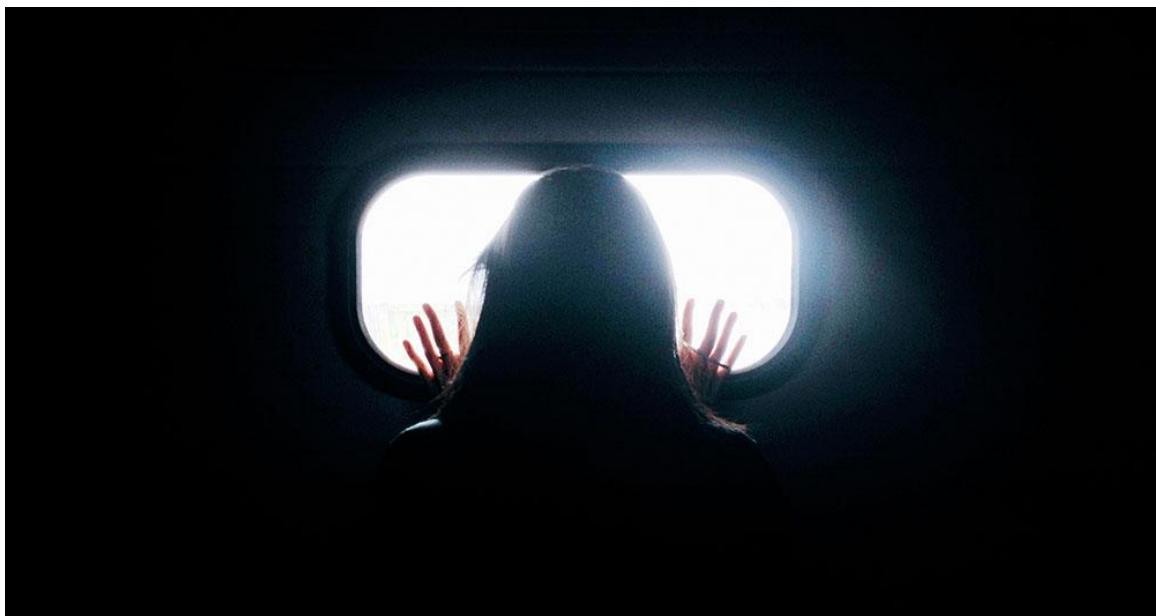


SHADOWS FROM THE COMPUTER WORLD



1. Nowadays technology is part of people's daily lives in many different aspects, from the way we prepare our food or choose to dress to the way we work and even entertain ourselves. This allows us to manage our time better, enjoy our free time and lead a more comfortable life. However, not everything is beneficial, since "the dark side" hides a series of disorders suffered by people who push the use of technology to the limit. The following essay takes a look at both sides of the issue.

To start with, internet access and technological improvements facilitate communication, shortening both personal and work distances and having a direct impact on the economy. Another point worth noting is that since streaming came out thanks to technology there is much more interaction in social networks and video games. Furthermore, it allows those who were previously just content consumers to be now creators, either using these platforms or just being their own means of communication. As for students, there are many applications that make the task of learning much more fun. For instance, distance learning processes and augmented reality applied to education are two examples of how technology can significantly influence academic training.

Nevertheless, it has disadvantages too, being dependence on the Internet perhaps the most common disease, the addictive habit many of us have fallen into having even earned itself a name: Phubbing, referring to those who cannot get their eyes away from their mobile phone. It often affects people so much that it interferes with social and family life, causing isolation and fantasy of self-



sufficiency as long as the user is connected to the Internet. Other common disorders are cyberdizziness, a kind of decompensation caused by virtual reality devices, and cyberchondria, which is like hypochondria but caused by what people read on the Internet about a pain, disease or a suspected physical illness.

Taking everything into consideration, as we saw in the film "The Imitation Game", computers can work for us as well as against us. In fact, in the film, one machine was responsible for transmitting secret messages that caused death and another for deciphering those messages to save lives. In my opinion, the key to success with computers is knowing how to use them properly and not let them take control of our lives.

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2. Nowadays, computers are used by a great part of the population. In the 21st century technological devices have evolved so much that sometimes it seems that people are controlled by computers and not the other way round, which is the natural and logical one. From work and studies to leisure time, computers are present in our lives. Is this overexposure really necessary or are we letting ourselves be carried away by the comfort technology provides us?

I have always been on the pro-technology side. Among its advantages are the wide range of communication possibilities, the quick and easy access to handle everyday problems (maths, cooking and cleaning, planning...) and the huge contribution to the

development of science, besides the comfort already mentioned. Technology also provides many people jobs, which is obviously good news for today's economy and therefore for our society.

Nevertheless, occasionally our lives depend on computers and technology in a wild way. Not everything in the computer world is beautiful and positive; in fact, it is far from it. There are hackers, abusers, stalkers, our privacy is highly at risk. With just a click, a life can be destroyed, and there are too many people willing to do so, and living out of it. As the advantages, the disadvantages also affect the economy and society. Irrational consumption boosts exploitation of third world countries, its mineral resources and cheap labor. Moreover, besides the wrong use of technology, computers themselves are evolving in a threatening way and are getting out of our hands. The dystopic future described in books and films such as George Orwell's "1984" or "Black Mirror" is not that far from our present. However, it is our duty to stop it. We are the ones who create and produce machines, so we are responsible how far we allow them to go. As I have said, computers and its world have both a good and a bad side. But, if the current trend goes on, advantages will disappear leaving us disadvantages and dark scenarios. We should regulate the development of technology and the impact it has in our lives to make sure we keep control of our world and not become the second more powerful species on Earth.

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