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Oxford Scholar

27 March 2023

### The Dangers of Technology

Even since companies started to conduct research and development, innovative and revolutionary technology such as the computer has been introduced and integrated into our everyday lives. In our modern society, it is appropriate to say that we cannot live with these fundamental technological advances. Technology surrounds us from the moment we wake up in the morning until we go to bed. People who depend on computers and software might even lose their jobs if these technologies no longer exist. Technology has not only made our lives better, but it has even changed the way we learn, communicate, and live. Therefore, what do we do if something so powerful takes control of our lives? Through all the changes technology has brought us, we can see that other than an unprecedented increase in efficiency, adverse effects such as taking over our time, our bodies, and maybe even our world come hand in hand with these mechanical creatures.

According to Common Sense Media, the average teenager spends about more than seven hours on their phones, and that is just for entertainment. It is not hard to realize that our technology is slowly consuming our time without our consent. Whenever we get the chance, we pull out our phones and start scrolling through the endless abyss of social media. We tell ourselves that it will only be for a few minutes and that this rest is well deserved. However, this often turns into 20 minutes, half an hour, an hour, or two

hours, and eventually, our day will be over without accomplishing anything. I can make this assumption for teenagers because many people around me face this dilemma. As it becomes more convenient to access information, it becomes easier for us to sink into all the information. With all the endless scrolling and even gaming, we slowly give ourselves to our technology, one hour at a time.

Not only is technology consuming our time, but it is also corroding our bodies and our minds. The constant exposure to screens has resulted in a staggering increase in cases of eye strain, headaches, insomnia, and hypotension. Our reliance on technology has also led to a sedentary lifestyle, resulting in an alarming rise in obesity, scoliosis, and related diseases. On the mental level, the widespread use of social media has created a culture of comparison and anxiety, leading to a decline in our mental health and losing touch with our compassion and ability to connect with others on a deeper level. As technology benefits us with the convenience of contacting anyone anywhere, it is done with the cost of genuine connections with other human beings. As technology gradually takes over our lives, we risk losing empathy, creativity, critical thinking ability, and healthy bodies.

The dystopian scene in many science fiction movies where artificial intelligence gains self-consciousness and takes over the human world might become relative one day not far away. The idea of machines being able to think, learn, and operate independently can be terrifying as the programs we are most familiar with, such as Siri and Alexa, can be hacked, manipulated, and used against us. Our advancements today might lead our world into a world where drones fly overhead, monitoring our every move and enforcing.

strict laws without a shred of compassion. As we become more reliant on AI programs, it is impossible to ignore the notion of our futures being in the hands of these affectionless robots. The possibilities of a world ruled by artificial intelligence are daunting, with the risks of losing control of our fate and artificial intelligence viewing us as a hindrance to their progress and development.

With all of these dangers technology poses, it is safe to assume that we face a challenging future in which we might just set the destiny of humankind into the most bottomless pits of an abyss. As we continue to live our everyday lives immersed in the convenience and efficiency new technology brings us, we also fall into the dangers of being consumed by those products. Technological advancements such as smartphones and computers have been continuously proven to cause procrastination, anxiety, and even physical problems such as strained eyes. Not to mention the ultimate dystopian scenario in which AI robots take over our world. As our comrades continue to venture into the depths of artificial intelligence, we are alarmed by how smart the technology is becoming and that it just might take over the world if we overlook a simple detail.