

Role of technological discoveries in human life - Review

Pooja. M. Dyapanagoudar^{1,2*}, Sony Samuel,²

¹Department of Zoology and Genetics, Bangalore University, Bangalore, 560034, India

²The Oxford College of Science, HSR Layout, 560102, Bangalore, India

Abstract: Technological Discoveries or new technologies is equally playing a positive and negative role in the human life. The word human life has a very broad concept where we would have to consider with respect to physiological health, psychological and spiritual benefits and Detriments of the technological discoveries. Here, we focus on explaining the technological effects on different aspects in humans such as, increased use of cell phones in people which can be regarded as a form of addictive behaviour had been shown to be associated with emotional and behavioral disorder. The study is being done to show that prenatal exposure to cell phone was associated with hyperactivity, odds of emotional and behavioral difficulties. Spirituality is nothing else but understanding ourselves and the laws of universe through the tools of science and technology. Benefits and detriments are the two face of the coin, when we are happy to receive the benefit of the technological discoveries and encasing within our day to day life, we should also be ready to receive the detriments but how are we receiving the technology play a major role in human life.

Keywords: *Physiological, psychological, spiritual health, Misconception, addictive behavior.*

Introduction

Today we are surrounded with the new technological discoveries, we live with technology and without technology we cannot imagine today's life.

So, today let us discuss on few of the topics which is making us different from an ancient man

Methods

The method of collecting the data used here is through reviewing literature reviews and collecting data from different sources and different papers with respect to Physiology, Psychology and Spiritual health.

Physiological Health: According to the article "Risks to health and wellbeing from radio frequency radiation emitted by cell phones and other wireless devices" authored Mr. Anthony B Miller Margaret, Sears and Colin L, 4G signals generally sit between 800MHz and 2.6

GHz on the electromagnetic spectrum while 5G signals are little higher at 3.4GHz to 3.6 GHz, but that's tiny when you consider that microwaves go up to 300 GHz. Hence it would not cause a very serious damage on molecular level.

As per the article "The impact of technology on human body" by Dr. Jet Khasriya, on a macroscopic level technology is doing great.

Modern medicines has effectively doubled the average human life span in a little over a century.

As per the article "The real effects of technology on your health" by Diane Wedner technology affects the muscle and joints.

According to 2006 survey by Virgin Mobile- a British cell- phone company 3.8million thumb types suffer from sore wrists and pain in thumbs as a result of repetitive movements.

Similarly, technology also has an effect on eye and ear.

* poojamd4893@gmail.com

Psychological Health: According to Mr. Devan et al., 41 studies on 3000 mothers and children found that prenatal exposure to cell phones was associated with behavioural problems and hyperactivity in children.

A subsequent Danish study on 24,499 children, around 23% showed increased odds of emotional and behavioural difficulties at the age of 11 years.

As said by Anderson and Titov, 2014 in the paper titled "Advantages and limitations of internet based interventions for common mental disorders", there are well established digital treatments for depression and most of the anxiety disorders and insomnia

Spiritual Health: As Dr. Anil K Rajvanshi told "Spirituality is nothing else but understanding ourselves and the laws of universe through the tools of science and technology."

Technology is ofcourse a double edged sword. It can be used to help mankind, but also to destroy it.

As Mr. Jesse S Somer discussed in his paper "Technology or spirituality which one will save us?" he says spirituality is something which is more generous, peace of mind and the happiness you get out of it.

On the other hand Technology is making once life more comfortable and happy.

Results and discussion

As we said technology has an excellent role in our life. As we equally face both benefits and detriments.

They are the two face of the coin, when we are happy to receive the benefit of the technological discoveries and encasing with in our day to day life, we should also be ready to receive the detriments but how are we receiving the technology play a major role in human life.

By this we can conclude that different ways of opinions from different authors in above papers would try to tell us that there are benefits as well as detriments not only with just use of technology, but the way you utilise the technology is going to matter in humans life.

The above reviewed paper also cleared small confusions about the technologies which was created among common people for example the 4G and 5G radiation would not really cause destruction even in Molecular level.

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