

Balancing With Technology (Technology is Great! Technology isn't Great!)



As the world has come to embrace technology and all its wonder, there are times that this embracement turns away from convenience and more into an addiction.

The wonders of technology are numerous. From the original room-sized computers that are now replaced by hand sized calculators, to advances in medical assistance that allows the blind to see, immobile to walk, and non-functioning ears to hear.

These additions and their creators should be honored among the great contributors of the human journey.

Having the privilege of being born (1967) before the technological revolution, during its initial explosion, and its current reach into all aspects of our existence, I find myself in a role that allows me to comment on these changes and the affects/effects they bring about.

Again, I repeat, Technology is Great! Many promises of how these advancements can support our lives have come true. We can now communicate, organize, and destroy (unless on the Internet) information with greater speed and accuracy than before our fingers touched the electronic tools/toys.

However, I must also repeat, Technology isn't Great! When the same technology presented to us becomes an addiction, rather than a convenience, those digital workers should be re-evaluated for their purpose and how we use them.

One of the definitions of 'addiction' is *"the continued repetition of a behavior despite adverse consequences"*. This seems to nail the non-digital nail on the head.

As society has evolved, I have seen firsthand how people's daily interactions/habits have changed due to the gizmos that surround them. Working on a college campus, the diversity of participants and the environments they/we are exposed to, provide me with a great opportunity to evaluate those interactions.

The difference I see between 'benefit' and 'addiction' can be clearly seen in instances, like:

Benefit: cell phone call to business asking for something to be completed.

Addiction: holding cell phone in hand, continually raising screen to eyes to see if the latest

text/article/etc. has changed.

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Benefit: *bringing a tablet to a meeting to access resources to support the presentation/conversation.*

Addiction: using a tablet during a meeting to read the news, play games, tinker, while a presenter is presenting.

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Benefit: *keeping up to date on important events by watching news/videos about said topic.*

Addiction: watching the funniest cat videos while your children are tugging on your shirt for attention.

During this progression of devices into our lives, I have seen a negative trend (hence the purpose for this post) of people becoming less patient, less interactive (with each other), and less cordial in their responses. I believe this is directly tied to the peripherals we surround ourselves with and our reliance on those to feel connected.

When you have an issue with a 'thing', you turn it off/on/etc., if that doesn't work, you buy a new one. People are not 'thing's and require much more patience, interaction and work to be a benefit in our lives. This extra effort also responds with greater rewards.

I conclude with the knowledge/understanding that technology is a great addition and should be continued to be utilized, but, with the forethought that it should also be balanced with humanity.

A simple smile, kind eye gesture is worth more than its weight in circuitry.

8D...ave

Providing a doodle I did on this topic, hope you enjoy:

<http://timeforyourmind.com/davesArt/tfymArtIndex-504.htm>