

THE WAR FOR A MORE HUMANE TECHNOLOGY

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Let us start by considering the fact that social media has already invaded our lives and has created an impact on our psychological wellbeing. It's safe to say that nowadays it's more common to see phones lying on the dining table during family meals than to see family members praying before and after these meals.

Central to this argument is the amount of time that each of us spends on our phones as well as the nagging need to be present in various social media platforms that it becomes an addiction. We often think that applications such as Facebook, Twitter, and Instagram are free so it's alright to use them, yet we fail to see that the time we spend accessing them is our actual payment. They monetize through the advertisements shown on these platforms. That's why each of them is designed in a way that would entice us to use them longer. For instance, when a person receives a Facebook notification on his email which says he is being tagged in a photo, it doesn't immediately show the picture, thus encouraging him to click that notification and to start scrolling.

Equally relevant to this issue is the growing number of youngsters who are diagnosed with depression as well as the increasing suicidal rate among teenagers. It may be contributed to the fact that social media trigger their need for acceptance in a world that revolves around filters and superficial living. When these young individuals feel that they do not belong because their looks are ordinary and their lives are average, they start thinking that taking their own lives would be the easier way out.

Furthermore, political and social manipulation is made easier as it's more difficult to tell what's real and what's phony on social media. The truth can now be twisted with a few

clicks and shares. However, it would be unfair not to say that the use of social media is an integral part of our lives because we connect with our loved ones as well as do everyday transactions through them. They make our lives simpler and more productive if they are being used in a smarter way.

All of this points to the conclusion that what our world needs right now is a more humane technology that will identify our strengths as humans and will enable us to appreciate all aspects of our being no matter the circumstances. This does not only define the ethical boundaries of technology but also puts into consideration that in social media, we aren't merely "users".

References:

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