

# The Adverse Effects of Technology: Impacts on Human, Originality, Wellness and Employment Dynamics

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## **Abstract**

The rapid progression of technology has transformed our lifestyles and professional environments, yet it also presents a range of obstacles that can detrimentally influence individuals. Fears surrounding the decline of human originality in the workplace have surfaced as automation and artificial intelligence encroach on tasks traditionally carried out by humans, posing a threat to creativity and uniqueness. Additionally, the constant flow of information and connectivity facilitated by technology can disrupt mental tranquility, resulting in increased stress levels and compromised well-being. In terms of social connections, while technology enables communication across distances, it also risks diminishing the depth and authenticity of human engagements, potentially fostering feelings of seclusion and solitude. Furthermore, the addictive characteristics of technology pose significant challenges to human psychological health, with problems such as internet addiction and reliance becoming more prevalent. Employment security is also a growing apprehension, as automation and artificial intelligence loom over human roles, creating uncertainties and disturbances within the job market. Recognizing and addressing these adverse implications of technology is crucial in navigating the intricate relationship between technology and human welfare.

## **Keywords**

Technology, Creativity, Mental Well-being, Social Relationships, Human Mind, Employment Stability