

A Study on “Data Analysis – the Impact of Technology on Humans and Human Society”

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Abstract

The purpose of this article is analyzing about human being's current situations, behavior, expectations, stress and work-life balance based on technology. Technology, a word which occupying almost all the area of human's life. Nowadays, we are living in a techno world. So, obviously, human's life depends on technology and technology takes a impacting role in human's life. Analysing about human beings is a difficult one because everyone has different ideas, expectations, family situations, opportunities, emotions, capacity, etc. So studying about human beings is studies of mass uniqueness. This article attempts to analyze the human's behavior, work-life balance, stress and the major impact of using technology especially by students and employees in Sivaganga region. For this study, 100 samples were selected from the students and employees from various colleges and sectors respectively. This study was done by direct survey method using a questionnaire to understand and analyze the current human practices because of using technology. It will give a fabulous solution for our human researchers that how to handle the human beings based on their current human practices and capacity because of technology in globalization and cross-cultural world.

Keywords: Human Practices, Technology, Current Data, Sivaganga

Introduction

In today's context technology is a very important one. It has become part of human life. There are various changes in human behavior today due to the technology. Without technology, the situation has not come to function in any field. All humans have started to believe in technology more than they believe in and their friendships. Humans spend more time with technology. These kinds of activities affect their behaviors too much. It makes maximum of changes in human beings' habits and behaviours. With the arrival of technology, humans are trying to get anything easier and they do not want to get into trouble. Today they post each of their posts on social networks to attract others. Social Technology has created a condition that we can no longer live without technology. Networks today make all human beings addicted. Our behaviors are totally incompatible with our ancestors. Technology has completely transformed human's education, food habits, culture, style, thought, civilization, love, friendship and conversation methods. In this study students and employees from Sivaganga region are concentrated to research.

Objectives of the Study

- To study the human's dependency level on technology.
- To study the work-life satisfaction because of technology.
- To study the social network's role in human society.
- To study the stress level because of technology.

The Methodology of the Study

- Sampling Design: Convenience sampling.
- Research Design: Descriptive research
- Primary Data: I collected primary data from the skilled workers and college students of Sivaganga region, Tamilnadu.
- Secondary Data : I collected secondary data from various journals and websites.
- Sample Size: The sample size is 80, as out of 100 questionnaires distributed to skilled workers and college students of various disciplines. I got only 80 data without any errors.
- Limitations: Constraints on time, availability of respondents, college restrictions, personal and psychological barriers occurred during the survey may affect the accuracy of opinions of the respondents and costs have influenced decisions on the study of sample size.

Analysis and Interpretations**Table 1 Socio-Demographic Profile of the Respondents**

S.No	Variables	Particulars	No. of Respondents	% of Respondents		
1	Age	17-20	29	80	36%	100%
		20-25	29		36%	
		25-30	9		11%	
		30 and above	13		16%	
2	Gender	Male	37	80	46%	100%
		Female	43		54%	
3	Marital status	Married	31	80	39%	100%
		Unmarried	49		61%	
4	Discipline	Students	37	80	46%	100%
		Employees	43		54%	
5	Location	Village	38	80	53%	100%
		City	42		47%	

Table 2 Nowadays Human Beings Highly Depend on Technology

Particulars	Percentage
Highly Agree	21.25%
Agree	37.05%
Neutral	23.75%
Disagree	8.75%
Highly disagree	8.75%
Total	100%

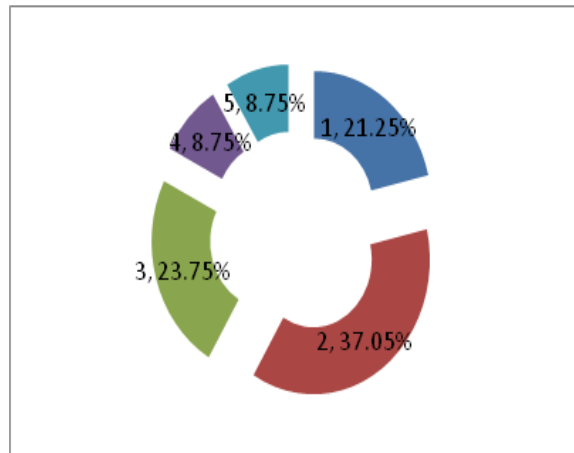
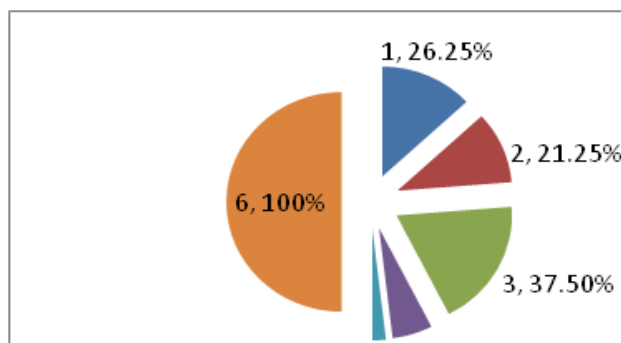


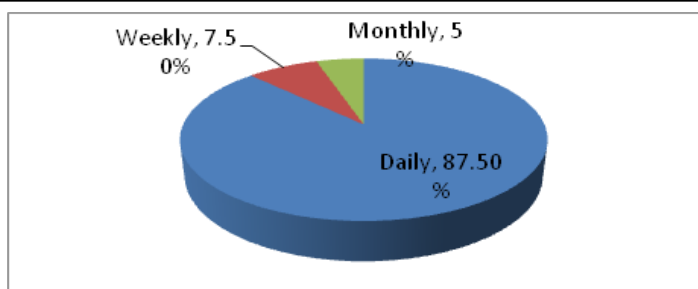
Table 3 Satisfaction of work-life balance because of technology (according to employees & college students in Sivaganga region)

Particulars	Percentage
Highly Satisfied	26.25%
Satisfied	21.25%
Neutral	37.5%
Dissatisfied	11.25%
Highly Dissatisfied	3.75%
Total	100%



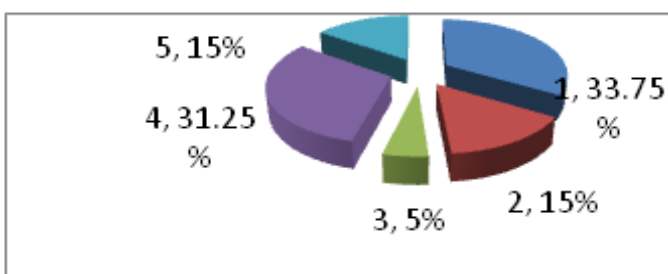
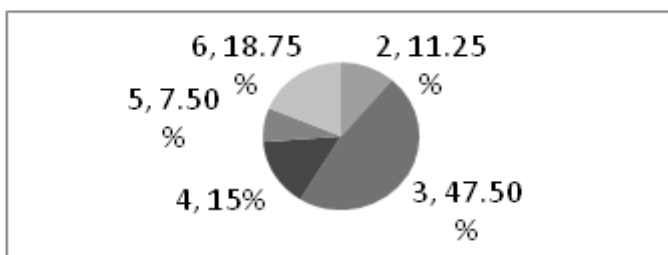
Using social networks rate in human society (according to employees & college students in Sivaganga region) (Table – 4)

Particulars	Percentage
Daily	87.5%
Weekly	7.5%
Monthly	5%
Total	100%



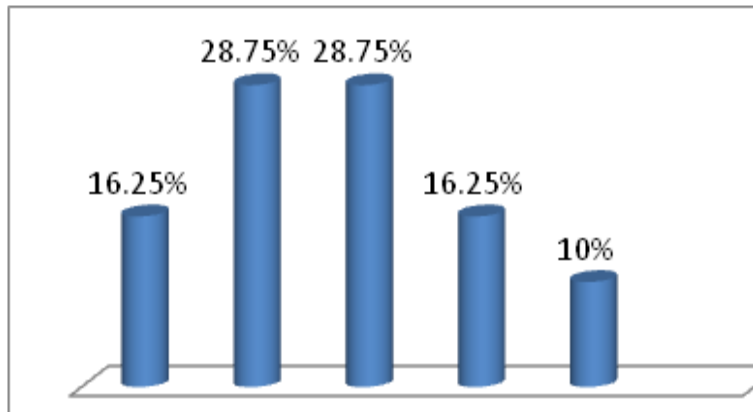
Today, human society use social networks for current updates and entertainment (according to employees & college students in Sivaganga region) (Table – 5)

Particulars	Current Updates (%)	Entertainment(%)
Highly Agree	11.25%	33.75%
Agree	47.5%	15%
Neutral	15%	5%
Disagree	7.5%	31.25%
Highly disagree	18.75%	15%
Total	100%	100%



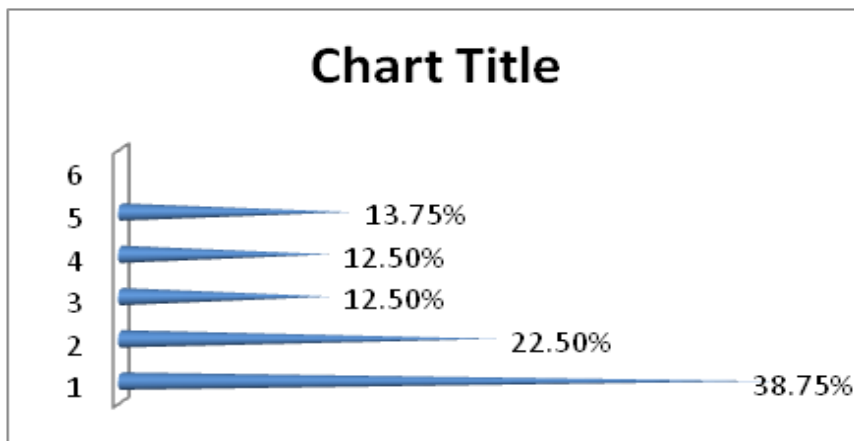
Nowadays, Human beings spend more time with technology (according to employees & college students in Sivaganga region) (Table – 6)

Particulars	Percentage
Highly Agree	16.25%
Agree	28.75%
Neutral	28.75%
Disagree	16.25%
Highly Disagree	10%
Total	100%



Today, human beings affected by different kind of health issues because of technology (according to employees & college students in Sivaganga region) (Table – 7)

Particulars	Percentage
Highly Agree	38.75%
Agree	22.5%
Neutral	12.5%
Disagree	12.5%
Highly Disagree	13.75%
Total	100%



Findings

1. According to the result of table-2, nowadays our human society highly depends on technology. From our data, there are 37.05% & 21.25% of respondents agree and highly agree respectively.
2. According to the result of table-3, there is no positive impact occurs in work-life balance because of technology (37.5% of respondents select the neutral option).
3. According to the result of table-4, 87.5% of respondents using the social networks daily. It shows the human society's addiction level.

4. According to the result of table-5, nowadays the human societies highly use the technology for current updates & entertainment. It leads indirectly to depression.
5. According to the result of table-6, Human beings spend more time with technology. 28.75% & 16.25% of respondents agree and highly agree respectively.
6. According to the result of table-7, today, human beings affected by different kind of health issues because of technology (38.75% & 22.5% of respondents highly agree and agree respectively).
7. Recommendations:
8. The use of technology for entertainment must be reduced to a little bit.
9. Everyone should be aware about the negative impact of technology.
10. Yoga and meditations are the best medicine for stress.
11. We must allocate our time for family and friends and for nature.
12. We need to learn how to stay away from technology.
13. Physical health and mental health are important for our behavior.

Conclusion

In today's environments, humans depend on technology in all their activities and needs, such as cultural activities, entertainment, sports, relationship, conversation, business, education, medicine, science, telecommunications, transport, etc. It makes maximum of changes in human beings' habits and behaviors. nowadays ,comparing with our ancestors ,humans have a lot of changes such as low physical work, lot of health issues, stress related problems, lack of memory capacity, over expectations, behavioral changes .The technology has given people more benefits and has reduced their workload and waste of time. At the same time, people's mental health and physical health have greatly decreased, which has resulted in overwhelming changes in people's behavior, affecting their activities and culture. If the technology is used only for work and purpose, this position can be reduced to the maximum. Technology should be seen as a tool without seeing the part of life. People's habits are dependent on their physical and mental health, so people should reduce their dependence on technology and they should spend equal time for work and life.

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