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Information Technology Applications in balance work and life activities

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ABSTRACT:
The twenty-first century is witnessing a revolution in technology. It has become very much in control of everyday life, and it is in all its details, in both practical and scientific life, so that some traditional tools have been replaced by electronic or technical tools produced by the technology revolution.

Despite the negative aspects of the misuse of technology, which many people oppose, there is no doubt that modern technology has brought great benefits to human life and contributed significantly to its development. The present era has taken the title of the era of technology and technology from the invasion of technology in all walks of life, at all levels; not only communication, but also became one of the basic means of education, work and much more than it was in the past, But his circle began to expand to encompass all aspects of human life. There are many roles of information technology, which makes us prominent, integrated, intelligent and active, and makes an effective quality in between work and life. The role of information technology in the work-life balance has been an electrically current topic of recent years; the purpose of the research role of IT in the balance between work and life shows how IT makes individuals live comfortably, promising. Technology is defined as a science concerned with the study of a range of industries, arts and crafts, and all related to means and materials, and the word Technology is of the origin of the Greek and divided into two: techno and meaning of art and skill acquisition of things, Logia means the way of expression, so the word technology combined means the expression The way things acquire. Technology can also be defined as finding ways to transfer information and resources to obtain specific values. In the present era, the concept of technology is closely linked to the technological and electronic progress witnessed by the world and is dependent on the achievement of industries and the arts expressed by the term technology on the existence of advanced electronic devices The Long Term Effects Of Living In A Technological World Technology, it makes the world go around today. It is responsible for all the things and situations around you. Technology.

Keywords: Work-life balance, information technology,work and family life, balance, personal and professional life

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I. Introduction

Technology is defined as a science concerned with the study of a range of industries, arts and crafts, and all related to means and materials, and the word Technology is of the origin of the Greek and divided into two: techno and meaning of art and skill acquisition of things, Logia means the way of expression, so the word technology combined means the expression The way things acquire. Technology can also be defined as finding ways to transform information and resources to obtain specific values.

In the present era, the concept of technology is closely linked to the technological and electronic progress witnessed by the world and is dependent on the achievement of industries and the arts expressed by the term technology on the existence of advanced electronic devices. Information technology (IT) role in balancing work-life is so closely attached with our lives today as because half the efforts that we have to make in our daily lives to sustain and expand are now being done and completed by technological gadgets and machines. For instance, the innovative I Phone that can allow an individual to surf through the internet on the spot whenever he/she might need it for assistance and relevant information. IT is a term that encompasses all forms of technology used to create, store, exchange, and use information in its various forms (business data, voice conversations, still images, motion pictures, multimedia

presentations, and other forms, including those not yet conceived).It is a convenient term for including both telephony and computer technology in the same word. IT in the modern day and age has a lot to do with communication and accessibility which is mostly why the use of technology associated with the information. Nothing is the same with the expansion and deeper penetration of IT. ;It was 1876 when Sir Alexander Graham Bell invented the telephone. A useful invention it is to date, but the technological transformation of an ordinary telephone to a smartphone has made the old model look rather useless. The whole world is a global market now. With you on the move at all times, what would you do with an ordinary land-line telephone? A technologically updated smartphone is the need of the hour now.Probably the most important invention for this generation and those to come is the Internet. If you compare the lifestyle of people in today's time, you will see that it is more advanced and high tech compared to previous years. People owe this to bright minds of those who keep on developing numerous advanced equipment. Technology provides great changes to one's life, making things more accessible and easier to handle. It is really great to manage things Living in technological worlds allows people to achieve great things in just a short period of time. Due to advance technology

II. History of technology

The history of technology is the history of theInvention of tools and techniques, and is similar in many ways to the history of humanity. Background knowledge has enabled people to create new things, and conversely, many scientific endeavours have become possible through technologies, which assist humans to travel to places we could not otherwise go, and probe the nature of the universe in more detail than our natural senses allow. The TT process is a complex matter that includes legal issues, technical complexities, financial calculations, and marketing. Institutions of higher learning have developed a number of approaches. Some authors suggest a purely linear model of TT. The linear model of TT suggests a process from discovery, disclosure, evaluation, patent, market, negotiation and then license. However, Minutolo and Lipinski (2006) suggest that the linear model of TT is out-dated and that a network theory approach is more appropriate. A general overview of the steps of the network theory approach is presented bellow as discreet units; however, we acknowledge that the process is not as isolated as this process suggests.

Technology transfer is the process in which technology is moved from one source that developed it to another that uses it (Karlsson, 2004; RouachMartyniuk, Jain & Stone,2003). Using technology transfer as a business strategy has had positive effects on business operation. Some businesses had experimented with technology transfer to increase their potential revenue; at the same time, technology providers or developers in the public sector and the academia which engage in technology transfer have also made increasing profits

The importance of information technology in everyday life.

The importance of information at all times of the day, the need for people in daily life and the routine work is not forgotten. No one can leave their smart phone at home and go to work. In addition to phone calls and video calls, The phone is a mobile computer that a person can store the information he wants, and he gets all the information he needs by connecting to the Internet The communication technology linked people together and made the world like a small village where a person can reach anyone in the world and talk to him in voice and video. People used to move days and months to communicate information to someone. The geographical difficulties that might exist in some areas Facebook is easy to navigate, but now the time has not taken more than parts of a second. Communication technology has helped science students to obtain the information and lessons they need throughout the world to enhance their studies. The student cannot attend lectures that may be held in remote countries, but only listen to them and participate actively through visual communication systems. In front of how to access the information, they need with many difficulties.

The development of communications technology has helped move the economy forward in countries. By using different devices, increasing people's interaction through social networking sites and building many partnerships and projects through this communication, the market is fueled by capital and the purchasing power of individuals. Therefore, the technological development in communications has led to the development of individuals and their social, economic and cultural development, but always development has a double-edged sword, this development must be used in a correct and positive manner

III. Properties of technology
Technology has the following characteristics:
•   System smoothing: complex operations were shortened in simple operations, as well as multiple tasks performed simultaneously.

• Globalization and Harmony: Technology is linked to the public and private life of individuals and groups.
• Duality: it can have both benefits and disadvantages.
• Established according to precise scientific rules.

IV. Components of technology

Technology must have number of components in order to perform the tasks properly
• Accurate and fast data transfer; the billions of operations around the world during the day must accurate and fast.
• High storage and data access speed.
• Fast communication between human and computer and between computers each other.
• Assist in decision-making.
• A competitive weapon between nations; the standard of UN power has become a high-tech resource.
• AI technologies are providing better accuracy, latency, concurrency and stability to everyday processes, systems and computations.

Figure1. Artificial Intelligence Applications

V. Use of IT in human relationships

As the world develops, people are being more carried away with their work and carries. Today, a lot is demanded, so everyone is busy to have time to find a relationship. So, IT has also filled this part. With IT we can connect and meet new people while at work using social network technology. We can also use technology to find a new date without leaving our work. Nowadays, people use mobile phone apps to meet and connect with new and old friends. Social networks, such as Facebook.com and Tagged.com, have played a big role in connecting both old and new relationship

VI. Use of IT in education

Today, technology has made a very big change in the education world. With the invention of technological gadgets and mobile apps which helps students learn easily. Nowadays, we can access a full library via a mobile app on any smart phone or iPad. Before inventing this technology, students had to go to physical libraries to get the information they need.

VII. Technology transfer

Technology knowledge and accumulation Rapid advances in Information Technologies (IT) and declining costs of producing, processing and diffusing knowledge and technologies are transforming social and economic activities worldwide. Technology revolution is critically different from the past industrial ones in that it is based upon a shift of wealth creating assets from physical things to intangible resources based on technologies. Thus, effective management and transfer of technologies are believed to be increasingly critical for individuals, organizations, and nations in the globalized knowledge society of the 21st century

VIII. Research Methodology

In this paper, we are working to learn the relationship of living for a long time in the use of information technology. Are these negative or mostly positive? In balancing work and life prospects. We have completed our research by conducting a preliminary survey of industrial sectors, educational sectors and some IT users for a number of hours in daily life and Banking sector. The data for this research is collected from primary sources that are the employees and students of the respective organizations.

IX. The effects of information technology on the life we live

• Information technology has affected all aspects of social, cultural, scientific, economic and military life, and many others. Communication technology is a revolution that has affected all aspects of our lives and has had a great impact on changing our lives for the better and making our things go faster
• Information technology at the social level has led to the creation of a new type of society, called many different names, such as intelligent society or

virtual society. The rapprochement and interaction in this society governs easy communication and communication, rapid information dissemination and multimedia interaction, The rapprochement and social interaction governed political factors, geographical factors and economic factors. Virtual societies were characterized by a number of changes at all levels of society and relations between members of society,

• Technology also affected several levels in our lives, for example, but not least:

• Cultural level: Modern communication technologies have created unprecedented opportunities for cultural exchange between individuals and communities in different parts of the world. The most important of these technologies are the impact of satellite TV broadcasting and other means such as e-mail, communication networks, large databases, What is needed is a special mental capacity; to accommodate the new situations that enter the community; as a result of a different culture, customs and traditions from outside

• The economic level: With the information revolution and communication technology, the developed world entered the digital economy, which depends on the flow of information and data, for the benefit of business transactions, and the completion of business over the Internet. The term e-Government has become a common expression in many countries of the world, A sign of facilitation in transactions, speed in completion, shortening of effort and time, and a sign of skill at work.

10. The advantages of technology in the modern era include:
• Give a person the sense of freedom, so it is easy to get what he wants whenever he wants.
• The opportunity to communicate and exchange ideas and ideas with others, and opened the doors for discussion and dialogue with different audiences and directions in various topics
Introducing the concept of e-commerce, facilitating sales and purchase and currency exchange through the Internet.
• They proved to be better in cost, contributing to improved productivity, which led to higher employee wages.
• Contributed to the provision of government services remotely, and saved time and effort.
• Created the distance learning service, and opened up a wide space for scientific research.
• Help to speed up tasks at any time throughout the day and year.
• Build a bridge to approximate the distances and make the world a small village

• Develop new functions, such as programming and developing websites and equipment.
• Use the means of technology in the media by knowing the latest news and details, regardless of distance distances, and created by the electronic press from the service follow-up events

11. Cons of technology
One of the drawbacks of technology is:
• Technology addiction. Technology and its invasion of everyday life have caused individuals to be unable to dispense with it.
• Removal of privacy barriers, as technology development has become more sophisticated.
• People tend to be introverted and isolated, and decline to communicate with friends and family.
• Excessive use of technology leads to abnormal growth of the nervous system in children
• The decline of handicrafts and technical touches on the manufactures.
• Acquire some violent habits from electronic games.
• Exhaustion of paper press in the presence of electronic press, characterized by rapid transmission of news.
Difficulty verifying information and news due to multiple sources and speed of deployment.
• Health damage as a result of technology addiction and availability at the individual's disposal all the time.
• Laziness and obesity.
• The lack of justice in education as a result of the tyranny of technology on the educational process, which led to the injustice of some poor areas that do not bear the cost of devices.
• The dominance of some civilizations and languages on the other, where American culture is prevalent among young people.
• The development of weapons of mass destruction so that the destruction of the world is possible

12. Long Term Disadvantage Effects
– Due to the wrong use of advance technology، people are able to develop social isolation. This is being characterized by lack of communication or contact to people in a normal daily living like social activities, friends and workplace. They are able to isolate themselves by means of spending greater time listening to iPods, spending time in front of the computer and usage of mobile devices. According to research, people that suffer from social isolation are identified to live a shorter life.
– Since greater numbers of people are being engrosses playing video games، online chatting and a lot more. They spend lesser amount of time exercising or being socially active. They

unconsciously undergo a mindlessly eating habit that causes obesity.

– Technology is the one that created the perfect formula for depression due to human's lack of contact، inactive lifestyle and overeating.

Poor sleeping habit is another disadvantage of technology. There are things that people are getting interested into which makes them stay up too late and wake up too early as well. Online activities make the brain uneasiness or relax. The screens ambient glow also affects melatonin release or also known as sleep chemical. It would be better to keep the stuff outside the room to acquire healthier habit

13. Conclusion and suggestions

In our research study, we found that our participants are moderate IT users who use technology as a tool for both personal life and working life. These people report that technology has increased their ability to manage their time and control their lives. The proposal and the conclusion that was drawn after conducting this research study are how IT can help balance work and life activities

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