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Impact of IT on Human Life

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The Internet has been able to reach a huge audience in a short period of time and has become an important part of many people's lives. If you imagine a situation where the Internet suddenly disappears, the lives of many people will change dramatically. At the present stage, the Internet has an impact on all spheres of human life. Today, the information technologies solve an infinite number of human tasks. At the same time, the number of people, who are dependent on the Internet is increasing. Their lives are turning into a continuous stay in it.

The main questions of the study are the following ones: how much positive impact does the Internet have on a person's life and which influence prevails: positive or negative?

When writing this scientific article, the statistical data provided by We are Social and Hootsuite in the annual report on the state of the digital sphere Global Digital 2021 were used. The facts and opinions used in this article are based on the knowledge gained from reading books, articles and studying the opinions of people and professionals in this field.

Nowadays, people's lives are becoming more dependent on information technologies. It is impossible to imagine a person who does not use them at all. On the other hand, the development of information technology has really simplified the lives of many people. They have played a significant role in the development of almost all industries, such as business, education, healthcare, entertainment, etc. The Internet has allowed us to form a community to exchange ideas and

resources with people all over the world. However, too much dependence on technology in our lives has made users addicted and provoked different health problems.

In most cases, people simply do not realize exactly how modern technologies affect them. The results of studies indicate that an average inhabitant of the planet spends a little less than 8 hours a day online, which is more than 48 hours a week. It is 2 full days out of 7. If we assume that an average person sleeps from 7 to 8 hours a day, it means that now people spend about 42 % of your waking time on the internet.

The study highlighted the reasons why people use the Internet. Among them were such as finding information, stay in touch with friends and family, keeping up to date with news, watching videos, listening to music and so on.

Looking at these reasons, it is worth noting that it cannot be argued that people are wasting their time serfing online. After all, among other reasons, there are those that show the positive impact of the Internet on the usual way of life. For example, the Internet allows us to stay in touch with our family and friends, and this is very important when you are far from each other. It is important that over the past year, the number of users of social networks has crossed the mark of 4.2 billion. This indicates that, on average, more than 1.3 million new accounts were created every day during the previous year, which is approximately 15.5 new users per second. On average, there are about 8 social media accounts per person. An average social media user now spends 2 hours and 25 minutes every day on these platforms, which corresponds to about one day a week minus sleep time. It is interesting to find out what users are doing in social networks and why they use them for 2.5 hours every day.

After studying the reasons why people use social networks, it is possible to come to a conclusion that social networks have practically no positive impact on a person.

People use them every day to pass their time, and even worse, to observe other people's lives. Of course, people are used to the fact that in social networks everyone is successful, beautiful and confident: glossy holiday pictures, fun holidays and perfect bodies. Of course, this is not always the case, but recently there have been more and more examples confirming this.

To sum up, information technologies strongly influence our lives. For someone, information technology helps to earn a living, for others it is the only opportunity to get education. They bring together people from different parts of the world to communicate with each other, which in turn makes it possible to improve communication, meet new people online and make new friends. The use of technologies in various fields has helped significantly improve the quality of medicine, education and life, in general. They can allow us to develop something new, engage in self-improvement, and at the same time they can force us to use our qualities less and develop a certain dependence. Indeed, information technologies have an impact on everyone who has access to them, they have changed society and the way people live. It is necessary to realize that without them the life of some people is no longer possible.

Information technologies have a positive impact on a person's life, but as for their impact on a personal development, it's rather the opposite. Yes, information technologies provide a lot of opportunities for development, but, unfortunately, most people, as the research results show, are simply not interested in it. In conclusion, I would like to remind that everything is in our hands. How much we will depend on the computer and other technologies is determined by ourselves. If information technologies are used only for useful purposes and in moderation, their negative impact can be avoided.