



Technology and Psychological Well-being

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In the modern world we are surrounded by technology. Gadgets such as cell phones, portable computers, and electronic diaries accompany us throughout the day. But is this a good thing? Are we being served by these technological wonders, or have we become enslaved by them? Does constant availability via technology make us more efficient or more stressed? Is our ability to connect with others all over the world, day or night, making us more sociable or turning us into recluses in a virtual world? This book considers the impact of technology on the different spheres of our life - work, home, family and leisure - and assesses ways in which to build better communication between technology developers and society to ensure that technology enhances our lives and psychological well-being, rather than damaging them.

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