

**Міністерство охорони здоров'я України
Харківський національний медичний університет**

**Надбання сучасної епідеміології
та біостатистики як запорука покращання
громадського здоров'я в Україні**

Матеріали науково-практичної конференції
*(з нагоди 120-річчя від дня народження З.А. Гуревича,
видатного соціал-гігієніста, завідувача кафедри
соціальної гігієни та організації охорони здоров'я ХМІ)*

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THE NEGATIVE AND POSITIVE IMPACT OF MODERN TECHNOLOGY AND MODERN SCIENCE ON HUMAN LIFE AND HEALTH

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World and the mankind went through the greatest era of depression due to global warfare, by the end of the World War II. Human being took a great leap into the new world of technology and modern science in order to enable them to develop and renew the great loss of human and other types of resources and take use of the break through achieved by the most powerful countries in the world. War stopped to be the dominative reason in the solution of political contradictions. Some countries started to make investments to the development of science. Thus, as a result, the era of industrial revolution ended and this dawn marked the beginning of a new era, the era of science and technology. An outbreak of technological market and multi-national global movement of new technologies, (like automation and smart phones) came into peoples' everyday life. It is no doubt, that it led to a new lifestyle, which we can describe it as an «automated life» with a smart phone that can help you to navigate roads, to browse through the Internet, made alive face to face conversation a real thing, and at the same time listening to music and sharing it through all the types of platforms. A smart TV helps us to record all the TV shows and movies that you wish to enjoy in all times without being tied to a specific time, an automated car that understands the roads and can navigate by itself through routes, as well as, understanding the environment of the car, just by profiling the driver. A smart house optimized itself differentiates everyone coming to the door. Large scale of industrial benefits of new world technologies and a big number of jobs and tasks have assigned to machines. As a result, machines perform tremendous abilities to conduct heavy and dangerous jobs in shorter time and made significant shift into the line of employment due to the reduction of work needs to be done in many of the industrial fields, workers are greatly reduced in quantity and replaced to other professions. This is considered be good by many people, but just as well, some of them did not like the idea of losing their jobs. However, technology made easier our live in many ways, but it also changed human beings as in behaviour as even moral wise.

Before smart phones and the Internet social networking invention, people used to be more social in reality, cared about each other, and interacted with greater enthusiasm and energy. They were more mindful, had the real human values, caring of their souls and the simple and beautiful things in life.

Nowadays everyone is waiting and searching for a chance to gain fame and the easiest way to do any work, so the social networks, as one of the greatest privileges that modern technology brought into our lives made us to forget that there is a real life out. Instead of spending most of the day inside a virtual network looking for something that is completely abstract by creating an identity that does not exist in the

real world, through this kind of mentality, humans started to lose themselves and lost track of what really matters to them and their societies, and with time, the coming generations will face a huge challenge of gain back the conscious and the right state of mind to develop and progress in life. Because of this unstoppable progression of technology, the minds of the youth are being penetrated and the families are being pulled further apart from each other. Everyone is too busy with the own small virtual world, interacting with non-controlled information and slowly being consumed by technologies were sold them in order to control them by international co-operations and governments, through what is known as the info-war and cyber intelligence operations, under the surveillance of great network sites and engines like Google, Facebook, Twitter and so on data that strongly exhibits the minds and mentalities of the youth today are be extracted to undergo analysis for future use by these co-operations. Technology and modern science helped us to improve our lives and made easier it in many aspects, but if we do not learn how to use it correctly and responsibly, we will end up being used by it, regardless of how we think about it.

Using of new technologies has some disadvantages. Human health is the most vulnerable one to the achievements of contemporary civilization. There is a new diagnosis «Screen Dependency Disorder» that affects both human body and mind. Often and long-drawn games with I-pods and I-phones form unnatural dynamics of eye muscles. Children fix their view with difficulties, because eyes used to watch moving bright objects in computer games. The second problem is caused by a visual stress. The eye cannot easily move from the right to the left and the reversible movement with the transfer to a new line. This skill is formed at the basis of body motion ability. Chaotic stir of object in the screen breaks the process of formation the saccadic movements. Gadget-dependent children have «running glance». The third problem is breathing, disturbance of a rhythm of breath. If adults observed a child during I-pod gaming, they would mention that the child is so passionate that he/she even forgets to breathe causing oxygen starvation and general change of brain rhythms. So, in our opinion, computers should be lesser used in the educational process, because technologies suppress the creative and critical thinking.

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