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Can you imagine your life without the Internet now? Will you be able to communicate or run your business as fast and smooth as it is? What would happen if the Internet connection were slow? Would you be able to experience less stress and enjoy slow-motion lifestyle? Let us have a look into those questions more thoroughly.

In 2016 Swedish scientists from Ericsson set up an experiment. They handed in mobile phones to a group of people and asked them to watch a film on those devices. Meanwhile, the scientists were measuring the brain activities of the examinees as well as their pulse. When the Internet connection was purposely slowed down, the examinees had their pulse risen by 38%. This experiment has proven that the speed of the Internet affects our stress levels.

But let us imagine that the connection is still slow as it used to be fifteen years ago. We would still study and work, but much slower. The business would have fewer opportunities, less options to function. Cellular connection would not be so developed. The thing is that we all very quickly get used to favorable conditions, no matter what sphere of our life it is. Now we got used to the relatively fast connection. Just a few year into the future and we again will demand more, better, faster. Nothing will stay the same. The slow speed will irritate because we have tasted the fast.

Believe it or not, but the slow connection speed of the Internet affects our stress levels. We constantly get frustrated and unnerved when we do not get the desired. Perhaps, we should just pay more attention to surrounding people and nature; enjoy the beauty of our world. We should not be so stuck to the screens of our devices, and who knows, we might just be much calmer and less stressed.