

# Technology Hurts in Today's World Scenario

**Beulah Jasmine Rao**

Assistant Professor, School of Nursing Science and Research,  
Sharda University, Greater Noida, Uttar Pradesh- 201306

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## ABSTRACT

We live in a high tech world, with high tech classrooms. We embrace the benefits of using I pads during class, integrating tweets during presentations, and teaching students while using smart TVs. We know the many benefits of incorporating technology while teaching, such as adding diversity to lessons, increasing student interaction, and to bringing new perspectives and knowledge to the class. Technology can have a large impact on users' mental and physical health. Being overly connected can cause psychological issues such as distraction, narcissism, expectation of instant gratification, and even depression. Besides affecting users' mental health, use of technology can also have negative repercussions on physical health causing vision problems, hearing loss, and neck strain.

**Key Words:** Tendonitis, Phantom vibration syndrome, Nomo phobia, Cyberchondria

## INTRODUCTION

You've mastered the art of texting, emailing, and web surfing on your Smartphone and computer. But along with that digital prowess, you've picked up an unexpected side effect.

It is possible that new technologies are not just doing less to boost productivity than past innovations. <sup>(1)</sup>

Technology can have a large impact on users' mental and physical health. Being overly connected can cause psychological issues such as distraction, narcissism, expectation of instant gratification, and even depression use of technology can also have negative repercussions on physical health causing vision problems, hearing loss, and neck strain. <sup>(2)</sup>

### Incidence:-

One study by Harris International looked at more than 2,000 Americans & Indians ages 18 and over. The study indicated that 60 percent experience some form of health problem due to the use of technology during the day. <sup>(3)</sup>

- 36 percent had eye strain
- 30 percent had back pain
- 27 percent had neck pain
- 24 percent had headaches
- 21 percent had wrist pain
- 11 percent had carpal tunnel syndrome
- 9 percent had insomnia.

### Negative effects of technology:-

#### 1. Isolation:-

Social isolation is characterized by a lack of contact with other people in normal daily living, such as, the workplace, with friends and in social activities. We isolate ourselves by walking around in our own little world, listening to our iPods or staring at the screen of the latest mobile device even when we are around other people

#### 2. Lack of Social Skills:-

The use of online social media outlets causes us to meet face-to-face with much less frequency resulting in a lack of much needed social skills. We

lose the ability to read body language and social cues in other people.

**3. Obesity:-**

The more time people are spending engrossed in video games, talking to friends online and watching funny cat videos on YouTube, they are spending less time being active or exercising. Also the likelihood of mindlessly eating unhealthy food increases.

**4. Depression:-**

Technology creates the perfect recipe for depression with the lack of human contact, overeating and lack of exercise. There is a reason the use of antidepressants are on the rise and the blame can't be completely dumped on the pharmaceutical companies.

**5. Poor Sleep Habits:-**

Some of the negative effects of technology can be linked to the effect it has on sleep habits. We get sucked into online activities that keep us up too late and the constant stream of information can make it difficult to turn off our brains. Also, the ambient glow from screens can affect the release of melatonin, the sleep chemical.

**6. Pollution:-**

With the rapid-changing world of electronics and technology, this constant stream of out with the old, in with the new is adding to the levels of toxicity in our air and land. E-waste is not always disposed of properly, causing deadly chemicals to leach into the ground. Plants that manufacture the electronics are emitting toxic fumes into the air & no regulations are made on the disposal of personal E-waste.

**7. Increased Bullying:-**

The use of technology has caused an increase in bullying and escalated the degree of severity. Kids are no longer able to escape their tormentors once they reach the safety of their own homes because people are more likely to say things online that they wouldn't say in person leading to an increase in teen suicides.

**8. Lack of Privacy:-**

The internet has stripped the world of privacy. Long gone are the days of having an unlisted telephone number and staying offline to keep your information safe from prying eyes. With a few flicks on a keyboard the average person can find anyone's address and contact information.

**9. Higher Level of Deceit:-**

On the flip side of having no privacy, people use the internet to deceive others. Most people don't dig too deeply when doing a search on someone to check them out. By creating a few false profiles, people are able to pretend to be whomever they want.

**10. Warped Sense of Reality:-**

Using the internet as an escape from real life is very easy to do. In real life you only speak to a few people each day, there's no Photoshop or avatar for the reflection in your mirror. However, online you are a freaking rock star! You have enough "friends" to form a small country; you look great in your pics.

**11. Stress:-**

Constantly being "plugged in" and "connected" causes an extra layer of stress that wasn't present before the overuse of technology.

**12. Blackberry/iPhone Thumb:-**

Tendonitis in the thumb, a.k.a. Blackberry/iPhone Thumb, is a form of repetitive strain injury caused by the frequent use of thumbs to press buttons on mobile devices. The same injury can also be obtained from playing too many video games.

**13. Lack of Social Boundaries:-**

Much in the same way that people over share on social media sites, there is an increasing tendency to cross social boundaries. Cyber stalking someone or sending unsolicited nude photos are examples of grossly crossing social boundaries.

**14. Lack of Sexual Boundaries:-**

Exposure to sexual content is more likely to happen at a much younger age. Before the internet the only chance a child had of being exposed to pornography sexting is also a concern with technology being used at such a young age.

#### **15. Lack of Social Bonds :-**

Creating a lasting bond with other people requires face-to-face interaction. The more we isolate ourselves with technology the fewer bonds we will form. People are expected to do more work at home which takes away time they would be spending with their families.

#### **16. Constant Distraction:-**

When we are focused on a device instead of what's going on around us we miss a great deal. Think of the number of times you have been texting or talking to a friend and missed the opportunity to flirt with the hot guy standing beside you. There is also a rise in the number of injuries incurred by people texting while walking.

#### **17. Neck and Head Pain:-**

Constantly looking down at devices can cause neck pain and over time will cause the neck to lose its natural curve. Eyestrain can also cause headaches, blurred vision and migraines.

#### **18. Shortened Attention Span:-**

The use of social media has shortened our attention span from 12 minutes to 5 minutes. Constant news feeds, getting information in 140 characters and videos that are 10 minutes or less has literally rewired our brains.

#### **19. Addiction:-**

People are not only dependent on technology they are also addicted to it. Studies have shown that when cell phones are taken away subjects heard or felt fathom vibrations, continuously reached for phones that weren't there and became fidgety and restless. These are some of the same withdrawal

symptoms you would expect from doing drugs.

#### **20. Lack of Empathy:-**

The constant stream of violent scenes on video games, TV, movies and YouTube causes people to become desensitized to destruction of any kind. The normalizing of bad things happening and the culture of narcissism created by social media creates a society of people who lack empathy.

#### **21. More Violence:-**

After people lose empathy and are accustomed to violence, it becomes the social norm. Teenage girls are videoing themselves violently beating another girl, the number of school shootings are rising and videos of people attacking homeless people are a few examples of violent behavior caused by media.

#### **22. Higher Energy Consumption:-**

Although individual devices are becoming more energy efficient, the increased overall use is causing a higher consumption of energy. People don't turn their devices off; they keep computers on or plugged in, mobile devices charging and televisions plugged in. Also manufacturing all of these high tech toys causes an increase in greenhouse gas emissions.

#### **23. Developmental Issues in Children:-**

Children are using more technology now than they have ever used in the past. All of the negative effects that social media and television is having on adults are far greater when it comes to the developing minds of children.

#### **24. Neurosis:-**

Technology causes people to suffer from mental and emotional disturbances, such as anxiety, phobias and delusions, which are all symptoms of neurosis.

#### **25. Loss of Eyesight:-**

Straining your eyes looking at computer and device screens can cause people to need glasses much earlier in life.

## 26. Texting thumb:-

"What people call 'texting thumb' is not a clearly defined condition, but it usually refers to one of two things.

**Trigger thumb:-** The first of these things is trigger thumb, the construction of a flexor tendon in the thumb, may result from repetitive gripping motions such as texting or holding a Smartphone. Its symptoms include painful popping or snapping when the thumb bends and straightens; sometimes the thumb even becomes locked in a curled position.

**Thumb arthritis:-** Arthritis of the carpometacarpal joint, where the thumb connects to the wrist, is the other condition sometimes called texting thumb. Doctors don't yet know whether Smartphone use can cause the condition & forceful pinching motions such as gripping your phone or texting with your thumbs may lead to more severe symptoms, while this condition cannot be cured, a combination of rest and treatment can help most patients alleviate their pain and restore some of their ability to move.

**Cubital tunnel syndrome:-**Thumbs aren't the only joints to bear the brunt of technology. Elbows can suffer as well if you spend too much time holding a phone to your ear, resting your elbow on a desk, or keeping your arm bent at an acute angle to use a computer mouse. These positions can contribute to Cubital tunnel syndrome, or increased tension in the tunnel through which the ulnar nerve passes in the elbow.

## 27. Tendonitis:-

Tendonitis caused by habitually working with our arms and wrists in unnatural positions while using a keyboard, mouse, cell phone, or game console controller. Depending on the specific cause and area affected, sometimes it is referred to as "textinitis" or "Nintendonitis."

## 28. PlayStation:-

Palmar hidradenitis is a gaming disease characterized by inflammation and red blotches on the palms of your hands after prolonged use of game

console controllers, principally caused by holding the controller tightly for long periods of time and repeated button-pressing movements.

## 29. Noise-induced hearing loss:-

May be suffered by people who habitually listen to music at high volume levels on headphones or ear buds. Such prolonged exposure to high-decibel sound can cause gradual and irreversible damage to inner ear structures.

## 30. FOMO syndrome (Fear of Missing Out):-

Is a psychological disorder characterized by anxiety and stress as the result of fearing that you are missing out on some important or exciting experience.

## 31. Phantom vibration syndrome:-

Is a sign of cell phone dependency? It happens when we have the sensation that our cell phone is vibrating in our pocket, even though it actually isn't.

## 32. Nomophobia (short for "no-mobile-phone phobia"):-

Is the fear some of us experience of not having our cell phone with us, or of not being able to use it because of running out of battery life or not having a good signal? In extreme cases, it can even cause an anxiety attack.

## 33. Insomnia:-

Can be caused by using cell phones and tablets late at night, which is quite common; many people sleep with their cell phones at their side. In fact, spending the night hours on social media has its own name now: "vamping," in reference to the most famous creatures of the night (not to be confused with other unrelated uses of the word).

## 34. Cyberchondria:-

Is the digital version of hypochondria, It's the habit of searching the web obsessively for health care information, with the fear that you might have some rare disease you read about on some health-oriented website, regardless of the reliability of the information.

### General Solutions for Healthy Technology Use<sup>(4)</sup>

- ❖ Take breaks, both large and small. A tech break can be as small as stepping away from your desk to take a short walk across the room or as large as declaring a technology blackout for an entire day each week.
- ❖ Examine your motivations. Try cutting down on the number of posts or status updates you make each day. Ask yourself whether you are posting for narcissistic reasons or with true connection as a goal.
- ❖ Give your work or entertainment space an ergonomic makeover. Why not devote some time to improving the places where you spend so much of your day? A better-placed desk chair or better lighting can make a huge impact on your physical and emotional well-being.
- ❖ Turn off the lights- all of them. To avoid disrupting your sleep rhythms, turn off all your screens an hour or two before you go to bed and give your eyes a rest.
- ❖ Eye strain (in addition to other eye problems) can be caused by spending too much time looking at a screen. Symptoms include red eyes, blurry vision, and in more extreme cases, even nausea.
- ❖ Monitor the use of technology
- ❖ Teach & train self in responsible usage
- ❖ Be familiar with the technology
- ❖ Offer alternatives to technology

### Summary & Conclusion<sup>(5)</sup>

- We live in a high tech world, with high tech classrooms. We embrace the benefits of using ipads during class, integrating tweets during presentations, and teaching students while using smart TVs. We know the many benefits of

incorporating technology while teaching, such as adding diversity to lessons, increasing student interaction, and to bringing new perspectives and knowledge to the class.

- But there can be a negative side resulting from inappropriate or overuse of technology, and that negative side can have serious and long-term consequences. To make the best out of tools of technology, teachers and parents must also recognize their downsides and how to avoid them
- While our scientific understanding of these diseases is still, in some cases, preliminary, the real dangers they present make it a good idea to start taking measures to prevent them.

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How to cite this article: Rao BJ. Technology hurts in today's world scenario. International Journal of Research and Review. 2018; 5(8):38-42.

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