

Effects of Information Technology on Life Styles of People

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ABSTRACT

The world today has come closer only due to mobile technology. Earlier human had to go for telephone or telegraph in order to have a word with friends, relatives who stayed far off. Just to think about the world without technology, it seems weird. So, the world with technology is a must. Here in this paper, I want to study how does technology paves the road /way to impact the people of any place. Earlier times technology was simple in the sense that the gadgets were very heavy, big in size. Suppose we are travelling; at that time, it is really difficult to carry your luggage and to take along gadgets. With the passing of time, technology also progressed to great heights. Today, it has become part and parcel of our lives. Our day starts, with the opening of mobile, sending good morning messages. Sometimes if by chance our mobile, tv does not open up, we feel that we are missing something, very important. It is an attempt, to find out, how much technology has had affected our way of life. Previously, technology was apart from our lives. People lived without using gadgets also.

Key Words; Information Technology, Mobile, Camera, Computer, Lifestyles.

Man, always tried to improve his way of living. In primitive period he started his life with stone age. Stones were used for initiating fire. All weapons were very crude heavy. As human being made progress so also these weapons made progress. Technology also became advanced as per needs. Actually, technology's main purpose was to make human lives better to best. In this article, precisely it will be studied to what extent technology has helped. The negative aspect of technology would be studied also. The effects are positive and negative too. Undoubtedly, our existence without the means of technology would be impossible.

Objectives

Means of communication such as newspaper, magazines, books are basic development of technology. They have been useful to mankind. Earlier the technology was in crude stage. With the passage of time the various means progressed from simple to complicated. But they were invented only for our needs. The means of technology are helpful to what level.

Technology is harmful also. To know the negative/disadvantage of using it.

Information technology in to today's world is a necessity.

Method

Journals, books, internet are my source of study. I am using secondary data for my paper

Review of Literature

Leung 1998, said that life styles are identified and classified in order to enhance the development of social identity, through opinion's, interest.

Ye at al., 2011. Lifestyle refers to our clothing sense,, friendships, values and so on and are related to technology.

Dhillon et al examined that Facebook or networking brought social support, social interaction.

Tsai et al found that at video conferencing chats significantly increased emotional love, caring, trust.

Nahm's survey data revealed a positive function of the elderly population's internet use in building social networks.

Technology use increases with passage of time. It affects the life styles and also simultaneously affects thinking process, learning habits. Slowly by slowly a man becomes expert in using these means of communication. Human being starts identifying with it. Slowly the instrument of technology is an important characteristic of their lifestyles. It satisfies our needs in an easier, quick way. It is indeed a subject matter of sociology that this information for whom?

Obviously, for humanity so we can say that technology is very much dependent on society. Society is also co-related to technology. Both demands changes for the betterment. Let us say, in other words both are interdependent. As people of a particular place needs will increase or decrease the means of technology will follow the same route.

Technology sometimes acts as a vital force to bring drastic changes in a society. Previously, we have seen many revolutions took place only because mass media was used to motivate people to become aware of situations. Man is also affected by these means of communications/ information's and arose to claim their rights from time to time.

Technology does effects in good or bad way. It depends upon the intelligence or IQ of the people of any society. For example, let us say about radio, tv, mobile, if we listen, see anything, item propagated several times, we start thinking, it may be good for us. So, these mass medias are seriously affecting our life style to great extent. If one person uses anything, he/ she conveys through mobiles to other people about the utility of using that particular thing.

Therefore, the means of media are very powerful to impact the lives of people. I want to state that if a thing is beneficial for us, then no problem. But if that is harmful, then it can be a havoc on people. There are so many issues related to technology to be studied further. It is not possible to study in one paper all aspects related to the effect of means of technology on people. Though, in this paper, I am trying to study some of the effects of technology on society.

Now, let us focus on few effects, good bad on people life styles. Some of the benefits are as follows;

1. Technology saves our time. It is a scientific knowledge that enhances our lifestyle.
2. It saves our energy by need not travelling every place for sight-seeing etc. Even our far-off relatives can be talked through video calling.
3. Our life style has changes drastically. Such as early in the morning, we are busy messaging our friends, relatives.
4. During travelling people carry lots of technological gadgets along with them, such as mobile, laptop, chargers etc.
5. Earlier, we used to carry pen, pencil, notebook etc. But today it's a different world.
6. People judge your status with the gadgets you own and how costly the item is.
7. Technology has impacted in almost all aspects of life, for example, our eating habits. What to eat, when to eat are decided by availability of Apps in your mobile through which twenty-four hours one can order food.
8. Today communication has become too fast. It became possible only due to inventions of modern technology.

Now let us discuss the demerits of technology.

1. When we are sitting on laptop, we feel hungry, so we eat a lot without doing any physical exercise or labor. Definitely it leads to obesity.
 2. Today technological advancements is so high that online work, jobs, studies are too much in vogue. It affects your eyesight in the long run.
 3. Cyber-crimes are also one of the disadvantages.
 4. People usually need photo-copies of important documents which are mis-used such as Pan Card, Aadhar-card, etc.
 5. Hacking is also done vigorously to withdraw money from banks.
 6. E-mail threats is one of the crimes, where the victim sometimes even commit suicide.
- In the end it can be concluded that technology is no exception in having positive negative features. We are dependent on technology and people's demands keep on growing. In the same manner technical progress is made. The way we are using technology would decide

whether it can be useful or harmful for us. As my topic is effect of information technology on people, there are issues like cultural changes. People happen to learn mobile language in order to be updated. people do not judge them backward.

Now-a-days every individual owns a mobile. It has become a status symbol in our society. Technology decides which social class, say high, middle, low class, you will get in the society in the existing society. Conclusion is that a person can rise in a society by getting good knowledge of technology.

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