**The Negative Effects of Technology**

* **Increased Exasperation**

These days, children indulge themselves in internet, games or texting often for hours at a time. These activities have affected their psyche negatively and have led to increased frustration. Now they get frustrated and angry over little things like parents asking them to do something like take out the garbage while using technology.

* **Lack of Patience**

Patience is a very important skill to develop. Children today live in a world of instant gratification. For example, children get frustrated quickly when they are online and the page they want to view takes time to load.

* **Decreased Writing Skills**

The excessive use of online chatting, texting and shortcuts, has taken a toll on the writing skills. They don’t know the spelling of different words, how to use grammar properly or how to do cursive writing. (Martin)

* **Lack of Physical Interactivity/Obesity**

Today, more and more people are interacting with others through different platforms like apps, role-playing online games, texting, social networks, etc. This advancement has hampered the physical interaction skills of many children and adults. This has led to less time spent being active or exercising which can also lead to obesity.

* **Isolation/Lack of Social Skills**

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 mobile device even when we are around other people. In fact, studies have shown that socially isolated people live shorter lives. 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.

* **Depression/** **Neurosis/** **Loss of Hearing and Eyesight**

Technology creates the perfect recipe for depression with the lack of human contact, overeating and lack of exercise. This could be part of the reason the use of antidepressants is on the rise.

* **Poor Sleep Habits**

Another one of the negative effects of technology is its link to 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 glow from screens can affect the release of melatonin, the chemical that helps you sleep.

* **Pollution**

With the rapid-changing world of electronics and technology, the turnover rate for upgrades is staggering. 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.

* **Increased Bullying/Lack of Privacy**

Technology has caused an increase in bullying and has escalated the severity. Kids are no longer able to escape their tormentors once they reach the safety of their own homes because of social media. It is also easier to get more kids involved in bullying because people are more likely to say things online that they wouldn’t say in person. This has caused an increase in teen suicides in recent years. The internet has also removed privacy from the world. Gone are the days of having an unlisted telephone number and staying offline to keep your information safe. With a few flicks of the keyboard the average person can find anyone’s address and contact information.

* **Higher Level of Deceit**

On the flip side of having no privacy, people use the internet to deceive others. Most people don’t dig very deep when doing research on someone. By creating a few false profiles, people are able to pretend to be whomever they want.

* **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, bills must be paid and saying smarty pants things is frowned upon. However, online you are a rock star!

* **Stress**

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

* **Thumb Problems/Head and Neck Pain**

Tendonitis of 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 or video games. Looking down at devices repeatedly can cause neck pain and over time can cause the neck to lose its natural curve. It can also cause eyestrain which can lead to headaches, blurred vision and migraines.

* **Lack of Social and Sexual 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. Exposure to sexual content is more likely to happen at a much younger age. There is a chance for be exposed every time a search is made.

* **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.

* **Constant Distraction**

When we are focused on a device instead of what’s going on around us we miss a great deal. There is also a rise in the number of injuries incurred by people texting while walking.

* **Shortened Attention Span**

The use of social media has shortened our attention span from about 12 minutes to 5 minutes. Constant bombarding of information has literally rewired our brains. People who are online an average of 5 hours a day have trouble remembering even basic information like people’s names.

* **Addiction**

People are not only dependent on technology they are also addicted to it. Studies have shown that when cell phones are taken away people heard or felt fathom vibrations, continuously reached for phones that weren’t there and became fidgety and restless. These are similar to withdrawal symptoms from drugs.

* **Lack of Empathy/More Violence**

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. When people stop caring and are accustomed to violence, it becomes the social norm. Teenage girls are videoing themselves violently beating other girls and the number of school shootings is increasing.

* **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 and they keep computers on and plugged in.

* **Developmental Issues in Children/Neurosis/Hearing and Vision Loss**

Children are using technology more now than ever before. All of the negative effects on adults are far greater when it comes to the developing minds of children. There is no way to know what the long term effects will be because this is the first generation to have unlimited access. We do know that technology causes people to suffer from a variety of mental and emotional disturbances, such as anxiety, phobias and delusions. These are all symptoms of neurosis. Being convinced you’re very ill after looking up strange diseases on WebMD or thinking you are famous because you have had a viral video are a couple ways in which technology neurosis manifests itself. Additionally, using headphones and ear buds inappropriately long-term can cause hearing loss. Likewise, straining your eyes looking at computer and device screens can cause people to need glasses much earlier in life. (Holsale, 2013)

# Bibliography

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