

Researched Persuasive Writing and Speaking

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Connecting With Ourselves and Others Through Technology

When was the last time you spoke with your mother? Have you seen your physician recently? With increasing accessibility to technological devices, we are able to connect with those important to us from a distance. A simple phone call or video chat allows us to communicate with those that benefit our well-being. It is only through technology that we can communicate so easily with the greater world around us, whether it be with friends, family, or even medical experts.

Like the clasp of a watch joining each link together, technology allows us to connect with different people. While methods of communication through technology have been used for years, it has been imperative throughout the current COVID-19 pandemic. Jessica Clement, a senior researcher at Statista, discovered that “As of April 2020, 83 percent of teens in the United States were using text messaging to keep in contact with friends and family during the coronavirus pandemic.” Sol Rogers of Forbes puts this best when he explains, “The internet has made communication easier and faster, it’s allowed us to stay in contact with people regardless of time and location,” (2019). Similar to putting on a watch, people of all ages have access to technology in the palm of their hands, linking them to those that they love.

Technology also plays an increasingly prominent role in the medical field. Many communities are unable to receive in-person health services for various reasons. This has prompted the expanded use of telehealth services, in which patients can receive care from health professionals when in remote locations. The American Hospital Association reported that “76% of U.S. hospitals connect with patients and consulting practitioners at a distance through the use of technology,” (2019). Although it may be difficult to access telehealth services in rural areas of the country, the government has

made efforts to expand telehealth accessibility, as the Centers for Medicare and Medicaid Services “added 144 [new] telehealth services” to insurance plans for beneficiaries in 2020 (CMS, 2020). Increasing services grants those in rural areas better access to necessary care and support. Technology has expanded access to healthcare and led to lifesaving connections with health professionals through communication.

Many lives may have also been saved by connections forged on social media. These platforms spread awareness about many different health concerns, including underrepresented mental health issues. A study by the Journal of Education and Health Promotion researched whether social media platforms, like Facebook and Instagram, were successful methods of increasing awareness about mental health issues. The authors concluded, after 10.3 thousand people followed their social media pages, that “[the u]se of social media to conduct mental health campaigns is an effective initiative as one can reach out to several people over a short time period,” (Latha et. al., 2020). Initiatives like these allow others to easily share information and resources to millions of people, potentially helping them reach out for support services or even saving lives.

Over the years, the development of technology has improved the connections between people, much like the connection when linking a watch band together. The power of communication that technology offers benefits our daily lives by connecting people with those important to them. It fosters a place to spread information for greater public health efforts and grants access to medical professionals at a distance. Ultimately, access to technology today gives us the opportunity to call our loved ones at our convenience. Take advantage of the opportunities to communicate through technology and reach out to your mother or physician sometime soon.

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