

УДК159.9.075

GADGETS AND THEIR IMPORTANCE IN OUR LIFE

Vuchurova A., 21 ФБ

Melnik K., language advisor

Tavria State Agrotechnological University

e-mail:anastasiav1313@gmail.com

e-mail:ekaterina.melnik2018@gmail.com

This report is devoted to the influence of gadgets on the health and daily life of a person. The world is developing very quickly and we must be aware of the latest discoveries and inventions. Modern progress and technology development surround us. In this report we want to introduce some modern gadgets and discoveries in science. Also showing how modern companies promote application of advanced technology for improving the performance and value addition to existing technology. We showed several aspects of the impact of modern technology on humans and indicated ways to reduce the negative impact. In addition to new technologies, we want to share our personal research how our gadgets affect us, especially our phones.

Цю статтю присвячено впливу гаджетів на здоров'я та повсякденне життя людини. У статті представлено деякі сучасні гаджети та відкриття в науці. Також показано, як сучасні компанії сприяють застосуванню передових технологій для підвищення продуктивності та додавання вартості до існуючих технологій. Ми продемонстрували кілька аспектів впливу сучасних технологій на людину та вказали способи зменшення негативного впливу. Окрім нових технологій, ми хочемо поділитися нашими особистими дослідженнями, як наші гаджети впливають на нас, особливо наші телефони.

Problem setting. We all know that man is one of the most curious and intelligent living organisms of the planet. So it is not surprising that every day, week or month, new discoveries and inventions are born. Since the first caveman learned to handle stone and make sharpened tools, not much time has passed, and now we are already fully enjoying the benefits of civilization, such as electricity and the Internet. Despite the fact that we have been living only 18 years in the new millennium, during this time mankind has managed to achieve extraordinary success in the development of technology and science. And no one is going to stop there.

The purpose of the article is to show several aspects of the impact of modern technology on humans and indicate ways to reduce the negative impact.

Analysis of recent research. Now we would like to tell about new and the latest technological inventions that help us to work, communicate and entertain. Meet a 3D printer. It is a machine all owing the creation of a physical object from a three-dimensional digital model, typically by laying down many thin layers of a material in succession. 3D printing enables people to produce complex functional shapes using less material than traditional manufacturing methods. 3D printing is used in rapid prototyping, architectural scale modeling, reconstructing fossils in paleontology, replicating ancient artifacts in archaeology, reconstructing bones and body parts in forensic pathology and so on [1].

Another new gadget is Google Glass. Google Glass is a wearable, voice-controlled. Android device that resembles a pair of eyeglasses and displays information directly in the user's field of vision. For example, upon entering an airport, a user can automatically receive flight status information. Users can also control the device manually through voice commands and a touchpad located on its frame. The glasses have built-in Wi-Fi and Bluetooth connectivity and a camera for taking photographs and videos [1].

Also new incredible invention is eSight. eSight is one of the first technology is that help people who are legally blind to actually see. eSight makes glasses that combine a camera, display technology, and advanced computing to deliver a real-time video that is a blessing for people with

visionless. Users have complete control over them as they see, which means that can enhance, magnify, and adjust the image to ensure their eyes can best interpret their world [3].

A new generation of friendly, efficient, and adaptable synthetic servants, personal robots can help people defeat loneliness. They are primarily used for household chores, but may also be used for education, entertainment or therapy. That robots can handle a range of tasks from playing music to monitoring the home while the owner is away. Different kinds of personal robots include:

- Robotic vacuum cleaners and floor-washing robots that clean floors with sweeping and wet mopping functions.
- Dressman is a robot to iron shirts using hot air.
- Security robots that have a night-vision-capable wide-angle camera that detects movements and intruders.

There are also small remote controlled robots, robotic toys. Electronic pets, such as robotic dogs, can be good companions for children [2].

And also we need to tell a few words about one of the most popular gadgets of today, about smartphones. We are living in the era of smartphones. Communication has never been so easy. With social media we're always connected to our friends and millions of other people, no matter where we are. At a very low cost we can easily exchange messages, get all sorts of notifications and share information like texts, pictures and videos. All we need is a smartphone with internet connection [2].

But there is another side of the coin. A recent study from the digital analytics firm Flurry show that we surprisingly spend on average almost 3 hours a day staring at our cell phones, totalizing nearly one day every week! No wonder that people keep complaining that they don't have time for anything.

Another study, this time from Florida State University (FSU), says that smartphones notifications can impair our concentration, even being short in duration they cause enough of a distraction to affect our ability to focus on a given task, decreasing our performance by prompting task-irrelevant thoughts and mind-wandering. This can be very dangerous in some specific situations, like driving for instance, a simple notification can cause really serious accidents and even take lives [2].

Besides the problems mentioned above, it also has a huge impact in people's social lives. People are getting more disconnected to the real world, they put their phones ahead of human interaction. It is getting harder to see people talking to each other in public places, they are always too busy with their mobile devices, checking notifications, sending messages or just sharing a new video. It's like an addiction, and it is kind of turning people into zombies.

There are some other disadvantages of rapid technological progress. Firstly, doctors say that all electronic gadgets are dangerous for health. For example, we spend hours in front of computer or laptop monitors, which results into eyesight deterioration, backaches and headaches. Secondly, all modern gadgets make us lazy and clumsy. Thus, we easily gain excessive weight. Thirdly, people have become too dependent on these gadgets. They get stressed or unconfident when they forget a mobile phone or tablet at home. Gadgets produce addiction, which is bad for people's mind. Nevertheless, it is hard to underestimate the role of new technologies in our life [2].

Basic materials research. In the continuation of this topic, we want to share the results of our experiment. The experiment was as follows: during the lesson at the university, we installed the camera and checked how often the students used the phone. The results of the study surprised us very much. During the lesson, on the average, everyone picked up a phone or checked the messages. The result turned out to be impressive. Every student took the phone from 7 to 11 times. And that was just for 1 hour! We continued to observe students' behavior during a big break. 5 people did not release the phone from their hands for all 40 minutes. Two students spent 30 minutes talking. We understand that we are also dependent on the phone and social networks. But after this research we began to limit the time the phone was used.

In conclusion, we don't think we're heading to the right direction when it comes to mobile technology. Smartphones and tablets are supposed to bring innovation into our lives, get people

connected and save us some time by facilitating simple tasks, not that it doesn't have the potential for it, but in most cases is the exact opposite effect. Of course, it still brings many benefits to our modern society, but when it reaches a certain point, it starts being harmful, time consuming, counterproductive.

References

- 1.25 лучших изобретений 2017 года [Електронний ресурс]. – Режим доступу: <https://inosmi.ru/science/20171122/240811159.html>
2. Смартфоны в нашей жизни: привычка или зависимость? [Електронний ресурс]. – Режим доступу: <https://shkolazhizni.ru/computers/articles/64364/>
3. eSight 3: AR-очки для людей с плохим зрением [Електронний ресурс]. – Режим доступу: <https://planetvrag.com/esight-3-ar-ochki/>