

MANAGING
THE CHANGE
FOR BETTER TOMORROW




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CHAPTER 3

THE EFFECTS OF TECHNOLOGY ON HEALTH

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Abstract

Laptop use, touchpad checking, two-thumb texting, and smart phone listening all impact your back, eyes, ears, and brains in subtle ways. From obsessive texting to checking emails more frequently than a stockbroker scans the Dow, technology has infiltrated every aspect of our lives. According to University of California academics, we now consume three times more information per day than we did 50 years ago. At home, we spend 12 hours in front of the television and computers. Is all this technological toiling, then, unhealthy for us? Medical experts believe it depends on the devices you use and how often you use them. Nobody expects you to put down your phone and live like our forefathers and mothers. However, scientists are divided on whether the effects of media are beneficial or harmful to our brains. They do agree that it is affecting how we think, which isn't worrying in and of itself.

Keywords: Health, Mental illness, technology, future work, 21st century.

Introduction

Many people are said to suffer from mental disease symptoms such as insomnia and exhaustion. While these symptoms do not match the diagnostic criteria for a mental illness, they do have an influence on people's ability to perform efficiently (Lelliott et al., 2008). Poor mental health has major personal, societal, and economic implications, and it is currently the primary cause of decreased work performance, sickness absence, and long-term work incapacity in developed countries (Black, 2008; Harvey et al., 2009; Whiteford et al., 2013). These expenditures are increasing at worrisome rates (Harvey et al., 2017), thus it's critical to consider whether technology-driven workplace changes are contributing to the problem or solving it.