

Jordan Abernathy

Stephanie Rountree

English 1102

11 July 2013

Technology: It's Not Always Needed

Most studies on technology in the workplace test the idea that technology always has positive outcomes when “integrated” into business, but many people don't realize the negative effects of increased technology usage. While technology can have positive outcomes, when it is used for everything, it has negative effects of a user's physical, mental, and emotional health. I argue that technology use in the workplace should be limited to protect the physical, mental, and emotional well-being of the workers. The purpose is to inform people that the outcome of technology usage isn't always positive. To convey my point I will use Turel's article to explain how technology addiction is defined and Ofir's article to explain the affects technology has on the user at home and with the family. Soylu's article will be used to show the physical, mental, and emotional injures caused by the overuse of technology, as well as to explain the misconception that technology always improves productivity, and the devices that can be implemented in place of technology. This paper is intended for an audience of young to middle-aged professionals because they are the most common users of technology, therefore the most likely group to be affected by it. The scope is professionals that work on computers daily.

Turel, Ofir, Alexander Serenko, and Paul Giles. "Integrating Technology Addiction And

Use: An Empirical Investigation Of Online Auction Users." *MIS Quarterly*35.4 (2011):

1043-A18. *Business Source Complete*. Web. 3 Jul. 2013.

In the article *Integrating Technology Addiction And Use: An Empirical Investigation Of Online Auction Users* (2013), Turel asserts that users can gain technology addiction, “special type of behavioral, non-substance addiction”, that impair judgment based on the need for technology. He supports the idea of technology addiction by creating a hypothesis model that illustrates how to test the assertion that technology can impair judgment, conducting surveys to determine people’s view on technology, and using Chi Squared Analysis to test his results for unaccounted variables. Turel’s surveys, promote the understanding of how technology can affect a user’s judgment, and the dangers of technology addiction. In the end, Turel draws the conclusion that technology addiction isn’t an immediate threat, but continued overuse could lead to impaired judgment. Turel writes this article for an audience of concerned technology users and potential researchers. He connects with the audience by showing concern for those whose actions are being controlled by technology, and Turel established his credibility by including the results from his research.

Ofir, Turel, Serenko Alexander, and Bontis Nick. "Family and Work-Related Consequences Of Addiction To Organizational Pervasive Technologies." *Information & Management* 48.(n.d.): 88-95. *ScienceDirect*. Web. 11 Jul. 2013.

In the article “Family and Work-Related Consequences Of Addiction To Organizational Pervasive Technologies” (2013), Ofir argues that modil email addiction causes “technology-family conflict” and “work-family conflict.” He supports his idea of “technology-family conflict” and “work-family conflict” by sharing evidence from a survey, exploring the ways technology addiction causes imagined stress. Overuse also

causes users to crave technology use instead of more traditional human interaction. Ofir explains the dangers of technology dependency in order to promote limited use of technology based on cost and benefit. He wrote this book for an audience of young professionals; in his quest for the best audience, Ofir also surveys professionals from different age groups to find the demographic in need a warning. Ofir establishes his credibility by proving statistical evidence from his survey, along with the chi-squared percentage.

Soylu, Ali, and Stefanie Snider Campbell. "Physical And Emotional Stresses Of Technology On Employees In The Workplace." *Journal Of Employment Counseling* 49.3 (2012): 130-139. *ERIC*. Web. 11 Jul. 2013.

In his article "Physical And Emotional Stresses Of Technology On Employees In The Workplace" (2013), Soyly asserts that technology that is meant to improve employ productivity actually slows it down because of the mental effect of the additional technology. He supports his idea that technology causes stress by explaining the specifics mental and physical injures, such as carpal tunnel syndrome and eyestrain, which caused by increased technology in the workplace. Soyly explains the injuries technology causes in order to persuade businessmen to seek other ways to improve productivity. This book was written for an audience of professionals of all ages. Soyly connects himself with the reader with pathos by showing his concern for the workers.