Showcasing the downsides of technology highlights the challenges and drawbacks that come with our ever-evolving digital landscape.Although technology has brought remarkable advancements and conveniences, "Modern technology allows people to be more connected than ever before, but this may come at a cost. Excessive use of social media and mobile devices has been linked to eye strain, difficulty concentrating."Research has indicated that there are disadvantages to using information technology, which can jeopardize the well-being of individuals, businesses and society.Negative technology encompasses a range of issues that affect individuals and society as a whole.And depression.

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