

The Role of Technology in Our Daily Lives

ЖАРИЯЛАНДЫ
20.01.2026

СІЛТЕМЕ
<https://bilimger.kz/186785/>

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Introduction

In the 21st century, technology is more than simply a tool. We live in a world where new digital systems and technologies change how we live, work, and talk to each other every day. Technology is always changing and moving into new areas. This affects not only how easy things are to use, but also how society is structured. In the previous few decades, things like the internet, cellphones, artificial intelligence, and digital platforms have become an important part of existence. Technology changes the way we live and work in big ways, from how we talk to one other and learn to how we take care of our health and live our lives.

Technology Communication

and

How we talk to each other is one of the most obvious ways that technology has changed things. It was hard to talk to people who lived far away in the past because letters took days or weeks to get to them and long-distance phone calls were expensive. You can now talk to people all over the world right away through social media, email, messaging apps, and video calls thanks to digital technology. WhatsApp, Facebook, Instagram, and mobile chat apps are all places where people can talk to each other in real time through text, pictures, and videos. This gets rid of the usual barriers to communication. This has not only made communication faster, but it has also made it more interesting and involved for social, educational, and work-related reasons. In an emergency, technology-based communication tools are very helpful because they let people get help or information right away. At the same time, communication

technologies let people share their thoughts, join conversations around the world, and make real connections no matter where they are.

Technology in Education

Technology has changed a lot of things, and education is one of them. People can now learn new things outside of regular schools more easily thanks to digital learning environments, online platforms, educational apps, and virtual classrooms. Students can now learn from anywhere in the world, have access to a lot of learning resources, and take part in interactive classes that are tailored to their own pace of learning. E-learning platforms, multimedia content, and virtual classrooms are some of the tools that help students talk to their teachers and classmates more easily. This change has also made it easier for students who couldn't attend in-person classes before, like during the COVID-19 pandemic, to learn. Students today need to know how to use technology and think critically. As a result, teaching technology is now a major part of modern curricula. Technology makes it easier to learn, but it also makes things harder. Not all kids have the same access to technology, and if steps aren't taken to make sure everyone has equal access, the digital divide can make problems in education even worse.

Technology in Healthcare

Technology has made healthcare a lot better by improving medical services and patient care. Doctors can find and treat diseases more quickly and easily with advanced diagnostic tools like MRI and CT scanners, telemedicine, wearable health monitors, and electronic health records. Making medical tools and simulations also makes surgery safer and more accurate.

Telemedicine is great for people who live in rural or remote areas because it lets them talk to professionals without having to travel far. People can check their health and vital signs anytime with wearable devices and mobile health apps. This lets them take care of their health before problems happen instead of waiting for them to happen.

As healthcare relies more on technology, worries about patient privacy and data security have also grown. This makes it even more important to have strong security measures in place.

Technology in Everyday Life

Not only does technology change some businesses, but it also makes our lives better in many ways: Smart homes and technology, such as voice-activated assistants and automated systems, make daily chores easier and faster. -Online shopping and digital payments have made it easier for people to run their businesses because they don't have to leave their homes to buy things. -Streaming services and gaming platforms are two kinds of entertainment technology that let you be creative and have fun in a lot of different ways. -New technologies for getting around, such as GPS apps and live traffic data, make it safer and easier to drive. These technological comforts make life better by letting people focus on more important and

useful things.

Challenges and Risks of Technology

There are a lot of good things about technology, but there are also a lot of bad things that shouldn't be ignored. Some of them are: -Health problems that can happen when you use digital devices too much, like eye strain and not getting enough exercise.

— Worries about mental health because of the stress of social media, addiction, and the effects of bad behavior online. -Privacy and cybersecurity threats, which mean that people who shouldn't be able to see your personal information can.

— Digital gap issues, which happen when people have different levels of access to technology and this causes social inequality.

Technology can also change the values and behaviors of a culture, which can change how people interact with traditions and information. You need to find a way to use technology's good parts while also cutting down on its bad parts.

Future of Technology and Society

AI, robotics, the Internet of Things (IoT), and maybe even the metaverse are just a few of the new technologies that will change how people live and work in the future. As technology changes, so will how we work, learn, get health care, and talk to each other. To make sure that technology is good for everyone, you should learn how to use it in a moral way and get involved in your community.

Conclusion

Technology plays a big role in our daily lives because it changes how we talk to each other, study, work, and relax. It has a lot of benefits, like making things work better, giving people access to information and services, and bringing people together. But there are also problems with technology that need to be carefully managed and used responsibly. Society can use technology to make people's lives better and help future generations reach their full potential by weighing the pros and cons.

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ҚМ АА Күәлік нөмірі: **KZ45VPY00102718** — ҚР Мәдениет және Ақпарат министрлігі

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