

Techno-World: A Gateway to Eudaimonic Life

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Abstract

The title of the research paper refers to illustrate to a great degree how technology has avouched so constructive, positive and prospering for contemporary era. Technological advancements have bestowed bountiful benedictions for an individual be better in his life. Technology has succored us to emerge, evolve, metamorphose and experience Aristotelian eudaimonia. Technology is a golden key to new happiness in this current age. Technology has impregnated multiple time saving devices that has made impossible go possible. Technology has ushered a giant revolution in human life that transmogrified every walk of human life. Inner maturing along with outer evolution is starkly secerned. What few decades back could not be envisaged; now can be conceptualized with technological aid. Technology has played a pivotal and positive role in COVID-19 days by recuing mankind to survive, work, communicate and connect with the globe in order to actualize self-discovery, self-realization, self- growth leading to a eudaimonic living.

Keywords. *Eudaimonic life, Inner growth, New happiness, Revolution, Technology, Time-saving devices*

1. Technology – A Key to New Happiness

New technology has opened the floodgates for real happiness that comes from a life which is jeweled with rich meaning and high purpose. The concept of Eudaimonia comes from Aristotle's Nicomachean Ethics, his philosophical work on the 'science of happiness' (Irwin, 2012). Aristotle was the philosopher who introduced this term of eudaimonia in his Nicomachean Ethics. Eudaimonia is a classical word coined from Greek language that means happiness. It is better depicted as well being or human flourishing or a good life. Literally it is understood as having a good life and guardian spirit. Human grooming in technology involves use of an individual's capacities, talents, abilities and best virtues in the pursuit of higher goals.

Technology has affected human flourishing in countless ways that chiefly includes easing the household chores, curing serious maladies, providing plenty of food items, purifying water , communicating, traveling across the world and much more. Thus technology has redrawn almost every sector.

2. Technology and Time- Saving Devices

In past, technology was considered as a part of science and IT / Information Technology world where the outputs were directly linked with materialism. But in the contemporary times, technology is considered an important part of good well-being, self –flourishing, better life and real happiness provider. The contemporary times can rightly be called techno times as every walk of

life is touched by technology. Life is comfortable to a cozy level as technology is navigating our daily lives. A terrific list of technologically advanced gizmos and gadgets has glorified life and thus has lessened the worry of everyday chores. Modern man and woman of 21st century are blessed to be born in an era of technology. Years earlier women were engrossed in their house chores- be it laundry, dish-washing, cooking or cleaning. But today women are less-loaded with work. Their work pressure has gone easy and streamlined. Women now-a-days need not scrub the shelves; grease their palms for dishes and grime, as they are dwelling under the power roof of technology. With the help of technology, people are able to save time.

3. Technology- Ushering of Revolution in Human Life

People have been able to relish spare time now as the work is done in less time with the help of electronic appliances. When we look back, few years ago, people didn't have time to think about any other thing than earning bread and butter for families. Thus a Himalayan revolution in family life and the common man has emerged. As a result of this, the life has transformed on 360 degree as technological devices give decent space and ample of the time to an individual. It has become possible for one to develop their inner self. It is a unique experience to enjoy grooming one self. Millions of people come into this world and leave without having the blissful experience of knowing their selves. But technology has made it true by giving time to explore ourselves. Apart from the household chores and monotonous office routine, there's abundance to acknowledge. This life's rat race has come to a halt just after the arrival of techno devices in our life. Decades back, ladies used to

do a lot of physical work on their own. Now every small chore is possible by just pressing one button. Cleaning mops, Roombas, Vacuums, electric mops can do the cleaning in far less time than ever thought. Cooking has become instant quick, ultra-tech and super easy with the help of microwaves, ovens, electric kettles, dishwashers, food processors and what not.

4. Technology – A Boon for Inner Growth and Inner Happiness

When the household chores are being handled by technology, an individual is blessed with free time. This free time can be optimally utilized by achieving higher pursuits of life. There was a time when these devices were not there, an individual was preoccupied in keeping his body and soul together and had no time for inner growth. Today the whole world is new and nearing techno age. In fact, technology has offered people to step towards self-realization as they are able to give time to self-grooming. This research paper is about an altogether novel notion that emphasizes the point that technology is a newest means to march towards eudaimonic life. A richly meaningful life can be cultivated these days with the advancements of technology.

5. Impossible Made Possible

With vast range of technology, self-growth through meditation, yoga skills, connecting with experts, zoom master classes, powerful sessions and wisdom talks on virtual podium- all have come to a stark reality. In free time that is pocketed by technology, one can go for one's grooming. It is rightly remarked that everyone grows but not everybody grows up. Growing up under the universally spread umbrella that is technology has offered giant progress in the life of a person. Without moving out from the cozy

comfort of your home, you can find your friend just next to you talking and receiving your thoughts with the help of video calls. This is totally personal prospective. Objectively speaking, anyone can steal the benefits of technology as there is an easy access to internet, techno-devices, social media and smart phones. It can be stated that impossible is made possible. An online reading can bring real joy. Smart phones have come on the palms as wish fulfilling genies. Social media has come out as an effective tool to self-express and become sociable. With the help of social media, one can fight one's fears of isolation, being lonely and negative pollution of notions. A recent study witnesses that young people feel motivated and get dozens of inspiration doses from social media. Even many oldies find social media as a breeze where they get time to breathe and collect themselves the way they like.

6. Positive Role Played During Covid-19

In the current times of COVID-19, technology has given life to millions. People are able to connect with families and to the world in order to battle with present tough times. Hidden talents of ace humans are highlighted. Learning skills like gratitude skills, mindfulness activities, emotion regulation are easy to access online. Health experts, educationists, business tycoon, spirituality gurus, are throwing oceanic light on a great number of topics by writing, reading and narrating their stories of positivity and inspiration virtually. Best out of rest are leading all across the world with the help of technology. The peace spreading methodologies include meditation, mindfulness, yoga, concentration. These practices can help an individual to escape polluted thoughts and rising heaps of worries.

Meditation online with the help of apps like Calm, Gaia and Headspace is supporting millions to learn from the learned people.

7. New Meaning to Life

Technological apps and devices are to some extent healing people and heading them towards better life and self-growth. New ways are offered by technology to make one smarter and to lead more comfortable life. Joining online courses, one can learn a lot and explore enormously in no time. Listening to healthy talks can help one understand many complexities of life. An old passion just like an old flame can be fuelled by igniting the inner self in life. All thanks to the techno age! The new learning has lured people of all age groups. Are these tech times beneficial or alarming to humans and their well-being? The answer is somehow difficult to make. But certainly responsible and ethical usage of technology will lead to flourishing and meaningful life giving it a eudaimonic turn.

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