
Social Media and Technology: Changing World for Better or Worse

The rise of social media is inevitable. Technology eventually became a cultural phenomenon. It became part of our society and unforeseen future. People's dependence on technology may seem unsettling.

Everybody's different in their own way has unlimited abilities that one has to go into the deepest awareness of the world. Seeking, discovering, experimenting, and thinking of bringing the best of everything, hopefully for the betterment of all.

Today, every nation dreams to achieve the latest technology for the benefits of its people. Due to man's intellect in improving technology consistently, many nations have progress. Technology plays a vital role in the field of education, business, as well as health.

In education, technology has changed the way of learning and teaching. It has been part of education for children of all ages today and has also become part of their daily lives. The continuing change in technology brings new opportunities and challenges for teachers and students (Newnam, 2012). Technology can be a major tool for education and instructional purposes. Engagement with the learning materials helps students become passionate about what they are learning. Students can learn by doing research, and receiving feedback. Using the internet, teachers, and students can interact in real-time (Lynch, 2017). Through student-teacher interactions, a higher level of comprehension, and deeper understanding can improve student's thinking and learn to establish group-dynamics. In today's world, technology-based courses like data analysis, computer programming, and other related computer courses have recently shown a growing preference for students whereas, before education, or business courses are most highly recommended (Faris, 2018).

In business, technology has also great effects no matter how big or small a business is. Different industries and companies are too dependent on technology because it helps in doing things bigger, better, and faster. It enhances opportunities for business communication fast and efficient. For example, assignments and next scheduled appointments are given to sales representatives through mobile messages or calls without a need to return to an office (Kokemuller, 2017). Field news reporters use mobile phones to gather information about the latest issues and happenings around the world and deliver the updated reports to people through radio and television. It also reduces business costs especially for small businesses such as record keeping and accounting and payroll. Business technology helps improve communication processes by facilitating communication with consumers with the use of Emails, cellphones, and other mobile apps. Consumers' feedback through the use of electronic communication methods are easily transmitted (Vitez, 2018). It can also be used to protect financial data, confidential executive decisions, and other important information that is competitive. By having a computer with passwords a business can ensure its security (Kokemuller, 2017). Internal documents and other relevant data and information can be accessed to other departments instantly (Vitez, 2018).

Computers give greater efficiency, increase flexibility in work times, lessen people doing

repetitive jobs due to increased automation of manufacturing and other jobs. The Internet has increased the number of workers doing jobs remotely at home (Goodman, 2018). There's no need to travel a long distance to attend to business meetings or doing next scheduled appointments because workers can work from home or on the road, online chat technology can keep people in constant communication (Faris, 2018). Through the use of laptops, tablets, and cellphones people these days, are engaged in home-based jobs and online selling, earn more in most cases. Scanning bar codes are now used for retail businesses for more efficient and faster customer service. Small companies can now compete with bigger ones due to the discovery of these high-tech devices that have improved the operational efficiency whereas before a cash register with finger-punching numbers are available (Kokemuller, 2017).

Technology continues to develop and has impacted human resources as well. Experts have predicted that "someday technology might replace many of the jobs done by humans. However, history has shown that new opportunities open up as jobs become obsolete". With the help of social media and the internet, reaching customers is easier than ever (Faris, 2018).

In health, extensive use of technological devices can cause serious problems like stress, insomnia, anxiety, and depression. Obsession with smartphones and online activities can be linked to the effect it has on sleep. Insomnia is common among the teens being the most number of social media users today (Hertzemberg, n. d.). Youth suffer severe stress, worry, and anxiety because they spent more time on smartphones and social media. These digital devices allow them to avoid face-to-face interaction and other social-emotional communication. Developing greater stress, worries, and anxiety that oftentimes resulted in mental distress (Tiwary, 2017). People sometimes get irritated when they couldn't find their phone right away. This is technology's effect making people becoming impatient. The excessive use of social media having 24/7 access makes them expect replies within a few minutes (Johansson, 2018).

Technology influences our children's ability to think. It can be both beneficial and harmful to them. This influence doesn't just affect children on the manner of thinking but rather alters brain development. "The emergence of reading encouraged our brains to be focused and imaginative. In contrast, the rise of the internet is strengthening our ability to scan information rapidly and efficiently, as cited by (Taylor, 2012)". People lost the ability to think, and instead they rely on searches. If dependence on technology will not be controlled, people's memories will weaken and will kill the skills in critical thinking.

In reality, life today has been simplified due to modern-day technology. We need them to please our needs. We use tools to communicate with people in any part of the world; a vehicle to travel from one place to another; radio to listen to the music; television to watch our favorite TV shows and telenovelas; other electronic devices that are essentials in our every life. All these became possible and have helped make our world a better place to live (Grebart, 2016).

Come to think of it, before technology was invented, traveling from one place to another, escape from the boring life would take hours or days just to reach a final destination. No matter how exciting the adventure is you will be threatened by the tiredness, hunger, and sometimes diseases associated with it. Communicating with someone in the past is through writing a letter and would also take days or weeks to reach the appropriate person. But with the advancement of technology today, communicating with someone is "no big deal". Social media such as Facebook, Twitter, or Skype are readily available. Regardless of the location of the individual. They become part of everyday life and are going anywhere and everywhere ("Technology in

Our Life Today," 2019). Technology has also changed the way in which the television is being viewed. In the past, you have to be home at a certain time to be able to watch your favorite show in a black and white box. But today, watching has become accessible and more high-tech. People can watch what they want, whenever they want.

Never allow technology to ruin your life by being addicted to it rather, view the positive side of it and the benefits that it can offer you and turn these benefits into something useful to your everyday living (Dube, 2015). Being dependent on technology will make our life effortless. Because the more we use it when we don't really need it, the harder it becomes unmanageable.

Although these may seem unrealistic and might raise your eyebrows, here are some simple tips to make yourself less dependent on technology: Store cellphone away out of reach or rather turn it off while in an important meeting, in a conversation, or during lunch. Ground yourself; Don't sleep with it. Never charge your cellphone near your head or any stand next to you. By doing so, you voluntarily stop yourself from needing it 24/7; A no-text weekend policy: resort to any form of communication besides texting. Face-to-face communication is more emotional; rest your eyes off a glowing screen even a bit, switch to sketching or writing (Kalish, n. d.).

To conclude, the life we live today became easier, faster, and more convenient because of the ingenious thinking and experiment of our inventors of producing useful devices. No matter what our feelings are regarding modern technology that we have right now, it's a fact that it would be hard to live without it. However, the responsibility is ours, it is us who can make it good or bad depending on how we are going to use it. It's just a matter of choice. Lange (n. d.) says, "technology is a useful servant but a dangerous master". We cannot abandon technology now but, we can ensure not to let it control us. Explore and discover the wonders it can bring. It is how we look at it that determines if it is actually affecting us in bad ways because Not everything BETTER is useful, and not everything bad is WORST.