

Everyday our eyes and ears devour so much information, let it be from the internet, movies or television shows. The Stanford University had conducted a study where the results proved we use our subconscious brains 90-95 % of the time and the conscious brain an astonishing 5% only proving the fact that our subconscious thinks and processes information way before our conscious minds too. These results corroborate the fact that the way we behave and think relies predominantly on the information we usually consider as background noise. A study has shown that the average child watches around 20-30 hours of television per week according to the Stanford research, this in turn would have an effect on the careers kids choose when they grow up. The entertainment industry especially has proven to have a vast effect on the type of career we choose not to mention introduce us to a wide array of topics that we otherwise could not have thought about.

Social networking applications and sites became a trend in the early 21st century, lives are lived through a small screen rather than the eyes. Our phones are constantly buzzing and that notification calling for you to click. According to a survey, only 12% of teenagers had reported visiting a social media site only once a day and 6% reporting weekly. This leaves a staggering 88-94% of teenagers frequently glued to their phones. Vacations are not officially vacations unless a picture has been posted onto Instagram or parties are not considered worth-while unless updates are posted onto Snapchat. Many young adults prioritise their online followers over real-life friends. From this aspect technology has not given us the ability to control our lives rather taken control over them.

Motor vehicles have brought in the next level of convenience and increased productivity to the table. The possibilities that came with this invention has widened more as we are able to commute faster and to greater distances. To expand, what seemed improbable before is now completely easy to accomplish such as travelling to new places and experiencing more adventures with whomever. This has given us the ability to control and change our lives in a multitude of ways: one being there is more leisure time and from this perspective, modern automation form of travelling has given us the ability to control our lives. What was considered daunting in the past has become relatively simple now.

Technology has the remarkable ability to be a great tool for taking more control of our lives as well as the ability to control us. We see this in numerous ways. We live in the dawn of a new era with myriads of revolutionary ideology invented each day and it does give us the opportunity to control our lives and live them to the fullest. One day I could crave a ride to the jungles of the Amazon because of a documentary I watched when I was little or bring back the feeling of control to paralyzed victims. One thing is for sure, technology will affect us even in the smallest way, and we cannot run away from this. As Christian Lous Lange, a famous historian, once said, "Technology is a useful servant but a dangerous master." Everything has a price.