Researched Persuasive Writing and Speaking

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Society's Quest For Survival

Technology Makes Us Less Connected

Humans are the most advanced sentient species known to exist. Their evolution has been parallel to that of civilization; however, humans only accomplished this feat with technology's employment. Technology, by definition, is any item or tool that applies science to perform a certain task. This innovation is what laid the foundations that allowed for the advance of humans. Technology's role is constantly adapting to meet the needs of its employer - humans; therefore, its effects on a person's life relies on how it is assimilated. The intent of technology is benevolent; however, societal interactions with technology results in a negative influence on global connections.

Integrating technology into society for communication creates an impact on several aspects of life: including the psychological. Firstly, it's important to contextualize the scale at which humans are using technological devices on a day to day basis. Unlike technological advancements throughout history, modern devices like the cell phone quickly became an integral part of a common person's life. An article under Oxford Academia explains how it is expected of a common person to spend at least five hours a day engaging with technology (Wilmer). When one weighs the extent to which humans spend their lives interacting with technology, they might assume that the psychological effects of digital technology are the driving force behind societal interconnection, but the research reflects the contrary. A research article published in the National Library of Medicine elaborates on how prolonged usage of technology like cellphones impose detrimental effects on sleep which in turn leads to psychological disorders such as anxiety and depression (Adams). Humans possess a very capable tool, technology, to promote their social lives; however, its hasty assimilation into society

resulted in numerous psychological conditions which strains social bonds and eventually drives people apart.

The influence tools exert on the human mind is vast and ever expanding. With the continual development of technology, parallel to psychology and psychiatry, researchers can effectively explore the effects of technology on society. The Fear of Missing Out (FOMO) is a scale that measures the distress from missing out on social events. An experiment published under the Journal of Clinical and Social Psychology demonstrates how social media usage directly influences FOMO, and limiting usage produces a significant decline in measurements. This experiment concludes that prolonged periods of interactions with social media results in higher levels of loneliness (Melissa, pg. 756 - 765). To further add on, research published under the Association for Psychological science demonstrates how people engaging in online social relationships have a higher potential to avoid civil institutions (Waytz). While social media do stimulate our social lives, the fact that it expands our social group to an overwhelming number is a reasonable explanation as to why FOMO is becoming prevalent among members of society. These articles clarify how technology itself poses no threat to interconnectedness, rather it's society's method of implementation that undermines a person's ability to connect.

Technology has played a prominent role in the development of civilization. While, today, the term encompasses an extensive cluster of items, only a select few possess the potential to significantly influence a human's lifestyle. Humans have created themselves all the tools necessary for the advancement of their social lives, and even though there's an overwhelming volume of evidence that attacks technology and its

disconnecting properties, technology is just a tool. With any tool, it's up to the user to decide whether it acts as a catalyst or inhibitor. Technology's purpose is to elevate the standard of living of humans, yet society's improper and rapid assimilation of technology actively inhibits this process. Humans' interactions with technology explains why it forces them apart. Humans make themselves disconnected.

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