Mobile phones and the internet have made it easier to stay in contact with other people. However, as a lot of time is spent using telephone and computer, there is less face-to-face contact and direct communication. Is the growing use of communications technology a positive or a negative development for society?

In the past few years <u>it</u> has been a significant improvement in communications technology which has made our lives easier in so many ways. This trend has caused some problems, though.

On the one hand, with the advent of <u>internet</u> and mobile phones, people can chat or send e-mails to their families and friends <u>any where</u> in the world much easier. Beside that, using calling apps is cost effective and people can contact each other with these new methods much cheaper than conventional ones. Moreover, using cell phones, people will be able to get help quickly when they are in trouble or there is an emergency situation. Furthermore, Internet communication has a positive influence on education. Students can attend online classes without having to worry about being in a classroom. Also, they will be able to access their lessons more than once, since online materials will be available at any time.

On the other hand, mobile phones and computers can have damaging effects on <u>peoples'</u> social skills <u>if ~~they are~~ not used</u> properly. Individuals who spend a lot of time staring at their screens will be detached from <u>real world</u>, hence the quality of their interactions will decline significantly <u>thereby feeling/and they will feel</u> isolated. According to a research, the number of adults who describe themselves as "lonely" has doubled since 1990 and that spending more time with social networks can actually affect users' happiness level adversely.

To sum up, even though misuse of communication technology causes some problems such as social isolation, I believe the speed and efficiency of using it, make it well worthwhile.