 Resource 5

Technology and society

How does technology shape society and social interactions?

| Technologyrefers to methods, systems, and devices which are the result of scientific knowledge being used for practical purposes | Societyis a community, nation, or broad grouping of people having common traditions, laws, institutions, collective activities and interests. | Social interactionsare the processes by which we act and react to those around us. Social interactions are the building blocks of society; they help individuals within communities establish social rules and norms, by which we then strive to live. |
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So what do we get out of social media?

| Positives  | Negatives |
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| * Sense of approval
* Instant gratification
* Lifestyle ‘inspiration’
* Dopamine release
* Instant communication
* Access to a range of perspectives
* A place to voice your opinion
 | * Underdeveloped ‘real life’ social skills
* Lack of fulfilment at work
* Addiction
* Distracted from the ‘joy’ of real life
* Increased rates of depression
* Lower self-esteem
* Superficial friendships/relationships
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Quick write

How correct do you feel Sinek’s sentiments are about your generation and you personally?