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INFLUENCE OF TECHNOLOGY ON OUR LIFE

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Abstract. *Technology indeed plays a crucial role in shaping modern life. It's transformed not only how we communicate but also how we manage daily tasks, interact with our environment and access services. This shift extends across various fields; smart devices simplify home management, mobile apps make transportation more accessible, and digital platforms enhance connectivity. From smartphones to smart home systems, it has permeated every aspect of life. Artificial intelligence, the internet of things, augmented and virtual reality, blockchain, 5G, quantum computing, biotechnology, cloud computing, robotics and advancements in cybersecurity are among the most impactful technological innovations set to transform our world in the coming years.*

Key words: *Technology, social media, people, biotechnology, connect, innovations, information, wasted time, experiences, online, privacy, impactful, emails, video calls, message, communicate, distance, virtual, platforms, Telegram, Zoom, resours, saving time, influences, productivity.*

Technology has indeed become deeply integrated into our everyday lives, often without us giving it a second thought. From the moment we wake up to the time we go to sleep, we interact with various technological tools that enhance our experiences and streamline our activities. Studies show that mobile communication affects people in a negative way when it comes to being sociable and making face-to-face contact. Mobile technology can decrease communication and relations between people. There's less personal time, where you find that you don't have enough time for yourself because you're always in contact with someone. Also, it can be distracting from your schoolwork. There is also loss of privacy, because anyone can find you anywhere, at any time of the day. In conclusion, all of these things impact how humans act today. Without technological advancements, our way of life would not be as complex.

Technological influences shape the way humans act today. Technology has made staying connected with others easier than ever. Video calls, instant messaging and social media allow us to communicate instantly, no matter the distance. Services like Zoon or WhatsApp have become integral in both personal and professional communication, especially following the rise of remote work. As we spend more time online, our personal data has become more vulnerable. The convenience of sharing information on social media or shopping online has its downside, as haccers scammers and even businesses track and exploit our data. This has led to growing concerns about privacy and online security. Online shopping has made buying goods and services incredibly convenient. Additionally, contactless payment methods have simplified transactions both online and physical stores. Social media and virtual environments have changed how we interact with one another. Platforms like Twitter, TikTok, Facebook and Instagram have become central to socializing, where we can stay updated on friends' lives, share experiences and even engage in online communities or movements. The Internet has democratized knowledge. No longer do we have to rely solely on books or formal institutions to learn new informations. Search engines like Google give us access to millions of recources instantly, while apps and digital platforms provide everything from educational materials to news updates at the touch of a button. From making work and communication easier to pushing the boundaries of healthcare, technology has fueled significant progress.

One of the most impactful ways technology has changed our lives is through its influence on the workplace. Tasks that once took hours or days to complete manually can now be done in a fraction of the time with computers and software, saving time and enhancing productivity. Technology has revolutionized our lives, offering unmatched convenience and efficiency. People often spend hours mindlessly scrolling through feeds or responding to non-urgent messages. This state of perpetual connectivity blurs work-life boundaries, limiting the ability to engage in meaningful, deep work. Continuous engagement with work without breaks prevents recovery and leads to burnout, negatively impacting well-being and productivity. Personal data - shopping habits, medical records, social media interactions, and financial details - are continuously collected and stored. This digital footprint can be exploited by companies for targeted advertising, often at the expence of user privacy. The high value of data has led to increased cybersecurity threats. Data breaches expose sensitive information, resulting in identity theft, financial losses and emotional distress. The hyper-connected nature of technology introduces constant interruptions. Social media notifications, endless emails and app

alerts can derail focus, leading to procrastination and wasted time. Technology affects the way individuals communicate, learn, and think. It helps society and determines how people interact with each other on a daily basis. Technology plays an important role in society today. It has positive and negative effects on the world and it impacts daily lives. We are living in an era where technological advances are common. Technology is a powerful tool, but it is up to us to ensure it serves us rather than controls us. Thoughtful management can help leverage its benefits while mitigating its downsides. Technology has impacted society through communication, how we talk and communicate with one another worldwide. Technology brought many new methods of electronic communication. For example, there are emails, social networking, you can facetime a person that lives on the other side of the world, and here's video conferencing where you can have conferences electronically. Lastly, the technological advancements that were made within the health industry have helped keep people safe and healthy. There are many innovate apps on phones that although people to watch their weight, how many calories they intake, heart rate and other health properties any time of the day. There's increased accessibility of treatment available, there's the change in healthcare that adds benefits for the elderly, and hospitals using advanced technology within their surgical rooms.

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