

## 21. EFFECTS OF TECHNOLOGY ON HUMANS' HEALTH

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This paper deals with the significant problems of technology harming a person's physical and mental health. The article describes only some of the problems that inventions in the field of technology bring us, as well as the tips that will help us to use these technologies without harm to health.

Technologies are filling our lives more and more and we cannot escape them. Every new invention in technology can undoubtedly bring benefits. Also in every such invention, there is hidden harm to human mental and physical health.

All technologies, or rather their excessive use, have a huge impact on human health. Namely, it can cause psychological problems such as high irritability, aggression and even depression. It also leads to physical health problems with vision, hearing loss and neck strain. Everything in the world is constantly and rapidly evolving, new technologies are being introduced into it every day, and along with them, precautions that will help a person use gadgets without harm to health. There are various so-called assistants: built-in phone warnings that it is time to go to bed, reducing screen brightness, setting night mode, and so on.

Tip number one: organize your workplace correctly, monitor the distance at which your device is located from you, also do not forget about your posture, and take short breaks and light exercises. In the modern world, not a single day in human life of every person is complete without technology, and this has a bad effect on our vision. Tip number two: during long sessions of spending time on gadgets, take breaks and small circular rotations with your eyes, blink more often, your eyes should not dry out, adjust the brightness of your device, set the night mode at night; many devices already have brightness limits [1].

Good sleep is very important for good health, but excessive use of technology leads to disruption. Tip number three: do not use gadgets an hour before bedtime, it is better to read a book or think, make sure that even if this is a necessary measure, the night mode is turned on the device. In general, the best advice would be to make your bedroom completely free of gadgets.

Excessive use of technology can lead to physical inactivity. Being sedentary for too long is associated with an increased risk of developing a range of diseases, including obesity, heart disease, cancer and diabetes. Tip number four: take daily walks in the fresh air, find an active hobby that you enjoy, come up with fun and most importantly active entertainment with your friends [2].

Long-term use of headphones can lead to hearing loss. The World Health Organization estimates that 1.1 billion young people worldwide are at risk of hearing loss due to unsafe listening practices, particularly listening to music through headphones or earbuds. Tip number five: use noise canceling headphones, another option is noise-isolating headphones, which creates a seal around the ear and a physical barrier between the ear and external noise. Experts recommend listening to music at a volume of no more than 85 decibels (dB) for no more than 8 hours a day [3].

In general, all the tips are simple and obvious, and most importantly, they are easy to follow. Many technologies already have little helpers so that a person does not harm himself, for example, setting a theme, adjusting the brightness, various modes: day and night. There are also a lot of different applications that track your activity, for example, the number of steps taken per day, because life is movement. Multiple devices have edge restrictions that allow us to protect our hearing. And to ensure that children remain independent gadgets, they have a parental mode that helps parents monitor their child's activities on the phone. This is becoming more and more every year, so we must use technology only for good.

### **References:**

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