

Impacts of Excessive Technology on Education

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Technology has changed society throughout history. Over the last few decades, cellular devices, iPads, iPods, computers, Laptops and most importantly the internet have completely overhauled the way people interact in society and the way Teachers work in schools. It is imperative that teachers of the 21st century adjust to the technological revolution and not only prepare themselves but prepare their students for the technological real world. Technology has changed the way society looks, and the way the classroom looks and there will be no return to chalk boards and writing letters. The 21st century society demands a technologically advanced person and the 21st century classroom requires the same. As per the Delhi Scenario from over the last 15 years ICT/ET/Computer Education becomes an integral part of our Education system.

Today's students have tremendous opportunities to learn and to connect by using it. But with each advantage comes a potential cost. When we understand those costs and can minimize them, we can keep the use of technology positive.

As per Plato "The excessive increase of anything causes a reaction in the opposite direction".

Technology has a positive impact on student learning. Technology causes students to be more engaged; thus, students often retain more information. Because of the arrival of new technologies rapidly occurring globally, technology is relevant to the students. Technology provides meaningful learning experiences. Technology also provides hands-on learning opportunities that can be integrated into all school curricular areas, including mathematics, reading, science, and social studies as well as other academic subjects. Technology helps the students to improve some skills like problem solving, critical thinking, visual intelligence etc.

We know the many benefits of technology while teaching, such as adding diversity to lessons, increasing student interaction, and to bringing new perspectives and knowledge to the

class. In the classroom, negatives out way the positive *effects*.

Technology does help with making fundamental things quicker such as: white boards instead of chalkboards and organizing grades; but technology has some negative effect.

- **Technology changes the way children think.**
 - Children who use too much technology may not enough opportunities to use their imagination or to read and think deeply about the material.
- **Social isolation**
 - Social isolation is characterized by a lack of contact with other people in normal daily living like at home all the members of family sitting in a room are available on different devices like phone , laptop . They are sitting in a room but not with each others. Different studies have shown that people who are socially isolated will live shorter lives. Technology also causes lack of social skills
- **Pollution**
 - Due to technology in the upcoming time E-waste is going to be very big problem. E-waste is not always disposed of properly, causing deadly chemicals to leach into the

ground. Plants that manufacture the electronics are emitting toxic fumes into the air. Plus there is little to no regulations on the disposal of personal E-waste.

- **Lack of Social skills Technology changes the Way**
- A study, published in the journal **computers in Human Behaviour**, found that sixth graders who went five days without exposure to technology were significantly better at reading human emotions than kids who had regular access to phones, televisions and computers. The UCLA researcher studied two groups
- **The UCLA researchers studied two groups of sixth-graders from a Southern California public school.** One group was sent to the Pali Institute, an outdoor education camp in Running Springs, Calif., where the kids had no access to electronic devices. For the other group, it was life as usual
- **Health Problem**
- Constantly looking down at devices can cause neck pain and over time will cause the neck to lose its natural curve. Eyestrain can also cause headache, blurred vision and migraines. Technology also caused developmental issues in children, Loss of hearing and Eyesight, mental and emotional disturbances such as anxiety, phobias and delusion which are all symptoms of neurosis.
- **More use of Technology with Less Physical Activity Leads to Obesity**
- A research study by Aisha Qidwae of the **Journal Sentinel** shows Obesity is on the rise not just because of food, but because as we use more technology, we exercise less. With technology that includes cars, television, computers and mobile devices, the amount of time we spend sedentary increased and our time in physical activity dropped.
- **Plagiarism**
- **Dependency on technologies leads to thinking paralysis**
- **Cyber bullying and virtual ragging There**
There are so many negative effects of technology like Depression, Poor sleep habits,

Overconfidence on machines than human, stress, Lack of Social Boundaries, Lack of Sexual Boundaries, Constant Distraction, Shorted attention span, addiction, More Violence, Digital addiction.

Addressing the Negatives of Technology

Teachers and parents who want their students and children to experience the benefits of technology—without the negatives—should consider these ideas.

- **Monitor the use of technology.** Whether you're a parent, teacher, or both, makes sure you know how your kids are using technology. Many classroom computers have restrictions on which sites can be used. if technology teach us how to open, it also teach how to lock e.g. Parental lock
- **Teach responsible usage.** We don't suggest ignoring what technology can offer. Instead, talk with students about establishing their Internet footprint, and the long-range consequences of putting inappropriate information into cyberspace. Encourage students to discuss tricky situations they may encounter online.
- **Be familiar with technology.** Keep up with what those young people are into. Vine, Snapchat, or whatever the current online trend is, stay current so you can recognize and head off any problems early on.
- **Use classroom technology intentionally.** It's easy to allow technology (i.e. videos, movies) to take precedence in a lesson. Be sure to use these tools to augment—not substitute for—your teaching.
- **Offer alternatives to technology.** Give students an assignment that requires reading a hard copy of a material. Task them with interviewing each other—in person—instead of texting questions. Conduct class outside where you can sit and discuss a topic without the usual distractions.
- **Cyber Security – At home / classroom always teach about the cyber rules in normal talk only like :**
 - Don't talk to strangers similarly don't communicate strangers online
 - Look both ways before crossing the road similarly don't enter contest, join clubs or

share your personal information online for any reason

- Remember all that glitters is not gold similarly all emails/phone calls / face book request you received are useful

Overuse

In some classrooms technology is overused. This can lead to a variety of problems. Many students learn best by physically and mentally interacting with what they are studying. If most of the teaching is done using a computer, these students' needs are not being met. Technology should be used to supplement the classroom curriculum, but should not be used as the sole source of learning.

Takes Away Learning Time

In today's classroom, teachers are pressed to make every minute count. If the teacher and students are not experienced with technology in the classroom, valuable time is often wasted on technical troubles. In addition, the teacher faces the difficulty of having a class full of students who are all at different skill levels. In many schools, most students will have a computer and Internet access, but schools that are located in impoverished areas may have a large portion of their student body with little to no computer experience. While it is important to educate these children in technology, it must be done at a pace that meets every individual's needs or more learning time will be wasted. We have to

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1. http://www.socialworktoday.com/news/dn_053012.shtml
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