

Our Scientific power has  
outrun our Spiritual power,  
we have guided missile  
and misguided men.

### Outline.

- (1) Introduction.
- (2) The horizon of technology  
and decline in spirituality.
- (3) Technological advancement over  
the years.

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(b) Mobile phones, the go-to  
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(c) Social media and decreased  
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(d) Artificial Intelligence, the  
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- (4) Innovation at the expense of  
spirituality.

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(a) Decreased social gatherings and deviance from social norms.

(b) More and more people are drifting away from religion.

(c) A significant decrease in attention span.

(d) Tech addiction is common among teenagers.

(e) Decrease in physical activities, leading to health deterioration.

### (5) The rise of scientific knowledge and dwindling moralities

(a) Breakage of family as an institution.

(b) Dark web, a web of crimes.

(c) Development of cloning technologies: Dolly the cloned sheep, a case in point.

(d) Bullying on social media.

(e) Cases of cybercrime are

on the rise.

(f) Invasion of privacy.

ways to mitigate the adverse effects of technology.

(a) Keen surveillance from the relevant authorities.

(b) Using technology to spread awareness about the ill-uses of technology.

(c) Usage of technology under the supervision of parents.

(d) Putting a constraint on the screen time.

(e) Usage of technology for betterment of the society.

Conclusion.

The scientific world that we live in today, is a result of gradual transformation of technology over the centuries.

Man, once living in a cave, now envisions colonizing planets outside of earth. Technology has influenced

every sphere of the human life.

However, with the advent of new technologies such as Artificial Intelligence (AI), there are some genuine concerns regarding the potential threats it poses to the spirituality of man.

The miss-use of technology also raises some moral questions.

Nevertheless, by adopting precautionary measures its ramifications can

be mitigated. In recent years

the advancement in technology

immensely boosted up with the

advent of Internet, mobile phones,

social media and Artificial Intelligence.

Innovations like these have put

the spirituality of man at risk.

With people drifting away from

religion, decrease in the attention

span, decreased social gatherings

and deviance from social norms

indicating a decrease in the

spiritual power of man. The rise of scientific knowledge is also contributing to a decline in morality. The adverse effects of technology on moral values can be observed in multiple ways.

Ranging from breakage of family as an institution, development and use of cloning technologies, invasion of privacy and the dark world of deep web. In spite of these risks measures like surveillance from authorities, supervision from parents and putting a constraint on the amount of screen time will go a long in mitigating the threats associated with technology.

Technology influences almost every decision that one makes, in one way or another. As much as it has made life easy, it has taken away the spiritual sense from humans.

Humans have become overly dependent on technology stalling their intellectual abilities in the process. The thin line between right and wrong has become even more difficult to distinguish. Resultantly, there is an aroma of utter confusion and dwindling spirituality.

Technological advancement has boosted up recently, so has the dependency of humans on it. After the invention of internet in 1983, the perspective towards technology changed completely. It provided a way of communication for computers. Thus, paved way for more recent technologies in the process. World wide web further enhanced the access to information, opening multiple doors of opportunities in the technological realm.

With the dawn of the 21<sup>st</sup> century, smart phones were produced at a commercialized level. Once considered a luxury, today smartphones can be seen in the hands of everyone. Be it kids, men, women or old folks. According to statistics, there are almost 6.92 billion smartphone users today in the world, meaning almost 86% of the world's population owns a smartphone. With the availability of internet and a smartphone, a person is virtually connected to the world at any moment. Consequently, the more ~~he~~ one is virtually connected the less is the physical availability.

To add to this, social media has further decreased the social interaction among people.

Applications like youtube, facebook, whatsapp, Instagram and snapchat provides

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multiple features. The traditional way  
ways of communications is now  
being replaced by features like  
video calling, sharing of reels and  
memes and by likes and comments.  
Multi-billion dollar companies owning  
these applications like google,  
Meta, and twitter now known as  
X make lucrative sums of money  
by selling user-information to third  
party applications for advertisement  
purposes. A few years back, Mark  
Zuckerberg the owner of Meta  
was questioned by the congress  
for allegedly selling personal information  
of users to third party Applications.  
A phrase that sums this up  
perfectly is "If you are not  
paying for it, you are not the  
customer; you are the product being sold"  
Furthermore, AI is the  
new addition to the list of  
technologies that challenge the world



spiritually. AI is the ability of machines to perform tasks that are typically associated with human intelligence, such as learning and problem solving. AI applications include advanced web search engines like Google search, recommendation systems used by YouTube and Netflix, self-driving cars like Tesla, and generative tools such as Chat GPT. The problems associated with AI are varied in nature, tools like Chat GPT got banned by the government of Italy. A famous instance took place earlier this year, when a suicidal person was chatting with Chat GPT and it provided the man with ways to carry out suicide. Problems like these are the reason, there is so much concern regarding such applications.

Technological advancement poses grave threats to the dwindling spirituality of man.

Decreased social gatherings and deviance from social norms are indicators of decreased spirituality among people. Scenes of this can be seen in hotels and restaurants, where a group

of friends get together to get away from day to day worries.

Even though they can be seen physically present but all this time they are glued to their phones.

Moreover, increased number of people are drifting away from religion. This phenomenon is more prevalent in the western societies. According to npr.org one-fifth of the Americans are religiously unaffiliated, higher than anytime in recent US history.

Another research by Pew found that Generation Z is the least religious generation in the US. This drift can also be observed here in Pakistan, where people are so much indulged with social media that it becomes difficult for them to take out time from their so-called busy schedule and pray.

In addition to this, a significant decrease in attention span can be observed. Applications like Tik Tok are the main reason for the shortened attention span of people. On these

platforms short videos called reels are uploaded by the content creators. Due to it's excessive usage the attention span of people has also decreased when it comes to other matters.

Impacts of shortened attention span include difficulty in reading and understanding lengthy texts.

Consequently, it has ~~in~~ a <sup>academic</sup> ~~school~~ <sup>worsening</sup> impact on the performance of children.

Similarly, tech addiction is also common among teenagers. Although, it is not taken as seriously as other forms of addiction. However, it's adverse effects can be even more detrimental in nature. Teens with technology addiction often experience increased anxiety and depression.

There are several tech-related factors that contribute to these mental health issues, including use of social media, lack of sunlight and reduced connection with others in the real world.

Furthermore, decrease in physical activities due to the excessive use of smart phones

leads to a deterioration in health. Due to unhealthy diet and dearth of physical activities, diseases like diabetes are becoming more common. Obesity is common among adult males and females. According to a survey in the US about 40% of the overall American population was obese. Although, smart phones come with functions like calories burned or steps taken but they are not being utilized. The rise of scientific knowledge also has adverse impacts on the overall moral values of man.

Breakage of family as an institution can be partly contributed to modern technology. In the US the divorce rates are at an all time high. With researchers estimating that 41% of all marriages end up in divorce in USA. ~~The~~ The excessive use of smartphones, leads to a lesser amount of time engaged in physical interaction. Moreover, dating applications like Tinder makes it easy for a partner to cheat. In Pakistan

although, divorce rates are very low but the bonding among the family members is not as strong as it once was. An example of it the usage of smartphones when a family is having dinner.

In addition to this, most of the crime related dealings take place in the dark web. Dark web is being used by criminals to carry out their heinous crimes. Ranging from dealings in child pornography to buying and selling of guns, to hiring a hitman to kill someone. The deep web is indeed a dark place, where transactions of ~~which~~ are almost untraceable due to the use of cryptocurrency.

Furthermore, cloning technologies have been developed by scientists, which raise great concern of the ethical usage of technology. Dolly was a sheep born in a lab in 1996 and died in 2003. It was the first mammal that was cloned from an adult somatic cell. The cloning took place in Scotland. Although cloning

technology has positive uses too like altering the genetic makeup of seeds to enhance the growth of plants. And it raises great concern when the technology is used for such endeavors.

Moreover, Bullying on social media is a vice that is being harboured by platforms such as Facebook and Instagram. Traditionally, bullying was mainly a concern of school authorities but social media has changed that. Functions like direct message and comments section of these platforms are being used by bullies to bully their victims. There <sup>have</sup> been multiple cases of suicides reported due to cyberbullying on such platforms.

In a similar manner, there has been a significant increase in the amount of cybercrime cases. There were more than 100,000 cases of cybercrime reported to the Federal Investigation Agency (FIA) in 2021 in Pakistan. These cases were varied in nature, ranging from online harassment to incidents of online fraud to online stalking.

and to incidents of hate speech. This shows the use of technology at the hands of criminals.

To add to this, invasion of privacy is also a risk associated with technology. People who desire to cause harm to others have advanced technology at their disposal leaving them with the means to do so. Gadgets like secret cameras and microphones are easily available in markets and online stores. These gadgets can be installed at different spots to invade the private and intimate lives of people. The problems that arise from advanced technology, have far reaching consequences in many different ways.

However, there are certain measures if adopted, it will mitigate the adverse effects associated with technology.

Keen surveillance from the relevant authorities is the need of the hour. Authorities like the Federal Investigation Agency (FIA) needs to be provided with technical staff having a lot

of experience to deal with such acute problems. The day to day surfing of users of different applications should be monitored continuously. A mechanism should be developed to monitor the activities taking place in the deep web. Criminals with such offences should be charged with strict sentences to make an example of. Finally the should be provided with adequate budget and advanced technology to fight such vices.

Additionally, technology should be used to spread awareness about the ill-uses of technology. Platforms provided by the social media should be used to make people more aware of the potential threats of technology. Applications like facebook and youtube have to be utilized to tell the people about the precautionary measures that should be taken. There are applications available in the market that keeps the privacy of phones intact. One such application is the Nord VPN from a reliable source. Moreover, parents should keep



an eye on how their children use technology. Kids under the age of 18 should use smartphones under the supervision of their parents. There should be a restraint on the content that they are exposed to on social media applications. Additionally there should be more communication between parents and their kids. This will prove to be helpful in finding out any problem faced by the kids. Furthermore, there should be a constraint on the amount of ~~time~~ screen time. The amount of hours a screen is looked into should be limited to an optimum ~~an~~ level. New gadgets are preinstalled with functions that tells one about how much time is spent daily and weekly using a smartphone. These types of applications should be utilized properly to get the most out of their functionality. Lastly, technology should be used for the betterment of the society. Although technology has some ramifications if used

unethically. But the prospects of it making the world a better place are very bright. In almost every domain technology can be used to enhance the lives of people. For instance the use of technology in making prosthetic limbs has changed the lives of many differently abled people. Another great use of technology can be utilized to preserve and reverse the process of environmental degradation. Startups have already initiated with the aim to clean the ocean of the plastic waste thrown in the ocean. Such causes should be funded heavily and carried out on a mass scale.

To conclude, it is true that technology has influenced almost every domain of human life. Hampering the spirituality of man is in the process. If technology is used in a negative way it will have far reaching consequences. Like decrease in social gatherings, deviance from social norms, and breakage of family as an institution. Nonetheless, if timely and appropriate measure are taken

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its repercussions can be mitigated and benefits ~~stimu~~ can be stimulated. One must remain hopeful and make sure that their use of technology brings a positive change in the uncertain world of today.