

Before learning impacts of information and communication technology (ICT), we need to clearly define it. ICT is a cyberworld where people share and exchange knowledge, images, videos, and ideas with one another. It is impossible to imagine a person who does not use information technology nowadays. Computers and electronic gadgets have firmly entered our lives and changed the usual way of living. People have effortless access to information, which helps to manage human communication effectively. Moreover, mobile apps and mobile phones in general make many aspects of people's lives easier and more convenient. It is undeniable that ICT has increased our standards of living and that technology has a significant place in a modern society. However, it inevitably brings certain negative outcomes and challenges which people should not ignore because humanity is becoming increasingly dependent on it. The importance of the technological component of modern civilization lies in the fact that it determines in many respects the sustainable development of society. The total penetration of technology into all areas of society's life initiates the transformation of established social relations, which also implies the transformation of the type of sociality itself and it can be dangerous. Therefore, there should be a limitation of using information technology since it has an effect on the health, social life and identity. Although technology has helped people in many aspects of their lives, a large number of individuals are still unaware of the fact that technology adversely affects society based on how it impacts people on the individual level.

By using too much technology, people can be deeply affected in terms of mental health. Javier Serrano-Puche, a Doctor Professor at the University of Navarra and a researcher at the Center for Internet Studies and Digital Life, found out that it can "cause people a tension between the desire to be united through technology and at the same time feel trapped by it" because most young people suffer from the "fear of missing out" syndrome (FOMO). They cannot stop checking their social media accounts for notifications and messages because they believe that if they stop doing it, it means there is a risk that they become invisible. The author mentioned that it is important for young people to be online since "Visibility guarantees inclusion in a world" (Serrano-Puche). And people are trying to post everything they can in order to get attention and make themselves an important part of their social environment. The newspaper article "Teen 'like' and 'FOMO' anxiety" by Kelly Wallace is providing a valuable example of the "FOMO" syndrome. Six teens had the opportunity to participate in a workshop where they talked about social media. The teens have agreed to the fact that they often browse on popular social networks and some things that they see on the Internet make them upset and, to some degree, even depressed. Based on studies, social media makes people think the worse about their lives and assume only the best about the lives of others. Thus, people need to be aware of this. These consequences are not the worst part of the influence of technology since its effects can also lead to serious health disorders. The documentary movie *Plugged in: the true toxicity of social media revealed* directed by Richard Willett shows the deadly consequences of using social media. There is an increased level of depression, anxiety, and suicide, especially among teenagers. In one of the interviews, it was said that social networks generated a strong sense of envy in many users that could quickly evolve into a deep depression because people were

obsessed with “Likes”, “Followers”, how they looked and how popular they were in the social media. However, it is also important to recognize how the modern technologies help people to be in a society because many active internet users are more involved in a community in real life. “Online interactions have the potential to positively affect those who have difficulty with disclosure and face-to-face communication such as individuals who are shy or prone to self-concealment” (Magsamen-Conrad). It obviously helps to overcome many barriers that people have and to develop their communication skills, even become more self-confident. In addition, many studies show that children who are able to connect with their families and friends often feel less isolated. This reduces anxiety and stress. One of the studies at Carnegie Mellon University concluded that “When people have one-on-one interaction on social media (e.g., getting a “like,” a message, or a comment), they feel more bonded” ([Del Rosario](#)). It is positive interaction for people who can have some mental issues so they are able to feel that they are not alone and even find support online. Thus, it is important to acknowledge various aspects of using information technology due to the fact that, while some technologies help us maintain convenient life, other technologies lead to unsustainable mental health.

Furthermore, people should limit their usage of social platforms because they already integrate too much of their lives and even their identities into digital. John Suler has conducted research about understanding human behavior in cyberspace. Suler has written the book “Psychology of the digital age: humans become electric” where he mentioned that cyberspace as a whole mirrors the collective human mind - its functions, knowledge, purposes, and hopes. It is pointed out that technology can give a human being almost everything he or she needs. The internet has played the role of the extension of the human mind and the screens of people's devices reflect their beliefs, lifestyles, and personalities. Today, it became an integral part of human life and many people cannot imagine their lives without information technologies. Perhaps, people need to start thinking more of how they use social platforms because technology began to control our society instead of people controlling the technology. There is an assumption that the Net generation which grew up during the expansion of the Internet is more immersed into screens, as Gustavo S. Mesch, a professor of sociology at the University of Haifa, has stated that “Youth have an opportunity to express online their “real” or inner selves, using the relative anonymity of the internet to be the person they want to be and experimenting with their identity and self”. The digital social space can create a virtual personality where people can explore new aspects about themselves. The cyberspace has become a unique environment that people have created for themselves. The digital tools such as applications, music, pictures, themes and designs are determined by what people like and what they do. But also, by the frequent usage of social platforms, people are changing their identities. They can do online something that they would not do in the real world. The cyberspace gives too much freedom to people which they cannot sometimes use properly. Hence, people should not forget to maintain their personality because it defines who they are and their real values.

Moreover, people do not notice how, by applying the advantages of technologies, they are also destroying their interactions between each other. Human relationships have become very shallow because of technology. As a result, an environment of flourishing individualism has

emerged where society as a whole is placed at a great disadvantage (Hohman). Francisco Mochon, author of the journal article "Happiness and Technology", emphasizes two sides of using technology. There is no doubt that new devices make people's lives better and easier. For instance, they allow for effective communication tools that enrich social relationships. There are many social media platforms that help to stay constantly in contact with families and friends. People can simply meet others online and there are no barriers such as destination or long waiting times. Technology, as a communication tool, is a great innovation that contains a lot of benefits to society. For example, many employees work remotely instead of being at the office which proves that "digital life empowers people to improve, advance or reinvent their lives, allowing them to self-actualize" (Mochon). It demonstrates that it can make our lives more productive. Quentin Deakin, a teacher with a specialist status for technology, said that the majority of the world is generally accepting the implementation of technology into life, primarily due to technology's advantages such as precision and great computing powers which can reduce human errors. Nonetheless, there are interesting points of view that can be against the previous position. Technology also has some crucial disadvantages and people should remember them. It is stated that technology is prompting a controlled and cruel society, in which it is simpler for individuals to be manipulated. Cyberspace isolates people from the real world since they are often too focused on their screens. It causes addictive effects and have decreased the time that people spend with their friends or significant others in face-to-face communication. Technological progress can make people less sociable. Perhaps, people need to balance their use of these new technologies since communication is a key to a successful and happy life. People need to maintain face-to-face communication and not focus only on online interactions.

In conclusion, the technology has various influences on our lives, both positive and negative. We cannot deny the fact that the devices that we are creating change not only what we do, but also who we are. In order to not lose ourselves in this cyberspace, we should limit our use of it. What does it mean to "limit"? There should be a certain norm or a border within the limits of which it is allowed to use something, and if we do not comply with this norm we will have great consequences as it was shown above. It is connected to me since I grew up during expansion of information and communication technology. I noticed that I am quite addicted to these new social platforms. I am checking for notifications and messages. And when I go to the city without a phone I feel that I can get lost. ICT has become an important part of our lives and it is already difficult to get rid of it because we used to it and it brought many benefits. Thus, we just need to be aware of using too much technology and be wise about it, in order to keep our relationships alive and maintain identity of who we truly are.