Intrusion of Technology in Human Existence: A psycho-social Challenge to Self-Identity

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Abstract:

The term technology means the application of scientific knowledge for practical purposes or as it is sometimes phrased to the change and manipulation of the human environment. So, basically, whenever we use our scientific knowledge to achieve some specific purpose, we are using technology. The use of technology is widely prevalent in medical, industrial, communication, electrical, energy, mechanical, transportation, academic fields and the day to day life. Technology makes the life smarter and better.

Now the question is why do the people think that the technology has trespassed the human existence? Why the invasion of technology has made a psycho-social challenge to self-identity?

This question has raised a big challenge to mankind. Especially the young generation have face lot of negative impacts of technology. Technology has the ability to make users easily distracted, impatient and bored always. Technology can also make users to forget important information and to face challenge in cyber security issue.

On the basis of the article "The chilling consequences of the Internet of Things" the negative side of Artificial Intelligence was published on May, 2019. People have face a lot of problems in artificial intelligence.

Now the question is why is this issue discussed in the philosophical perspective? Philosophy takes its responsibility when any kind of phenomena in the world has faced a lot of problems to establish its importance by the empirical, metaphysical, social, psychological and ethical point of view.

The basic difference between Technology and human beings is technology or AI can't achieve the human consciousness. Consciousness is the soul attribute of Human beings.

If the people is interested to understand the link between the self-identity and the psycho-social challenge, they have to aware about the meaning of self-identity. The term self-identity is the perception or recognition of one's characteristics as a particular individual, especially in relation to social context.

Anybody can ask how the people get rid from this challenges which they face in the society. They can't reject the technology as because the human life is getting stopped then. Then what is the solution to use technology as a blessings not as a curse.

People have to accept the concept that to achieve the highest level of skilled life technology and machines are important. But they cannot forget the necessity of physical activity and their brain power.

If the people is looking for the solution in the philosophical perspective of Indian philosophy it is concluded that eight fold path of yoga system can develop the inner system of mankind so that they can conquer the bad effect of technology.

Key words:

Introduction:

Before going to discuss this topic let us start with the quotation of Christian Lous Lange who said, "Technology is a useful servant but a dangerous master." Alan Moore also said that "Technology is always a two-edged sword. It will bring in many benefits, but also many disasters." From this two quotations it is very clear about the overall impact of technology in today's life. People can't think their life without technology like Smartphone, laptop, computer and other necessary electronic gazettes in the recent times. Today technology governs the people's life. People are blessed by technology as it provides the basic needs of the life. Food, water, clothing, sleep and shelter are the basic five needs which they have to avail with the help of technology. Now the question is what is called by the term technology? The term technology means the application of scientific knowledge for practical purposes or as it is sometimes phrased to the change and manipulation of the human environment. So, basically, whenever we use our scientific knowledge to achieve some specific purpose, we are using technology.

Benefits of technology:

The use of technology is widely prevalent in medical, industrial, communication, electrical, energy, mechanical, transportation, academic fields and the day to day life. When the people get up from bed most of them see the face of smartphone at first. Then they are engaged their daily life with the help of washing machines, microwaves, laptops, computers, smartwatches, water purifier, Robotic vacuum cleaner, toaster, smart TV, USB drive, Refrigerator, Bluetooth speaker, dishwasher, electronic stove, electronic razor etc. These electronic gadgets make their life easier and smarter.

Medical technology helps to improve people's quality of life through the advanced diagnostics process, pharmaceutical technology, surgical technology and monitoring facility.

Industrial technology is the field of study devoted to improving the productivity, profitability and safety of industrial processes through the application of engineering and manufacturing technology like 3D printing, robotics, CAAD, nanotechnology and aviation etc.

Communication technology consist of any pieces of technology people use to communicate with one another through television, internet, cell phones and social media.

Electrical technology leads the life with computers, circuitry, and artificial intelligence, and software, audio and visual technology.

Energy technology aims to help generate store and transmit energy for a variety of purposes like solar panels, wind turbines and batteries etc.

Mechanical technology is the application of engineering principles to achieve tasks more efficiently through manufacturing and heavy engineering technology.

People's life is not complete without the use of transportation like GPS system, flight technology and vehicles facility.

 Educational technology is the field of study that investigates the process of analyzing, designing, developing, implementing and evaluating the instructional environment, learning materials. Learners and the learning process in order to improve teaching and learning through the use of cloud-based learning software, digital readers and tablets, virtual reality, apps, blogs or discussion boards, gamification, digital whiteboards and other interactive online tools for students and teachers.

If the people wants to keep themselves in the field of competition they have to welcome the technology so that the technology makes the life smarter and better. They live in a capitalist society. The development and adoption of technology have helped societies raise productivity, inclusivity of services and improve overall well-being. Technology is a lifeline for mankind. Covid outbreak emphasis the importance of technology even more. The usefulness of technology in staying connected, working from home, and having access to medical services has been evident in these challenging times. Technology produces better connectivity through internet. Today people can connect almost every device in their home to one device and control it wherever they are. Technology maintain better time management through productivity apps. Technology helps people to improve their health through advanced medical equipment and diet management software. People understand the value of money better because of technology. Technology gives competitive edge and improve efficiency of the mankind. The power of the internet has enabled global communities to form the ideas and resources to be shared more easily. People can instantly pay their bills with just a few clicks.

Negative impact of technology:

Now the question is why do the people think that the technology has trespassed the human existence? Why the invasion of technology has made a psycho-social challenge to self-identity? This question has raised a big challenge to mankind. Especially the young generation have face lot of negative impacts of technology. Technology has the ability to make users easily distracted, impatient and bored always. Technology can also make users to forget important information and to face challenge in cyber security issue. The University of Michigan study has found that Facebook use lead to a decrease happiness and overall life satisfaction. The cause of depression may be exaggerated expectations triggered by online reality, and unrealistic social comparisons. In the field of social media people are looking for affirmation and comparing their life to the lives of others. As a result they can lost their self-identity. University of Gothenburg in Sweden also found that there is a close link between heavy cell phone use in young adults and depressive symptoms. On the basis of the report of Washington post the blue light of the cell phones emitted by the screens has been associated with poor sleep. The mobile devices can cause emotional stimulation through violent games. On the basis of the research work by Duke University, Center for Disease Control and Prevention and Journal of Medical Association it is reported that frequently use of technology by the young generation have increased the high risk of ADHD symptoms. According to the report of CDC the unlimited use of electronic devices or sedentary activities in the young people increase self-esteem, social isolation and depression. People can safely keep all the information and data in the modern devices rather than remembering the information itself. This causes the identity crisis. People can forget to communicate physically with each other rather than virtually. People are engaged in cyberbullying system by the effect of technology. When people are dependent on the technological procedure they can lost their social existence. By

the high use of technology or social media Fear of missing out or FOMO is identified in the young generation. It may causes to destroy the psychological disorder of the people. Unrealistic use of technology may cause the ethical challenges to the self-identity. Negative body image in the Instagram may cause the lack of negative impression in the people so that they can be isolated from the society.

On the basis of the article "The chilling consequences of the Internet of Things" the negative side of Artificial Intelligence was published on May, 2019. People have face a lot of problems in artificial intelligence. What is artificial intelligence? Artificial intelligence is the simulation of human intelligence processes by machines, especially computer systems. Specific applications of AI include expert systems, natural language processing, and speech recognition and machine vision. Artificial intelligence (AI), the ability of a digital technology or computer-controlled technology like robot to perform tasks commonly associated with intelligent beings. AI can perform basically four things. These are (1) understand or sense, (2) learn, (3) use models to make decisions, (4) interact with humans. The term artificial intelligence has lead the current world. But with the vast use of artificial intelligence human being have lost their self-identity. They have been replaced from their jobs by intelligent machines or systems. They are becoming lazy. People have to forget to think. They are becoming unconscious due to lack of ethical sense and emotions. The total development of mind and body has been disappeared.

Connection of philosophical perspective to resolve this issue:

Now the question is why is this issue discussed in the philosophical perspective? Philosophy takes its responsibility when any kind of phenomena in the world has faced a lot of problems to establish its importance by the empirical, metaphysical, social, psychological and ethical point of view. Empirically people can argue about their capacity of brain power to prove the impact of technology or AI to the human being. Metaphysically we can raise questions about the existence and nature of technology or AI to the human being. Acceptation to the different level of technology in the human being is a social challenge. Using technology when people face the identity crisis is psychological challenge. Ethically this is a query of the responsibility of human being to the others after the use of technology or AI. People can ask their reasoning or sense experience to understand the technology or AI. Actually this is not a domain of sense experience or reasoning individually. Technology or AI can't achieve the human consciousness. Consciousness is the soul attribute of Human beings.

When the people want to search the source of technology or AI they realize that some modern person wants to construct their world with the help of smart technology. First of all people can raise questions about their capacity to understand the technology. Is technology for all or not for all? If the technology is for all then the total development of mankind is possible. But if the technology is not for all it is a curse for some people. This is the empirical challenge. Another question is how much the technology governs the people's life? It is also stated about the nature of technology to the human being. Technology enlighten the life so that the people can achieve success to the every field of their life. But when technology intrude to the human life and can cause the loss of identity crisis, this is a metaphysical challenge. Society make the position of mankind by the advanced use of technology but when people are unable to work and lost their job, this is a social challenge. When people have lost their conscious reality, and are engaged by the technical entity they are become isolated. This is the psychological challenge facing by technology. When the people are used by technology and are victimized by the social media, this the ethical challenge of technology.

Psycho-social challenge of technology:

If the people is interested to understand the link between the self-identity and the psycho-social challenge, they have to aware about the meaning of self-identity. The term self-identity is the perception or recognition of one's characteristics as a particular individual, especially in relation to social context. Self-identity reflect the labels people use to describe themselves. For example anybody can describe herself as a teacher, a mother, a daughter, a social worker, an artist etc. One's self-identity is everything that encompasses him or her. It is a combination of all the personality traits, physical attributes, and interest are. Self-identity is closely linked to the good mental

health. When people believe in their idea of themselves it is known as self-identity. The benefits of understanding Self-identity is that they get to explore and understand themselves. According to Charles Rogers the three core parts of self-identity are 1.Ideal self (the vision and ambition of a person which he /she wants to be), 2. Real self (Self-image) and 3.Self-esteem (how much worth and value they believe they have). When the people's ideal self or the real self or the self-esteem is deprived by the use of technology they can face psychological and social challenge to the society.

Anybody can ask how the people get rid from this challenges which they face in the society. They can't reject the technology as because the human life is getting stopped then. Then what is the solution to use technology as a blessings not as a curse. First of all any new technological invention must be applied to all the people so that can't discriminate to each other. People have to change the status of technology not as a leader but to have controlled by human being. People have to accept the concept that to achieve the highest level of skilled life technology and machines are important. But they cannot forget the necessity of physical activity and their brain power. They also keep in mind that they are not the servant of social media rather they are the instructor to instruct the guidelines about the use of social media. They have to control the AI so that the unconscious technology is ruled by the conscious mind. People have to increase their social interaction with the people so that they can directly share their thoughts and feelings to each other. They have to avoid the web interaction. Therefore ADHD symptoms and FOMO will be disappeared.

Conclusion:

If the people are conscious about their Self-esteem they can minimize the cyber security crisis and sleep disorder. With the help of regular exercise people can get rid of the mental disorder. In the academics people have to learn the technology and use the same in a proper way so that no technological disorder may happen. It can be stated with the famous quotes of Steve Jobs that he said, "It doesn't make sense to hire smart people and then tell them what to do; we hire smart people so they can tell us what to do." It means right decision is always made by conscious mind not by unconscious machine. If the people is looking for the solution in the philosophical perspective of Indian philosophy it is concluded that eight fold path of yoga system can develop the inner system of mankind so that they can conquer the bad effect of technology. These eight steps of yoga basically act as guidelines on how to live a meaningful life with the technology not by the technology. They learn moral life, ethical conduct and self-discipline. This eight fold system develops one's physical, social psychological and spiritual health. Actually the total well-being of mankind is possible with the practices of this yoga system.

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