What would life be like without modern technology?

Over the past century technology has greatly advanced, affecting all aspects of our day-to-day life; it has allowed us to do things we never thought possible before. Computers have become faster, more portable, and can do more than ever before. New technology has made our day-to-day lives easier, faster, and better. But these advancements have come with their fair share of downsides including some lazy and unhealthy norms. Although the overall effect of modern technology on us is a widely debated topic, it is evident that it is far more positive on us than negative.

Only 78 years ago the first computer was made. The first computer was called the ENIAC, a 50-ton computer that took up 1,800 square feet and cost $400,000. That computer was used for common purposes, such as solving numerical problems. Today, computers are making things possible that people never even dreamed of years ago. Today we use computers in every aspect of our life including the medical field, education, entertainment, manufacturing, military, science, engineering, transportation, weather prediction, general uses, space travel, and most importantly communication. For example, in 1920 the first vacuum cleaner with a disposable bag was introduced, fast forward to today we have automated robot vacuum cleaners. In 1923 the first watch which would run for 12 hours without the need for winding was invented. In 2021 we have watches that can tell time, call, text, track heart rate, give directions, and more. Believe it or not, there are even people with computer chips implanted in their bodies.

There are countless benefits to the advancements of modern technology. According to Verywell Health, in 1928 antibiotics were discovered" and in 1940 the first metal hip replacement surgery was performed" (Whitlock). Medical advancements are making surgery safer and able to treat more kinds of conditions than ever before. This is clear when in 2007 the

first "endoscopic surgery is performed … to perform surgery without external incisions" (Whitlock). Secondly, transportation has greatly advanced, becoming safer and faster. Roads used to be made of dirt but today roads are asphalt or concrete. Since the 1930s cars have evolved to become safer by adapting new features such as automatic emergency braking, lane departure signals, parking assist, and some cars even have semi-autonomous driving. Furthermore, engineering has been affected by more advanced technology because engineers in all fields have more tools making them less limited. Due to more advanced computers engineers can 3D create models speeding up the process and allowing them to predict cost and functionality.

Additional areas that have seen technological advancements are space travel, education, manufacturing, and communication. Additionally, space travel has been largely affected by more advanced technology. NASA was founded in 1958 and we sent a man to the moon on July 20th, 1969. Now only 52 years later we have successfully landed the fifth rover on mars and SpaceX is testing rockets that will be able to land themselves to be reused. In the classroom technology gives students millions of resources in seconds changing the way research is done, what used to take hours is now seconds. Additionally, technology has enabled students and teachers to work from home in situations like what we are experiencing today, living through a pandemic. Now anyone can learn just about anything anywhere. In manufacturing production has changed because robots can repeat a task much faster than a human without getting tired. Moreover, through technological advancements we have been able to improve manufacturing and we are reducing admissions by using greener technology. Most impactful, communication is used in every field aforementioned and more. Since 1921 we have come a long way, from the

candlestick phones and party lines to modern-day cell phones where you can communicate in an instant almost anywhere in the world.

Along with all the advancements in technology there are some negative effects that come along with it. Many people have become reliant on technology and therefore are less active. This lack of activity has caused health ailments including obesity. Some people have become disconnected from the rest of the world around them. The authors of a 2016 systematic review discussed the link between social networks and mental health issues, such as depression and anxiety. Their research found mixed results. People who had more positive interactions and social support on these platforms appeared to have lower levels of depression and anxiety. However, the reverse was also true (Johnson). So the type of interactions on social media can greatly affect our mood thus showing a dependency on social media to tell us that other people like us. Computers have also opened the door for some people to take advantage of others through technology. Technology is also used with malicious intent like misinformation, identity theft, stealing government intelligence, and even luring people into harmful situations. People use technology to gain unauthorized access to information by hacking into databases and personal devices. This has been the cause of lots of massive fraudulent online activity.

In conclusion, technology has advanced to heights never thought possible before and it has impacted us greatly in both positive and negative ways. Overall the improvements greatly outweigh the negatives. Technology has improved upon almost every aspect of our lives from education to the medical field and manufacturing. The most important being communication impacting each and every one of those fields. Now think about all the ways your life has been impacted by technology and what new technology is to come in our future.

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