Technology Advancements Making Society Lazy

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Every day a person is given many choices and it’s their responsibility to make the correct ones according to their conscience. With technology in their hands, those choices are being influenced for better or worse. Technology gives people two choices, one being the potential to become lazy and two the possibility to become more effective in their daily lives. Presently, with technology so increasingly abundant, it has become substantially harder to use it effectively. With that being said, is technology more than likely the cause of obesity and children becoming lazier? Technology has advanced in so many great ways but with those advancements come consequences and a major one is that society has become very lazy.

Although technology is advancing, it’s not technology’s fault that society is so reliant upon it. Paul Mobley stated in his article “Technology Induced Laziness” that technology devices are reducing physical labor (Mobley, 2006). This is a major problem for our society because technology advancements are making Americans both physically and mentally lazy.

Technology availability is reducing the physical health among Americans. So many devices are easily accessible that even the littlest of tasks are seemingly unreasonable. “… The electric razor shaves us, and the electric toothbrush cleans our teeth… Physical labor is reduced to the point where it might be called laziness, or can become physical laziness” (Mobley, 2006 p.1). The every day devices that people use are reducing their level of physical activity because they are always looking for ways to get things done quicker with less work involved. What people don’t realize is that they are becoming mentally numb for the things that they should be doing.

People never turn off their phones because they are always connected. Because of the Internet and the devices allowing us to use the Internet, the world is easily accessible right under our finger tips (Bradley, 2009). Therefore, people become desensitized to the world around them. Erica Bradley’s article “Technology Is Making Us Lazy”, declares that Americans have no reason to get out and socialize. Because of all the social networks and the capability to communicate online, Americans lack the ability to communicate face-to-face (Bradley, 2009). For example, many people using social networks often create a new image of themselves to hide behind because of their insecurities.

Technology was made to be used as a tool, but in today’s society, it is used as support to avoid thinking (Pinto, 2007). Society is relying on technology and it’s becoming a major distraction. Not only do people have bad eating habits, they are not exercising (Mobley, 2006).

There does not need to be a change in technology advancement, but a change in how society relies on it. The advancements in technology have benefitted America is both positive and negative ways. In a positive way, many schools have been providing teachers with SMART Boards. Valerie Moses explains that a SMART Board is “… an interactive whiteboard that hooks up to the teacher’s computer, comes with a pen tray. Anything written on the pen tray will show up on the SMART Board screen.” (Moses, 2009, p1). Students explain that the SMART Board helps them learn better because the teacher can demonstrate more effectively by uploading graphics and examples (Moses, 2009). Although technology has helped in schools, students have been caught using it non-effectively. There have been multiple occasions where students have been caught cheating on a test or assignment, by either looking up answers on the web or texting the answers to other classmates. This demonstrates how reliant our society is on technology and how with the wrong choices could end with bad consequences. Even at home, people are overusing technology. A survey of 95 Murray High School students shows that 59% of them spend more than 2 hours using electronics a day.



*Note: This is a pie chart of a survey of 95 Murray High School students from sophomore, junior, and senior years.*

In some cases, technology, like the web, is helping society. Social networks, like Facebook or Yahoo!, can keep someone updated with world events and even local events. It has become part of everyday life (Gale, 2007). But what most of those people do not see is how addictive technology can be. The above chart demonstrates that almost 60% of students use electronics more than two hours a day. This shows us that technology can be addictive in the way that students cannot pull themselves away from it. Jonathan Mandell’s article “Are Gadgets, and the Internet, Actually Addictive?” recalls a time in April 2007 when BlackBerry users could not send or receive emails for 11 hours because of a glitch in the system. Many people reported this as a natural disaster (Mandell, 2007). People are relying on technology so much, that it is becoming a major problem in our society. It is hard to disagree with the statement that America would not be where it is today without technology, but technology has become a crutch. Every day, society relies on technology to get through the day effectively. For example, people wake up and press buttons to shave, brush their teeth, shower, shop online, etc. Yes, technology has benefitted America in a million ways, but it has also made Americans lazy. On a smaller scale, another survey question was answered by 95 Murray High School students as shown below: 

*Note: This is a pie chart of a survey of 95 Murray High School students from*

*sophomore, junior, and senior years.*

From this pie chart it’s clearly shown that more than half of the students at Murray agree that technology is making people lazy. Also the ratio of yes to no is about 6:1, certainly showing the negative effects of technology are starting to show up in our society. In all the choices people make about using their technology effectively is becoming less noticeable, especially with the influence of parents and others. For example, with young adults, with children, who are constantly on their cell phone, I-Pad, or Kindle; their children will not only see that as an example, but will also be given that object to keep them entertained through mini games and other puzzles. From this, it installs the thought of electronics to only be used for entertainment and fun, rather than research and extended learning.

Although there are many benefits to technology, it is becoming so relied upon that Americans are becoming lazier than they have ever been. This is a huge problem in today’s society that has not necessarily been addressed. There has never been a vast solution, but many people have done little things to make it so technology is not relied upon; math classes for example. Children these days know that calculators can easily do their thinking for them by simply pushing buttons. Many math courses have stopped the use of calculators. This has caused students to think for themselves and develop necessary skills (Orzel, 2010). Besides little things like this, there is no effective way to fully reduce the dependence America has on technology. Ultimately, it is American’s personal choice of how much technology they use.

The only probable solution is to get Americans to see the harmful effects that relying on technology has. If American’s knew that using technology too much can have immense effects on both their mental and physical, it is possible that they would make healthier choices in their everyday lives. Instead of playing video games or spending their time on social networks, like Facebook or Twitter, Americans would want to go out and do productive activities.

The best way for this solution to be put into action is by using the media. Millions of Americans look towards the media, celebrities, and advertisements for what is acceptable. If celebrities and the media portrayed that being active, using less technology, and being more productive is popular, many American’s would imitate their behavior. This would mean that more American’s would be less involved in the technology world and more focused on being active.

It is extremely hard to change the behaviors and norms that Americans have developed over so many years. This solution is the best because it makes unplugging from the technology world acceptable. Not only will Americans not be dependent upon technology, they will be more physically and mentally healthy. Americans will gain back basic abilities: basic math, face-to-face communication, etc.

The advancements in technology have helped America in countless occasions. Without the technology we have today, every day American lifestyles would not be the same; there would be no internet, cell phones, computer, etc. Without all of these advancements, lives would not be the same. Americans cannot let technology control them. Although technology progression has helped, America needs to learn how to rely on it less. If they continue to rely and use it as much as they do, someday, Americans will be robots; unable to communicate face-to-face, have poor physical and mental health, and will be reliant upon the technology world.

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