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### The impact of technology use on user's health

From automating household chores to telling Siri to play some music, the use of technology has become more prominent in everyday life. By Pew Research, more than 90% of Millennials have a smartphone (Vogels). In today's world, one needs a smartphone to communicate with other people or entertain themselves (Frankenfield). Moreover, many other services or technologies are still evolving such as Artificial Intelligence, Robotic Prosthetics, and many more. These types of technology will further alter the lives of humans. However, humans have become more reliant on technology because they provide services that help the user. Humans tend to take advantage of the services provided by technology. The technology in this paper will be generalized and will use specific technology as a means of an example. Although technology is a broad topic, they all share the same problem and come to the same conclusion. Whether it is either ethical or practical application, humans rely on technology too much.

We don't need irrelevant technologies. Saying the word 'irrelevant' is very vague. The idea of 'irrelevant' lies in the usefulness of the technology to a person and it varies from person to person. If it does not allow one to be satisfied with the technology, then it is considered to be irrelevant or useless. For example, a useless machine turns itself off when the switch is flicked ("Useless Machine"). Although it looks entertaining, it is considered irrelevant because it does not help humans in general. Well, we can't say that having to help humans is what makes

technology useful. The relevance of technology lies in the ethical usage of the technology. It doesn't matter if it's useless or useful, but one has to use the ethical way of using the technology. By using the technology correctly, one can distinguish what technologies that are relevant or irrelevant to humans. For example, Albert Einstein's equation allowed nuclear bombs to be possible (Jha). Although the usage of the nuclear bomb was wrong, it did prove that Albert Einstein's equation bring benefits to the United States. In other words, it doesn't matter how people ought to use the technology but rather how people should use it. Any misuse of technology can result in heavy casualties. Alternatively, smartphones are either good or bad. 45% of teens are almost constantly online, whether it's on smartphones or computers (Anderson, Monica, and Jingjing Jiang). It does not bring long-term benefits to teens but rather a short-term benefit. 40% of teens, who said that social media has a mostly positive effect, say that they are online to connect with friends and family (Anderson, Monica, and Jingjing Jiang). It doesn't matter whether they use it to get pleasure or reassurance, but rather how they use it. Smartphones are neither good nor bad as long as one knows the right way of using the technology.

Humans should focus on important matters. With useless technology out of the way, humanity must have a goal to achieve. For example, humans' life span is getting smaller. It does not mean that we should play as Gods but rather, humans must look for things that allow natural medicine to extend human life. Perhaps it's not possible, but many other things are apparent in this world that need attention. For example, the ocean is flooded with many trash. This is the part where technological improvement is needed. Humans don't need hyper-automation to run a business, they're just taking away human jobs. What robots and AI should do is to clean up the Earth. Not to kill humans but by getting rid of human trash such as plastics or metals that orbit

the earth. The technology that humans have to spend improving should be used in a 'useful' way and that it brings benefit to many people. In this era, many people are still struggling in going about their daily life. Some are victims of 996, from 9 am to 9 pm, six days a week job which constrain humans mind. While they have jobs, there are some lesser people as they are. Some poor people never had chances in life and their daily food is from restaurant leftovers, not the one they served but the customer's leftovers. The chicken is almost skin and bones. The advancement of technology should be used to improve mankind and not use mankind as a way to be oppressed.

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