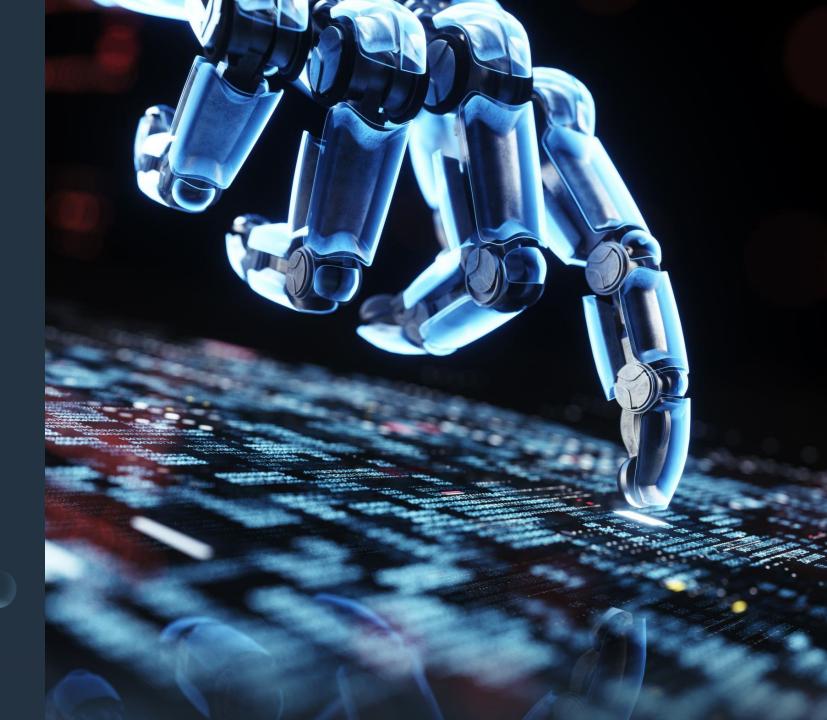# Human Dependence on Technology

By: Davion Greene

Abstract

Technology plays such a vital and pivotal role in our society today. We constantly have to rely on using different devices such as cell phones, TV's, tablets, and video games to get us through the daily grind and handle various tasks that we have. There has been extensive research studies done based on the effects of technology use on human's ability to function mentally and physically in everyday life. In this study, we will review some of those data statistics and reflect on some of the changes that technology has had on people. In the end, we will be able to propose effective solutions that could be implemented in order to reduce the negative effects of overuse of technology.

Introduction

- Over the last 10 years, we have witnessed the rise of technological advancements and innovations in many different aspects of the world. From Ipads, game consoles, cell phones, and self-driving cars, technology has become more and more common in our way of life. However, even though there are some positives that come along with the rise of technology, we have witnessed that it can also bring many challenges and issues that affect everyone that comes in contact with it. More specifically, we as humans have relied entirely too much on the good that technology can provide us. Some of us spend more time looking at our phones and playing video games, than going outside and enjoying nature. Others have found themselves scrolling through social media more times throughout the day than reading a book. Human dependence on technology has caused some people to crave the attention of it more than using more natural things that could produce the same results and provide the same information to them. I'm here to provide you all with ways that we could fix this big issue and help us individuals become healthier mentally.
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Methods

Data Collection:

In this study, we will be experimenting how much time on average does a human spend using technology on a daily basis. In order to conduct this experiment, we will be using at least 5 different people ranging from ages 7-22 so we can see the different ways technology affects certain ages. In addition to our observation, we will be placing each test subject in different real-life scenarios that they may encounter that might prompt them to use technology in any form or fashion. The test will take up a duration of at least 2 hours which will allow the subjects to familiarize themselves with the situation that they've been placed in, and then they could figure out ways to be successful in this scenario whether it is with the use of technology or if not.

Studying human activity with technology can be done in various ways. We could try monitoring their moves with a camera and document the amount of minutes or hours that they spend using their phone, or surfing the Internet. In other words, if you could get at least 5 test subjects to agree to have cameras set up in their house just for the experiment, a group of scientists will be able to collect enough data that they would need to make an accurate judgment on whether or not humans are releasing way too much on technology.

Results 1

- **Young teenagers are at risk of becoming more likely to suffer from addiction to technology rather than alcohol or drug abuse.**

- According to the Screen Education's Teen Smartphone and Addiction National Survey in 2018, 33 % of teens stated that they spend more time communicating with close friends online rather than meeting up with them in person.

- 49 % of teens have stated that they believe that cell phone use has shortened their attention span.

- in a data report posted on Comparecamp.com under the Social Media Statistics, it states, " Teens spend almost 9 hours daily on social media."

Results 2

- **Video Game Screen Time affects the mental, physical, and social aspects of a human being life**

- Gamers are more likely to forget how to interact with people in a normal setting, because they are so used to talking to people online.

- . According to a BMC Public Health data report, it states, " 47% of participants reported that they had played one or more intensively violent video games."

Results 3

Activities that involve the use of technology can cause more harm than good to people depending on the situation

According to DoSomething.org, about 37% of young people between the ages of 12 and 17 have stated they were victims of cyberbullying.

. Also, according to Security.org, it states that, "Nearly a third of teen cyberbullying victims said the incidents affected their friendships, while 13 percent said it affected their physical health.

Discussion

- If you remember in the Results 1 slide, I mentioned that 33% of teens said that they spend more time communicating online, than in person

- Video game usage is extremely high and concerning, when you consider that many of us use it as a way to relax, hang with friends, or just have fun

- Social media has become

Conclusion

- In order to decrease the amount of times we spend using our technological devices, I think that we need to find a balance that will allow us to learn how to utilize regular tools to solve problems and if we need to use our cell phones or computers, then it will become a last resort

- I also propose to parents who have young children, they need to start monitoring the vide game hours that their child utilizes weekly. For example, during the school year, I suggest that they need to set a time limit on how long you have time to be on the game. I say maybe an hour or 2 hours will be fine. On the weekends, this is when you get to spend more time on the video game, because you have more free time and your homework would be done for the week.

- As far as communication, networking, and building relationships goes, if you are someone who doesn't enjoy talking as much and relies a lot on texting, I think that you should actually use texting to build your verbal skills up so that you can become a better speaker in person. When the time comes to meet the individual in person, we would be more confident and better equipped to hold a decent conversation with anybody.