

## The Changing Landscape of Life: Exploring the Influence of Technology on Community's Well-Being

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**Abstract.** This study determined the influence of technology on the lives of residents in Barangay Malasin. It used a qualitative design, employing interviews with a guided questionnaire as the main data gathering instrument. Twenty-five residents from Barangay Malasin served as participants, selected through purposive sampling. The study aimed to examine how technology affects interpersonal relationships, health, and mental well-being. Based on the study, the researchers used frequency and percentage to analyze data from the 25 participants from Barangay Malasin. The results showed that most participants were aged 15–19 and 25–29 years old, and that more female participants were involved in the interviews. Based on the results of the conducted study, it was found that most residents of Barangay Malasin, especially youth, have become highly dependent on technology in their daily lives. It was also discovered that the use of smartphones, internet, and social media has become an important part of young people's communication and way of living. Although technology brings convenience, such as faster communication, online learning, and stress relief, it still has effects on health, mental well-being, and face-to-face relationships. The results show that online interaction is slowly replacing in-person communication, which leads to the loss of deep connections with others. This study highlights the impact of technology on face-to-face interaction. It encourages residents, leaders, and youth to use technology wisely and in balance, as overuse may affect health, mental well-being, and relationships

**Keywords:** Community Well-Being; Digital Dependency; Mental Health; Social Interaction; Technology

## 1. Introduction

Technology is the application of scientific knowledge to the practical aims of human life or, as it is sometimes phrased to the change and manipulation of the human environment. Technology is a knowledge that has a significant impact on the lives of people and brings meaningful changes to the community, as well as to the residents of Barangay Malasin. While it provides convenience in daily living, such as speeding up communication and simplifying tasks, technology also has various effects on the daily lives of people. It can hinder interactions with one another and alter behaviors, thoughts, and health. Instead of serving as a bridge to deepen relationships, it is often abused by individuals and frequently used for personal interests, which becomes an obstacle and changes the way people live.

Technology has become a fundamental part of people's daily lives and contributes significantly to community development in various ways. This includes the ability to communicate effectively and obtain information from others. According to Dr. Taimur Malik (2024), the rapid advancement of technology has profoundly changed the way people interact with one another. This article examines the complex ways in which technology affects relationship dynamics, communication styles, and mental health, among other aspects of social interaction he also examines the positive and negative effects of technology in various aspects of life such as for work, communication, and learning, to facilitate their tasks. According to the study by Daniel W. Surry and Fredrick W. Baker III (2015), one of the distinctive characteristics of humanity is technology. It is present in every aspect of modern life and is essential to almost every human endeavor.

This research is important, especially for every individual in Barangay Malasin and for readers in general, as it provides a thorough understanding of how technology affects the lives of people living in a community. It can inform the residents of Barangay Malasin about the negative and positive effects of technology on their mental health and well-being, such as the loss of interpersonal connection and impacts on health.

The purpose of this study is to examine the impact of technology on the various lives of people living in a community, including its positive and negative effects on social interactions, health, mental health and overall well-being. This

study aims to present perspectives on the challenges and opportunities brought about by modern technology in people's daily lives, to measure changes in the use and access to technology such as smartphones, the internet, and social media in Barangay Malasin, also this study aims to examine how does Technology affect social interaction and community engagement in Barangay Malasin.

## 2. Methodology

### 2.1. *Sampling Procedure*

The study used purposive sampling as its sampling procedure. This method allowed the researchers to intentionally select participants who possessed relevant knowledge and firsthand experience with technology's influence on their community. Purposive sampling was deemed appropriate since it ensured that the selected participants could provide rich, detailed, and meaningful insights regarding how technology affects the residents of Barangay Malasin. The sample included individuals who had substantial exposure to digital tools such as smartphones, the internet, and social media—enabling them to discuss both positive and negative effects on their mental health, social interaction, and overall well-being.

### 2.2. *Respondents*

The study involved 25 residents of Barangay Malasin, Sto. Domingo, Nueva Ecija as participants. They were selected based on the following criteria: they must be residents of Barangay Malasin to ensure the relevance of their perspectives; they should have been influenced by technology and possess sufficient knowledge about its impact on their community; they must have personal experience with technological tools such as smartphones, the internet, and social media to provide insights on both positive and negative effects on mental health and well-being; and they must give informed consent, signifying their understanding of the study's purpose, methods, and their voluntary participation.

#### 2.2.1 Research Site

This research was conducted in Barangay Malasin, Sto. Domingo, Nueva Ecija. The area was chosen because of its economic growth, large population, and widespread use of technology such as cellphones, the internet, and social media. These factors make it an ideal setting for gathering relevant data on

technology's impact on the community. Many residents rely on technology for income and daily activities, ensuring diverse and valuable insights for the study. Additionally, one of the researchers had personal connections within the barangay, which facilitated easier access to participants and community engagement.

### 3. Results and Discussion

#### 1. Socio-Demographic Profile of the Participants

##### 1.1 Age of Participants

The findings reveal that the majority of the participants belonged to the age groups 15–19 (32%) and 25–29 (32%), indicating that teenagers and young adults dominate the technology users in Barangay Malasin. This reflects the Philippines' youth-dominated population, where younger age groups are more digitally active and inclined toward social media and mobile technology. Participants aged 20–24 years old (24%) also make up a significant portion, further strengthening the role of the youth in technology use. Meanwhile, only 8% belonged to the 30–34 age bracket, and 4% were 35 years and above, suggesting that older adults are less engaged in digital practices.

##### 1.2 Gender of Participants

The gender distribution of participants showed that 52% were female and 48% were male, reflecting a nearly equal split. This balanced representation suggests that both genders have comparable access to technology and participate actively in online platforms. Studies such as Kemp (2023) similarly reported that social media use in the Philippines is nearly equal, with females at 53.5% and males at 46.5%. This result highlights that there is no strong gender disparity in digital engagement, meaning that both men and women in Barangay Malasin have almost equal opportunities to access, use, and benefit from technology.

##### 1.3 Years of Using Technology

Most participants reported five years or more of continuous technology use, including smartphones, internet, and social media. Some even indicated that they started as early as childhood or early teenage years, making digital tools a long-standing part of their lives. Participants mentioned using

technology for 9 to 14 years, which points to early digital exposure becoming common in younger generations. This suggests that technology use is deeply integrated into their routines, shaping both social behavior and daily activities. Faverio et al. (2024) supports this, noting that most teenagers today report being “almost constantly online,” reflecting the same level of digital dependency observed in Barangay Malasin.

### *2. Changes in Internet Access and Usage in Barangay Malasin*

The study revealed a clear transition in internet access and usage over time. In the past, residents faced high costs, poor connections, and limited access, with many relying on computer shops or expensive prepaid load. Participants recalled that slow speed and costly load restricted their ability to go online regularly. However, recent years have brought significant improvements. Internet access has become faster, cheaper, and widely available, with mobile data and Wi-Fi now common in households and public spaces. Residents highlighted that internet use has shifted from occasional to daily, with many now reporting unlimited or constant access. This trend is consistent with national data, which show that internet penetration in the Philippines reached 89% in 2024, with average daily usage at nearly nine (9) hours (Statista, 2025). The findings suggest that internet access has transformed from being a privilege into a necessity for communication, education, and livelihood.

### *3. Changes in Smartphone Access and Usage*

Smartphone access has also undergone significant change in Barangay Malasin. Participants emphasized that smartphones bring daily convenience, making tasks such as online shopping, bill payments, and communication easier. Beyond personal convenience, smartphones have become essential tools for education and work, especially for students who rely on them for research, assignments, and learning materials, and for workers who use them for professional tasks. In addition, smartphones play a central role in entertainment and socialization, with residents using them for social media, games, music, videos, and online interaction with friends and family. Many participants also described a shift from borrowing phones or using basic keypad devices to owning personal smartphones, reflecting the community’s transition toward wider technological ownership. These findings align with Bahuguna et al. (2020), who stressed that smartphones are increasingly

indispensable in both education and employment, while also serving as versatile tools for leisure and communication.

#### *4. Changes in Social Media Access and Usage*

Social media usage has greatly expanded among residents. While early access was limited to basic platforms like Facebook and simple functions such as chatting or status updates, participants now use a variety of applications including Instagram, TikTok, Twitter, and YouTube. Social media has also shifted from mere entertainment toward educational and professional functions, as many residents reported using platforms to access study materials, tutorials, and even job opportunities. Furthermore, social media now plays a central role in strengthening communication and relationships, making it easier for residents to stay connected with friends, family, and community networks. This mirrors the findings of Anderson et al. (2022), who emphasized that social media has become a space not only for entertainment but also for learning and maintaining friendships. In Barangay Malasin, this evolution reflects how social media has become deeply embedded in daily routines.

#### *5. Effects of Technology on Mental Health*

The data indicated both positive and negative effects of technology use on the mental health of residents. On the positive side, technology provides emotional comfort, stress relief, and entertainment. Watching videos, playing games, and using mindfulness apps like Calm and Headspace were reported to help participants cope with stress and anxiety. However, prolonged exposure also resulted in headaches, eye strain, stress, and disrupted focus, especially for students who admitted neglecting school responsibilities due to overuse. Participants also reported experiencing insecurity and self-comparison caused by constant exposure to others' achievements on social media, which affected their self-confidence. This dual effect reflects Larsen (2022), who found that while technology can be a tool for relaxation, it also fosters social comparison that negatively impacts mental health. Overall, residents' experiences show that technology has become both a coping mechanism and a stressor, depending on its use.

#### *6. Effects of Technology on Well-being*

Technology has greatly influenced the overall well-being of participants in Barangay Malasin. On the positive side, residents benefit from convenience,

quick access to information, and emotional relief, with many saying that technology makes everyday tasks easier and provides relaxation through games, videos, and online entertainment. However, participants also noted its negative impact, such as eye strain, reduced face-to-face interaction, weakened family communication, and overdependence on digital platforms for even simple tasks. Others admitted experiencing reduced productivity due to excessive reliance on smartphones and internet use. These findings are consistent with University of the People (2024), which cautioned that overreliance on technology can lead to addiction, neglect of responsibilities, and diminished social connection. Thus, while technology has undeniably improved accessibility and convenience, it has also introduced risks to productivity and social relationships when used excessively.

### *7. Effects on Social Interaction and Community Engagement*

The study revealed that technology has transformed how residents communicate and engage with their community. On one hand, platforms like Facebook and Messenger have improved efficiency and accessibility of communication, allowing residents to receive Barangay updates, attend virtual meetings, and participate in online groups without leaving their homes. This reflects Haase et al. (2021), who highlighted how technology enhances the speed and reach of community communication. On the other hand, the data also showed negative consequences, such as reduced face-to-face interaction, social disconnection, and preference for digital over personal interactions. Some participants admitted becoming more hesitant to approach people in person, highlighting the social cost of excessive reliance on virtual platforms. Nonetheless, technology has also created new spaces for civic engagement, with online conferences and group discussions allowing more residents to join community initiatives. This dual role shows that technology both strengthens virtual participation and weakens traditional personal interaction, reshaping community life in Barangay Malasin.

## **4. Conclusions**

Most of the people living in Barangay Malasin, particularly the youth, are now using technology every single day as part of their normal routines, showing that digital tools like smartphones, internet access, and social media platforms have already become deeply embedded in their daily lives and social habits.

Access to the internet, smartphones, and social media has improved together with the increasing accessibility of internet connections such as Wi-Fi and mobile data, have significantly improved the way residents are able to communicate, work, and study, making it easier for them to participate in both local and global opportunities.

While technology offers many benefits in mental health and well-being, like faster communication, online learning, stress reliever, and easier access to information, it also brings negative effects such as health concerns due to prolonged screen time and a noticeable decline in the frequency and quality of in-person or face-to-face social interactions within the community.

As people continue to rely more on online communication and digital platforms for interaction, there is a growing concern that real-life social bonding and physical community participation are slowly being neglected, which highlights the urgent need for everyone to find a healthier balance between enjoying the advantages of technology and remaining active and present in their actual, physical communities.

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