are becoming stupider because of technology. Put into more concise terms, technology is negatively affecting our cognitive abilities (Winger, 1)." Basically, with these so-called "tools" society has become less intelligent. Nobody knows how to think for him or herself anymore. Students cannot comprehend ideas or answer critical thinking questions because technology has them under the impression that the answer is always online.

Another example involves a calculator. It was made to help people solve math problems. They were meant to be used as a tool, but as generations passed, the calculator became more prominent, in math now. "...Students no longer practice their basic arithmetic as much, because they have been enabled to rely on a calculator to solve such simple math problems (Winger, 1)." Calculators are a form of technology and they are a clear example of laziness in the classroom.

Oddly enough, it took away problem solving from students because it would solve problems for them. In the past, students had to use pencil and paper to practice or solve a math equation. “It can be said that younger generations are becoming more and more calculator handicapped (Winger, 1).” They became lazy and would type the problem into a calculator to get an answer rather than use their knowledge.

Now, looking at technology in a different perspective, it causes physical and mental harm to the body. First off, “many studies have been done on the subject and people have found that technology does in fact contribute to obesity (Obesity).” Most children in today’s society are exposed to technology at a young age; they grew up with technology in their lives. “Technology provides value, convenience and entertainment, but it should not take the place of movement and active play (Obesity).” Children get so hooked on technology, like watching television, or playing a videogame, that they would rather stay indoors staring at a screen, rather than go outside and play. “A Canadian study conducted in 2003 and published in the ‘International Journal of Obesity’ linked 7-to 11-year olds’ television and computer use to a significantly increased risk to being overweight or obese (Obesity).” The scary part is that overweight children have a higher chance for health complications including diabetes, high blood pressure, cholesterol problems, etc.

Not only were there physical problems associated with technology, but also mental issues. “These constant interruptions take a toll on our bodies and our mental state (Feature, 2).” People could start imagining that they are feeling the vibration or hear the sound that they got a message. “Type A people, who feel obliged to respond to every email, can work themselves into what Dr. Hallowell dubs the F-state - frantic, frazzled, frenzied (Feature, 2).” Imagine getting several texts, emails, phone calls, etc. all at once; it gets nerve wracking. Some people might get

anxiety because so much is going on. Some people such as, Feldman say they get headaches from staring at a computer screen all day. Others like Jetsetter Hoffman talk about getting insomnia due to an obsession with “being connected.” (Feature, 2)

As time goes on, people become more and more reliant on technology. Society today puts a lot of their trust in computers, banking systems, and any other sorts of technology. Computers have glitches or software problems, banks may have system issues; technology is unreliable. Michael Azose states, “It brings up a whole realm of issues...now you have to have an IT person because things are always breaking. Does it make you faster? Yes, but you have to add a whole other element to maintain all of these things (Monica).” What people forget is that any form of technology is still flawed.

Lastly, technology was unnecessary. Older generations did not have computers, or cell phones and they survived. “...There was a time when we had to remember everybody’s phone number, or have a list of phone numbers of people we wanted to call...people can probably recite certain phone numbers that they haven’t called in years, simply because it was so ingrained in their memories... (Winger, 1).” People nowadays do not need to remember a phone number because they can save it in their cell phone, whereas in the past they were very capable of remembering a phone number. Not everyone in the past generations had a car so they walked. “Parents drive children to school instead of letting them walk (Obesity).” If these kids can walk, then there should not be a problem with walking to school depending how far away they live. It was done in the past and can still be done today.

The only solution to this technology dependency problem is to cut back. People need to disconnect from technology. It would take some time, but if the older generations were able to

live without technology, so can today's society. "If you de-stress, if you prioritize, everything gets better—your physical health, your longevity, your enjoyment of life (Feature, 2)."

People today have gotten so technologically hungry, that they lost sight of what it is like to really be human. The dependency on technology is unfathomable. It is very much real today in society, and it is scary to think something that was meant to improve the lives of people can have such negative effects. Technology has created a lazy population where people cannot think for themselves anymore. What is sad is that people trust technology to solve their problems more than they trust themselves. It has hurt the population physically, and mentally. They have put their trust into these gadgets, forgetting that even technology is not perfect and has glitches, crashes, and imperfections. Worst of all, technology did not always exist, and yet people in past generations still managed to function in everyday life. Why can people not function without technology now? They are still capable of it, but choose not to.

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