

## Abstract

This study is to explain, that digital technology use has a significant impact both negative and positive on brain function and behavior. Technology has transformed our world for all generations and resulted in the brain development process physically and psychologically. Advancements in technology have positive and negative outcomes on the development of the human brain.

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# Effect of Technology on Brain Development Physically and Psychologically

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## Introduction

During the past decades, digital technology has transformed our daily lives. People of every age are now taking advantage of the vast amount of available online information and communication platforms that connect them with others. Technology helps us to generate stores and process enormous amounts of information and interact with each other rapidly and efficiently. The staggering advancement in the world of technology is becoming a big part of the brain development process physically and psychologically. It has a special role in developing children's and adult brains and affecting their ways to make decisions. This study is to explain, that digital technology use has a significant impact both negative and positive on brain function and behavior. Most adults use the internet daily, and nearly one out of four reports being online most of the time. Neuroscientists have begun focusing their attention on how digital technology may be changing our brains and behavior.

## Focus Group question

1. What does technology mean to you?
2. Is technology developing faster than it used to? Are you worried about being left behind?
3. How much time do you spend online each week?
4. Can you do a whole day without technology?
5. Do you get headaches from having too much screen time?
6. Now remember the time when you did not have the technology, how was it like back then?
7. Do you use apps for everything? Including things that you do in your daily life.
8. Do you find technology complicated?
9. Some people prefer to live with less technology in their lives. Can you understand the desire to live a simpler life?

These nine sets of questions were asked to people from age 6 – to 55. The focus group was done with ten people, and they were all informed that their answers will be used to draft this technical report. Out of ten, seven people said that they cannot live without technology. Technology has become a part of their lifestyle, especially during the covid-19 were interacting with people was difficult to face to face. They adopted the usage of technology throughout and the staggering rate of usage of technology happened during the cold-19 season. They also reported that too much technology usage has caused them headaches, and blurry visions.

## conclusion

Digital technology usage has a significant impact both negative and positive on brain function and behavior. Neuroscientists have begun focusing their attention on how digital technology may be changing our brains and behavior. the advancement of technology may be helping people be part of the progressive world where lives are easier. However, some factors need to be considered related to technology usage. The staggering progress of the technology is frustrating for adults aged 30- 75 which affects their mental health. The word “keeping up” with modern technology is becoming a problem with all genders, age groups affecting their brain development. While trying to keep up with technological advancement, most people fall into the term of too much usage of technology. They spend more and more hours where they fall short of real-life experience and get into the trap of digital addiction. This effect badly physically and psychologically human brains from all age groups. However, solutions are made to at least limit people from overusing digital technology and help people from living a healthy pattern and be more physically active.

