

THE HUMAN SPIRIT MUST PREVAIL OVER TECHNOLOGY

A. Introduction

Thesis Statement: In the era of technological advancements, it is necessary to limit technology to our benefit and do not let it take over human spirit and touch. Technology is negatively impacting human health, reframing societies, depleting environment and posing global risks.

B. Why the Human Spirit Must Prevail Over Technology?

(Health Level)

1. Psychological burnout and constant stimulation

(Advancements in algorithms on social media platform i.e reels)

2. Overuse of technological screens are eye sight issues

(Diversified screens laptops, computers and mobile phones)

3. Rise of obesity due to technological addictions

(Humans tied to screens and "binge watching",
Avoiding outdoor activities)

(Societal Level)

4. Technology taking over jobs resulting in unemployment

(Artificial intelligence chatbots taking over
jobs in customer service)

5. Loss of creativity and human touch

(Chatgpt, Gemini discouraging human's
ability to create and think)

6. Traditionalism taken over by trends

(Societies following social media trends
instead of following true culture)

(Business Level)

7. Normalization of Overconsumption

(endorsements by social media influencers
increasing greed and materialism)

8. Surveillance capitalism and commodifying human preferences

(Brands running ads and advanced
algorithms)

(Environmental level)

9. Mass consumption of water by advanced technology

(AI technology requiring water to cool down systems)

10. Technology resulting in electronic waste

(Discarded computers, chips and wires)

(Global level)

11. Governments leveraging technology in warfare

("4th generation" warfare known as technological and cyber warfare)

12. Technological integration in weapons of mass destruction

(Nuclear warheads paired up artificial intelligence for striking capabilities)

C. How to Preserve Human Spirit and Limit Technology?

1. Limiting screen times

2. Avoiding use of open AI

3. Policy frameworks and guidelines

4. Tapping into renewables for resourcing technological centres

5. Strict legal consequences for misuse

D. Conclusion

A computer named Deep Blue defeated world chess champion Garry Kasparov, a symbolic moment which machine logic and technological wisdom outwitted human genius. Two decades later, technology no longer stops at games and desktops, it writes poetry and makes art in seconds leaving human thinking and curiosity redundant. It transforms into algorithms and machine learning, little expression of codes and alphabets having the capability of taking over human decisions and making humans totally dependent. What began as a scientific curiosity has evolved into revolution redefining human intelligence itself — forcing humanity to ask, if technology can think, write, work and destroy, what remains uniquely human? Technology has taken over human lives in many aspects and has adversely impacted human life and destroyed the true essence of human spirit. Human spirit flourishes with social connections, good health and creative thinking but

technological integration has replaced the very touch of human authenticity. In the era of technological advancements, it ~~more~~ is necessary to limit technology to our benefit and donot let it take over human spirit and touch. Technology is negatively impacting human health, repriming societies, depleting environment and posing global risks.

It is significant that the human spirit must prevail over technology in the following ways :

Technological advancements have a negative impact on human health, resulting in psychological stress and constant stimulation.

The rise in technological advancements have increased our exposure to digital stimulation and made humans psychologically drained. This can be seen in daily life activities, where humans keep indulging in social media reels. This technological advancement in algorithms where it works in a way to keep the user hooked on doomscrolling. The science behind algorithms is that they keep feeding the user the desired content and in turn making the human brain psychologically distracted and tired due to constant stimulation.

Hence, technological advancements as little

as codes in machine learnings have psychologically disrupted us.

Technology has also increased our screen times by developing various ways of digital devices, resulting in eye sight issues. It is common for humans to own multiple kinds of digital devices and using them throughout the day, this increases our screen times of digital devices and impacts our eye sight. As these screen radiate harmful rays that are not beneficial for our eyes. Overuse of technological devices like computers in office, laptops at home and mobile phones throughout the day impose greater risk of damaging the natural sight of our eyes. This can also be seen on how younger generation is exposed to screens and can be seen wearing spectacles. These technological devices emit rays that are harmful for the working of eyes. Hence, making technology an enemy for our precious gift of nature i.e. eye sight.

In addition to health impacts, technology has also resulted in obesity due to technological addictions. Humans are tied to their screens, playing games, watching movies and scrolling on social media, avoiding social interactions and outdoor activities altogether. Such activities

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just keep on feeding the human addiction to technological devices. One of the example can be taken note of the famous word 'binge watching', ~~an~~ an activity referring to constant watching of movies or tv shows in one go. Activities like these are also a byproduct of technological advancement like Netflix, a movie / tv show streaming platform that has given humans access to millions of movies for chronic exposure to screens and avoiding the need for outdoor activities. This drifts the human away from playing any sport and mobilizing the body. Hence, obesity prevails and with it its rising negative impacts of chronic technological addictions.

Technology has also transformed how society operates and its overall dynamics in the following ways

Firstly, technological advancement is the main culprit behind unemployment. It is gradually taking over jobs and replacing the human touch by machine learning. Human employment costs time, resources and energy but as technology develops, it is taking over human jobs. One of the example can be seen in customer service departments, the prevailing activity of reducing customer service to artificial intelligence backed chatbots

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have resulted in turnover of customer service employees. Many small to medium sized business don't feel the need for employing a customer service department when there is a chatbot listening and conversing with customers. Though, it cannot replace the emotion that is connected with a human telling its problem to another human. It does not come with the satisfaction and hope of the matter being catered to. Hence, such technological advancements have completely changed dynamics of the job market in societies.

Secondly, technology has also taken over the creativity of human thinking and the essence of human touch in writings, art and conversations. The main purpose of human life is to create and produce, anything that makes his life worthwhile and also use his critical thinking abilities his life. Technology changes it. It makes human thinking and creativity redundant. It results in loss of creativity because it outshines human - making humans to question that if chatgpt can do it within seconds, why must one think and waste time over using one's own creative thinking abilities. One of the example can be seen in

today's excessive usage of open AI's like chatgpt and google gemini. Open chatbots able to generate piece of information and pictures within seconds, just two clicks away. Such technological advancements promote perfectionism and AI oriented content, discouraging the authenticity of a creative human piece. Therefore, such technology having the ability to think, create and write threatens human spirit and creativity.

Thirdly, technology also corrodes true cultural values by taking over traditionalism and promoting social media trends. Rich cultural values have been replaced by trends and the constant need to keep up with what is trending. Societies now follow what is on number one trending pages and chasing the hype that surrounds social media. One of examples can be seen in our daily lives, where viral reels about western food has altered our cravings from biryani to fast foods. This easy access to such content births the human need to follow social media trends rather than sticking to true roots of our culture. Hence, technological advancements take over ~~the~~ human's culture, that keeps him alive and jaunty by replacing practices that only gets views and likes on social media.

Technological advancements have also taken over the business of human beings. What once used to be a simple trade of cash and ~~money~~ ~~good~~ goods, has become harmful and complex for humans in the following ways:

Technological advancements and digital revolutions have normalized overconsumption and make humans materialistic. Humans overuse social media, a technologic advancement meant for connecting people and sharing life experiences but as the ~~go~~ time passes. Sellers have created a new niche of hiring 'social media influencers' to promote their products through celebrities and other users. This increases the need to buy the next big thing and constant endorsements cause greed.

The normalization of buying and consuming has been negatively impacting and resulting in materialism. Humans don't get happy unless they buy the next thing that is being advertised. Hence, creating a pit of overconsumption and waste as a result of technological advancements.

Technology has commodified human preferences and came up with new ways of capitalising on humans' digital consumption. Surveillance capitalism commodifies human

Choices. It generates data that is later sold to companies and businesses to market their product. It works in the form of advanced technology of machine learning, forming algorithms that track human interaction with the content he is being exposed to. One of the example can be seen on how brands run ads to market their product and track views, time a user spent on screen and his interaction with the content. These mechanisms take control of individual decision making and compromises autonomy unconsciously. Hence, surveillance capitalism preys on human preferences and makes human a product for technological advancements in the business industry.

Technology also deplete the environment, the environment where human spirit was supposed to breath freely and experience the true colour of nature. It impacts the environment in the following ways:

Technology requires mass consumption of water, that results resource depletion and destruction of eco systems. Technological advancements need resources like water to operate as big systems generate alot of heat during the process of data generation and storage.

One of the example can be meta AI centres comprising of huge computers. It operations

tend to generate a lot of heat energy and needing tonnes of water to cool down. This results in environmental depletion and resource depletion. Hence, making technology a threat to the environment, climate and resources.

Rising advancements in technology also result in increased electronic waste. Electronic waste harms the environment making it hard for humans to waste enormous waste, in turn depleting the environment. Old computers, hard disks and outdated hardware result in increased waste of devices that create land pollution. With new developments, old ~~supplies~~ ~~and~~ hardware becomes unnecessary. Though the question remains, where must the waste go? Therefore, technology depletes the environment resulting in electronic waste.

Technology also has global risks that corrodes human trust and global relationships in the following ways:

Governments all over the world are leveraging technology to strengthen their means of attacks pose greater threats to humanity. In the name of sovereignty and security, the world is leveraging technology and making global relations more fragile. This can also be validated by the idea of 'fifth generation

warfare where countries attack enemies through digital ~~ad~~ technology and launch cyber attacks. Such advancements compromise on human trust while increasing the need to develop complex mechanisms to attack the enemy. Hence, technological integration in warfare increases the risks of conflicts and race of ~~new~~ power in the global arena.

Finally, technology also adds fuel to the fire weapons of mass destructions. Countries all over the world are integrating artificial intelligence with their nuclear warheads, leveraging technology to enhance arsenal and striking capabilities. This integration will be proved to dangerous for the humankind in the near future as there is no control and regulation ~~of~~ on such technological advancements. Therefore, ~~tech~~ such militial technology can worsen and endanger human security on ~~a~~ a global level.

While, ~~hum~~ humans may experience alot of benefits from technological advancements, limiting and regulating its use is never a bad idea. Technology without user frameworks is a bull without a leash so one must control its use ~~and~~ limiting screen times to avoid addictions and being a product of digital technological devices. Moreover, humans must preserve their critical thinking skills by avoiding use of open AI chatbots like chatgpt

as it kills the ~~real~~ human touch. It is also important that government comes up with policy frameworks and guidelines for evils like surveillance capitalism and use of algorithms. As far as the environmental steps are concerned, one must take account of resource depleting and leveraging renewables to combat environmental impacts. If one must misuse technology, it is significant to take legal action against the culprit as ~~the~~ technology can do more harm than good.

Technology has proved to be a revolutionary advancement for humans and made humans dependent on it. It has had negative effects on human health, rewired ~~social~~ societies and replaced humans by machines and algorithms. The line between ~~real~~ humanity and machine learning has been blurred out ~~by~~ by technology. Amidst all the chaos and technological advancement, one must preserve its humanity and prioritize what fulfills the true spirit of human and its existence. No matter what the social media trends say, how advanced ~~the~~ AI becomes and how ~~easy~~ Elon Musk promises to revolutionize digital technology; the truth of ~~the~~ human ~~being's~~ happiness will always rely on building emotion,

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Sharing love and connecting with nature. A human needs another human to love, live and laugh with. It cannot survive with machines and codes. Therefore, the human spirit must prevail over technology.