THE ADVANTAGES AND DISADVANTAGES OF USING TECHNOLOGY IN THE TIME OF GLOBAL PANDEMIC

by:
Mary Grace P. Villanueva
Administrative Assistant III, Justice Emilio Angeles Gancayco Memorial High School

In the past decades the technological advancements were astronomical. The way our technology came from heavy and non-portable devices to handheld super computers is just unbelievable. The progressions were so fast that it almost took over most parts of our daily life. Now more than ever, with the pandemic gripping the world by the neck, technology has been more apparent for everyone’s daily living.

But like everything else there are advantages and disadvantages in using technology. With how easy it is to search and find things via internet, it is getting harder and harder to moderate as to what people can gain access to, especially for younger teens and children. Now during the pandemic, the education system chose the blended learning approach, a mix of actual face to face and electronic learning, which increase the time in which students spend in front of the devices, without supervision, it can cause problems. There are non-wholesome things that young people can get their hands to via internet, which is why it is essential for guardians to be attentive. The extended period of time that people spend in front of their computers and gadgets also poses danger in their health and wellbeing. Blue light that emits from gadgets are very harmful to the eyes especially if exposed in long hours. It can cause eye problems. Radiation also acts as another threat in terms of prolonged exposure. It is common knowledge that gadgets emits low level radiation, not enough to inflict significant damage immediately, but with time, the build up can also be deadly.
The Department of Education did not turn a blind-eye on these concerns, thankful, and gave out a statement in which they declare their agreement that students should not be exposed to gadgets in long amounts of time, therefore they are formulating a strategy that limits the time students are using their gadgets.

With the increased use of the internet and social media, the occurrence of cybercrimes and bullying also skyrocketed (www.stompoutbullying.org). With the excessive time people spend in the internet, in addition to boredom, the people of the internet seemed to be more hostile and easy to dogpile on others. The hate-game is the new pastime. This adds more risk for young people and unstable individual. Bullying of any form can lead to anxiety and depression to the receiver. Younger people are at higher risk because they tend to not have the ability to handle stress effectively.

But beyond the great risks that is the use of technology and gadgets, in a time like a pandemic, it is the most applicable and logically route.

The covid-19 is a viral disease that is contracted through microscopic droplets from reparatory excretion. The virus is highly contagious via close contact and personal interaction. This is why the first respond to the global spread of it is isolation and physical distancing. By using technology, it minimizes the physical interaction of people. It is a way for people to interact and communicate without risking contacting or spreading the virus which will only serve to worsen the already out of hand epidemic.

In terms of education, the use of modern technology enables the education system to push through with the school year 2020-2021 with lower risks. By using online classrooms or video meetings, teachers and students are able to proceed with topics and lessons.

The use of technology also gave people something to do during the restrictive times of the pandemic. It provides entertainment and outlet for many that were struggling with the lockdown and the isolation.
Technology is like a double-edge sword that can either be highly beneficial or equally destructive. It is up to the people to manage how it will affect them. But as far as the time of the pandemic, it is a safeguard towards still being able to function without risking the wellbeing and health. And with how the innovations in technology has been in the past, it is safe to say that automation is an inevitable future that well all need to be ready for.

References:

https://evolllution.com/opinions/technology-boost-educational-effectiveness/

https://tech.ed.gov/learning-technology-effectiveness/

https://tech.ed.gov/learning-technology-effectiveness/


https://www.stompoutbullying.org/blog/cyberbullying-during-covid-19