

Life with Technology: The Good and the Bad

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Technology is now part of our daily lives. It plays a huge role in our lives, from morning to night, we use it in so many ways. We use phones to quickly communicate with people, computers to study or work, machines to cook food, and the internet to learn or entertain ourselves. Life with technology is faster and has many good sides, but good always has a bad side, that we must be careful of.

One of the best thing about technology is the fast and easy communication. In the past, people wrote letters or waited days to talk to someone far away. Now it is faster, we can make video calls or send messages and we get a reply within a second. This helps students, family, friends, and workers stay connected at all times (Ramos, A.L., 2025). This allows students to study online and attend virtual classes, especially during times like the pandemic.

Technology is also a great help in education. Students can quickly search the internet for information, watch tutorials, and even join free online courses. Teachers also use tools such as projectors and educational apps to make lessons more fun and easy for students to understand (DepEd, 2021). People now have more opportunities, particularly in places where schools and books aren't always accessible.

Healthcare is another advantage. These days, doctors employ sophisticated equipment to swiftly and accurately execute procedures and patient examinations.. Mobile apps help people track their health, exercise, and eating habits. Technology helps save lives and makes medical care faster and more efficient (DOH, 2022).

Technology makes work faster and easier. Machines can now help in farming, construction, and factories. Computers get work done quickly in offices, banks, and stores . Small businesses reach more people and earn revenue due to the help of online sales and delivery app (Bacalso FD, Orquia CJB, PaclipanCP, et al., 2025)

But despite all these advantages, there is also a negative and disadvantage side of technology.

Using too much screen time can cause health problems such as eye strain, poor sleep, and even stress or anxiety (Verdeflor RN, Dellosa RV, Ventures RR, et al., 2025). People, especially children, may forget to play outside or spend time with family because they are constantly using gadgets.

Technology can also affect human relationships. Some people are more willing to express their feelings online than in real life. This can lead to loneliness and weaker friendships, or misunderstandings. It is easy to become addicted to social media or the games that are coming out today, and this can affect performance at school or work.

Another risk is online safety. There are scams, fake news, and cyberbullying on the internet. Personal information can be stolen or obtained by others and used in other transactions, and some people use the internet to make fun of or hurt others emotionally or financially (DepEd, 2021).

Furthermore, some jobs are now being done by machines, companies are relying on machines, and this could cause many people to lose their jobs. For example, in factories, robots are now doing the work that should have been done by humans. Companies think that this will speed up work and make companies more efficient but it can harm workers.

In conclusion, life with technology has both good and bad effects. It makes our daily lives easier, communication, learning, work, and healthcare easier. But despite all the good it offers, it can also cause problems in our health, relationships, and safety if not used properly. The key is to use it wisely, we must be responsible in using technology. Let's also remember and appreciate the lesson taught in school on how to use it properly. Enjoy its benefits but we must also know when to stop and live offline.

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