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## THE INFLUENCE OF SMART TECHNOLOGIES ON QUALITY OF LIFE: A MULTIDIMENSIONAL PHILOSOPHICAL PERSPECTIVE

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### Abstract.

**Urgency of the research** is dictated by the accelerating integration of smart technologies into human life, raising essential philosophical and ethical concerns. As digitalization reshapes personal autonomy, environmental sustainability, and social structures, a critical examination of its implications is necessary.

**Target setting.** "Smart" technologies are transforming human experience, particularly in terms of autonomy, environmental sustainability, perception, and social justice. Integrating existential, ecological, phenomenological, and ethical frameworks, it calls for philosophical analysis, offering a deeper understanding of the transformative impact of digital innovations on modern society.

**Actual scientific researches and issues analysis.** demonstrates the growing academic focus on digital transformation. Aram, Baxter, and Nutkevitch highlight the role of adaptation and innovation in technological evolution. Voronkova et al. examine the transition from 4G to 5G in the context of digital globalization. Nambisan, Zahra, and Luo (2019) explore global technological platforms and their influence on business ecosystems. Additionally, works by Anderson, Barabási, Diamandis & Kotler, Brynjolfsson & McAfee, and Russell address technological advancements and their socio-economic effects, reinforcing the need for an ethical and philosophical framework in technology adoption.

**The research objective** is to assess how smart technologies redefine human experiences, particularly in terms of autonomy, environmental impact, perception, and social justice. By applying existentialist, environmental, phenomenological, and ethical perspectives, the study provides a structured philosophical discourse on the topic.

**The statement of basic materials** includes an exploration of existentialist concerns related to personal expression and autonomy, environmental philosophical discussions on sustainability challenges, phenomenological insights into changes in perception and human interaction, and ethical debates regarding equitable access to smart technologies. The study also incorporates insights from European directives on ethical technology use.

**Conclusions.** The article emphasizes the necessity of ethical discourse in the development and deployment of smart technologies. It advocates for a balanced approach that aligns technological advancements with fundamental human values, contributing to a more equitable and sustainable society.

**Keywords:** Smart technologies, Quality of life, Philosophical perspective, Existentialism, Environmental philosophy, Phenomenology, Ethics, Equitable access, Ethical discourse, Societal implications.

## ВПЛИВ СМАРТ-ТЕХНОЛОГІЙ НА ЯКІСТЬ ЖИТТЯ: БАГАТОВИМІРНА ФІЛОСОФСЬКА РЕФЛЕКСІЯ

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### Анотація.

**Актуальність теми дослідження** зумовлена прискоренням інтеграції смарт-технологій у життя людини, що викликає суттєві філософські та етичні проблеми. Оскільки діджиталізація змінює особисту автономію, екологічну стійкість і соціальні структури, необхідний критичний аналіз її наслідків.

**Постановка проблеми.** "Розумні" технології змінюють людський досвід, зокрема щодо автономії, екологічної стійкості, сприйняття та соціальної справедливості. Інтегруючи екзистенціалістські, екологічні, феноменологічні та етичні рамки, що потребує філософського аналізу, пропонуючи глибше розуміння трансформаційного впливу цифрових інновацій на сучасне суспільство.

**Аналіз останніх досліджень і публікацій** демонструє зростаючу увагу академічних кіл до цифрової трансформації. Арам, Бакстер і Нуткевич підкреслюють роль адаптації та інновацій у технологічній еволюції. Воронкова та ін. досліджують перехід від 4G до 5G в контексті цифрової глобалізації. Nambisan, Zahra та Luo досліджують глобальні технологічні платформи та їхній вплив на бізнес-екосистеми. Крім того, роботи Андерсона, Барабасі, Діамандіса і Котлера, Брінйольфссона і МакАфі та Рассела розглядають технологічний прогрес та його соціально-економічні наслідки, посилюючи потребу в етичній та філософській основі для впровадження технологій.

**Постановка завдання.** Дослідити складні взаємовідносини між людьми та "розумними" технологіями через екзистенціалізм, екологічну філософію, феноменологію та етику. Ці перспективи пропонують багатовимірний аналіз того, як технології впливають на якість людського життя.

**Виклад основного матеріалу.** включає дослідження екзистенціалістських проблем, пов'язаних з особистим самовираженням і автономією, філософські дискусії про проблеми сталого розвитку, феноменологічне розуміння змін у сприйнятті та людській взаємодії, а також етичні дебати щодо справедливого доступу до смарт-технологій. Дослідження також включає ідеї з європейських директив щодо етичного використання технологій.

**Висновки.** Визначено необхідність етичного дискурсу при розробці та впровадженні смарт-технологій, що виступає за збалансований підхід, який узгоджує технологічний прогрес з фундаментальними людськими цінностями, сприяючи створенню більш справедливого і сталого суспільства.

**Ключові слова:** "Розумні" технології, якість життя, філософська перспектива, екзистенціалізм,

*екологічна філософія, феноменологія, етика, справедливий доступ, етичний дискурс, суспільні наслідки.*

## Introduction

Recent studies highlight both the benefits and challenges of integrating smart technologies into daily life. Scholars from various disciplines, including philosophy, psychology, and technology studies, have explored the impact of digitalization on human well-being, autonomy, and social interactions. Many researchers emphasize the role of smart technologies in enhancing quality of life. Studies on digital well-being suggest that automation, artificial intelligence, and the Internet of Things (IoT) improve efficiency in personal and professional spheres. For instance, research on smart cities demonstrates how intelligent infrastructure optimizes urban mobility, energy consumption, and healthcare services, ultimately fostering sustainability and convenience. Similarly, studies in health informatics discuss how wearable devices and telemedicine improve patient monitoring and preventive care, contributing to longer and healthier lives. However, academic discourse also addresses the ethical dilemmas and psychological consequences of excessive reliance on smart technologies. Scholars in media and communication studies warn about digital addiction, loss of attention span, and reduced face-to-face social interactions. Research in cyber-ethics highlights concerns over data privacy, surveillance, and algorithmic bias, stressing the need for ethical frameworks in AI development. Furthermore, sociologists point to the digital divide, where unequal access to smart technologies exacerbates social and economic inequalities, particularly in developing regions.

The impact of smart technologies on people's quality of life can be multifaceted. On the one hand, modern technology can make people's daily lives easier by providing quick access to information, easier communication, entertainment and other benefits. For example, smartphones, smart home devices, and other internet-enabled devices can help with home management, time and energy savings. On the other hand, the misuse or negative impact of smart technologies can affect people's physical and mental health, leading to gadget addiction, sleep disorders and other problems. Also, information overload can lead to the problem of information overload, as well as complicate the problem of confidentiality and data privacy. Thus, it is important to find a balance in the use of smart technologies so that they bring well-being and relief in everyday life without harming people's physical and mental health. Analysis of recent researches and publications

The literature review encompasses an extensive examination of diverse perspectives on the influence of smart technologies on quality of life. It delves into several key areas, such as Philosophical Insights: through the works of notable philosophers like V. Voronkova, V. Nikitenko and R. Oleksenko [5], the review elucidates the philosophical underpinnings of smart technologies and their ramifications on quality of life. It elucidates fundamental concepts shaping the role of smart technologies in contemporary society. Economic Evaluation: Drawing from the research of Erik Brynjolfsson and Andrew McAfee in "The Second Machine Age" [9] the review scrutinizes the economic implications of smart technologies on sectors like labor markets and overall societal dynamics. Technological Perspectives: Analyzing texts such as those by Peter Diamandis and Stephen Kotler [8] the review explores the potential applications of smart technologies across various domains and their resultant impact on quality of life. Social and Humanitarian Analysis: By examining the writings of S. Nambisan, S. A. Zahra, and Y. Luo [9], the review assesses the emergence of digital platforms and ecosystems, shedding light on how they reshape social practices and international relations, thereby potentially altering lifestyles. Through this comprehensive literature analysis, a nuanced understanding of the multifaceted effects of smart technologies on quality of life emerges, offering insights into potential avenues for future research in this domain. The humanistic dimension of smart technologies encompasses a wide range of philosophical approaches that allow for a comprehensive assessment of their impact on individuals and society. It is important to find a balance between technological progress and fundamental values, which will contribute to the development of ethically responsible and socially oriented use of smart technologies. Analysis: Examination of the key concepts of smart technologies and their impact on various aspects of human life. Synthesis: Integration of collected data and concepts to form a comprehensive understanding of the interaction between people and smart technologies. Modeling: Use of modeling to forecast potential consequences of implementing smart technologies on quality of life. Structural-functional analysis: Investigation of different aspects of smart technologies and their influence on society through structural-functional analysis. Agile method: Utilization of a flexible research method to adapt to changing conditions and achieve rapid results. Axiological analysis: Evaluation of values accompanying the development of smart technologies and their impact on quality of life. **The aim of the article** is to explore how smart technologies influence the quality of life of individuals.

## Main Material

The term "quality of life" comes from English ("quality of life"). It was first used in the 1950s by Robert McNamara, an American economist and Secretary-General of the United Nations [6; 10].

He first used the term in connection with the discussion of monetary policy and the state of the economy. Later, the concept of "quality of life" became widely used in social sciences, medicine and psychology to measure and evaluate human well-being and satisfaction in various aspects of life. The term "quality of life" has become a key term in social sciences, medicine and psychology, describing the level of human satisfaction and well-being in all areas of life. The term "quality of life" reflects a comprehensive assessment of various aspects of a person's life, including physical health, psychological well-being, social

relationships, economic status and life satisfaction. It is used to measure and compare the quality of life between different groups of people, regions or countries, and to determine the effectiveness of social and health programmes. The term has been widely used in policy, research and strategy development to improve the well-being and satisfaction of the population. Today, the term “quality of life” is widely used in various industries and social contexts. Let's take a closer look at where it is used:

1. **Medicine and healthcare:** In medical research, “quality of life” is used to evaluate the effectiveness of treatments and the impact of diseases on patients. It is an important indicator for determining how satisfied patients are with their physical and psychological state after treatment.
2. **Sociology and social sciences:** In sociological research, “quality of life” is used to study people's social and economic conditions, satisfaction with work, family relationships, access to education, and other aspects of life.
3. **Economics and politics:** In economics and politics, “quality of life” can be used to assess the effectiveness of social programmes, the level of economic development of a country, and the well-being of the population. It is also an important indicator for making decisions about resource allocation and infrastructure development.
4. **International organisations and government agencies:** International organisations, such as the UN and the World Bank, use the concept of “quality of life” to compare living standards between different countries and to develop strategies to improve the well-being of the population [9].

Thus, the term “quality of life” is now a key indicator for assessing and ensuring people's well-being and life satisfaction in various aspects of their existence.

Quality of life can also be measured at a societal level to assess the overall well-being and happiness of a population. Governments and organisations use quality of life indicators to understand the effectiveness of social policies, economic initiatives, and public services. By monitoring factors such as income levels, health outcomes, education, environmental quality, and social inclusion, policymakers can make informed decisions to improve the overall quality of life for citizens.

Furthermore, the concept of quality of life is also crucial in the field of healthcare. Healthcare providers assess the quality of life of patients to ensure that treatment plans not only address medical issues but also enhance their overall well-being. This holistic approach considers the physical, emotional, social, and psychological aspects of patients' lives to provide comprehensive care. The application of the term “quality of life” extends across various domains, including individual well-being, societal progress, and healthcare delivery, with the ultimate goal of promoting happiness, fulfilment, and prosperity for individuals and communities. Quality of life can be defined by a variety of factors, such as health, well-being, job satisfaction, and interaction with loved ones. To achieve a high quality of life, it is important to take care of your physical and mental health, develop personal qualities, strive to achieve balance in different areas of life and be satisfied with your relationship with your environment. This is an individual concept for each person, which can be understood in different ways [1]. The term “quality of life” opens up wide philosophical horizons, especially in the context of understanding the essence and meaning of human existence. Here are some key aspects of the philosophical analysis of this term:

1. **The anthropological aspect:** The notion of “quality of life” draws attention to the fact that people strive not only for existence, but also for the quality of their existence. This raises the question of what makes life meaningful and satisfying for a person, what values they pursue, and how they understand their identity and place in the world.
2. **The ethical aspect:** The question of quality of life goes beyond material well-being and includes ethical aspects. A philosophical analysis of this concept leads to reflections on justice, solidarity, humanism and other moral values that determine the quality of life for the individual and society as a whole.
3. **The existential aspect:** The question of quality of life inevitably touches upon issues of existence and the meaning of existence. A philosophical analysis of this concept requires consideration of the issues of self-affirmation, personal identity, the search for purpose and meaning in life, which makes it full and meaningful.
4. **Political aspect:** Analysing quality of life opens up debates about political systems and social structures that facilitate or hinder the satisfaction of people's needs and desires. It raises questions about social justice, equality of opportunity and the distribution of resources in society.

Thus, a philosophical analysis of the term “quality of life” prompts us to consider deep questions about the nature of human existence, its values and meaning, and to find ways to improve life both at the individual and collective levels.

The philosophical aspect of the quality of life in the context of smart technologies opens up a whole range of new reflections and questions. Modern technologies provide opportunities to improve the quality of our lives, but they also present us with new ethical and existential challenges[6].

On a philosophical level, smart technologies raise questions about how they affect our understanding of human identity and the existential aspects of life. Quality of life is not limited to material goods, and smart technologies challenge us to consider how they affect our relationships with other people, our intrinsic values, and our sense of meaning.

Smart technologies also present us with ethical dilemmas about privacy, security and control.

Increased dependence on technology can lead to debt and a sense of loss of personal freedom. Thus, a philosophical analysis of the quality of life in the context of smart technologies requires us to consider how we use technology, how it affects our well-being, mental health and social relationships.

At the same time, smart technologies can be a tool to improve the quality of life by improving access to information, services and opportunities for self-improvement. They can contribute to the development of environmentally sustainable and resilient infrastructure that will ensure our physical and social well-being.

Thus, the philosophical aspect of quality of life in the context of smart technologies calls for us to carefully consider the impact of technologies on our existence, to find a balance between their benefits and risks, and to understand how they can serve to achieve a more harmonious and balanced way of life.

A deeper consideration of the philosophical aspect of quality of life in the context of smart technologies requires taking into account different philosophical approaches and concepts. For example, from a phenomenological perspective, we can consider how smart technologies change our perception of the world and our place in it. Technology affects our perception of time, space, and communication with other people, which can affect our personal identity and sense of connection to the world around us [10].

From a phenomenological perspective, smart technologies change our perception of the world and our place in it, affecting various aspects of our lives:

1. Perception of time: Smart technologies, such as smartphones and the Internet, are changing our perception of time. The instant availability of information and the ability to connect with others continuously can lead to a sense of constant hurry and instability.
2. Perception of space: Smart technologies also affect our perception of space. For example, virtual reality can change the way we think about space and boundaries, expanding or changing our perspective of the world.
3. Communication: Smart technologies have a significant impact on the way we communicate with others. They can create new opportunities for virtual communication and collaboration, but they can also separate us from real life and interpersonal relationships.

These changes in the way we perceive time, space and communication can affect our personal identity and sense of connection to the world around us. They can raise questions about our place in the world, our values and beliefs, and how we perceive ourselves and others.

From an ethical perspective, we are faced with the question of the fair distribution of benefits and access to smart technologies. Does everyone have the opportunity to benefit from these technologies, or can they lead to a further gap between rich and poor? How can smart technologies contribute to a more just and equitable society?

From an ethical perspective, smart technologies raise questions about fair access to them and the distribution of benefits. Inequalities in access to smart technologies can widen the gap between rich and poor, which is contrary to the principles of justice and equality.

On the other hand, smart technologies have the potential to contribute to a more equitable society. By providing access to education, healthcare, information and employment opportunities, they can help reduce social and economic inequalities. For example, smart technologies can provide remote access to education and healthcare for people in remote areas or with disabilities [8]. However, it is important to consider the ethical aspects of developing and using smart technologies, including protecting data privacy, avoiding discrimination, and considering potential negative impacts on society. Addressing these ethical issues can help shape a more equitable and equitable use of smart technologies in society. In the context of the ethical use of smart technologies in society, the following European documents can be cited:

1. General Data Protection Regulation (GDPR): This regulation sets standards for the protection of privacy and the processing of personal data in the European Union. It contains rules regarding the storage, processing and transfer of personal data, which is an important aspect of the ethical use of smart technologies.
2. Digital Single Market (DSM) Strategy: This strategy sets out the main principles and objectives for digital development in the European Union. It contains principles of accessibility, including access to the internet and digital services for all citizens, which is key to ensuring a fair and equitable society [5].
3. European Artificial Intelligence (AI) Strategy: This strategy defines the principles and requirements for the development and use of artificial intelligence in the European Union. It contains principles for the ethical use of artificial intelligence, including the protection of privacy, non-discrimination and transparency.
4. The Convention on Human Rights and Biomedicine (OVS): This convention establishes principles and rules for the ethical use of biomedical technologies in the field of medicine and biology. It is applicable to ethical issues related to the use of medical and biological data in smart technologies [4]. European documents provide a framework and standards for the ethical use of smart technologies in society, contributing to a more just and equitable society.

From an existentialist perspective, we can consider the question of our personal meaningful vision of the world and our place in it in relation to the development of smart technologies. Can these technologies contribute to our personal expression and fulfilment, or do they threaten our autonomy and freedom?

From an existentialist perspective, the development of smart technologies can have a significant impact on our personal sense of the world and our place in it. The main questions that may arise are those related to our personal expression and autonomy in relation to these technologies.

On the one hand, smart technologies can facilitate our personal expression by opening up new opportunities for creative expression through various applications, media and social networks. They can help us store and share our ideas, experiences and position in the world.

On the other hand, the development of smart technologies can pose a threat to our autonomy and freedom. For example, the collection and analysis of large amounts of data may lead to a breach of privacy and control over our personal data. It can also lead to dependence on technologies and algorithms that determine our actions and choices, limiting our freedom of choice and expression [2].

Thus, in the context of existentialism, the development of smart technologies requires attention to how they affect our personal vision of the world and our ability to express and fulfil ourselves, as well as to measures to ensure our autonomy and freedom in using these technologies.

From an environmental philosophy perspective, we can consider the impact of smart technologies on our coexistence with nature and the environment. How do they affect the ecosystem and the sustainability of our planetary environment?

Thus, a deeper analysis of the philosophical aspect of the quality of life in the context of smart technologies requires consideration of issues related to different philosophical movements and approaches, as well as the practical implications of using these technologies for our personal and collective well-being. From the perspective of environmental philosophy, the development of smart technologies has a significant impact on our coexistence with nature and the environment. Let's look at how these technologies affect the ecosystem and the sustainability of our planetary environment:

1. Energy efficiency: Smart technologies can help to reduce energy consumption and use more environmentally friendly energy sources, such as renewable energy. This helps to reduce greenhouse gas emissions and the negative impact on the climate.
2. Resource management: Smart technologies can help in the efficient management of natural resources such as water and energy. For example, smart irrigation systems can optimise water use in agriculture, and smart grids can support more efficient electricity distribution.
3. Biodiversity conservation: Smart technologies can be used to monitor and protect natural ecosystems and species. For example, monitoring systems can detect changes in the environment and respond in time to threats to biodiversity.
4. Challenges and threats: However, the development of smart technologies can also create new environmental challenges and threats. For example, the growth of electronics production can lead to an increase in waste, and the use of rare metals in smart devices can lead to the degradation of natural ecosystems. Consequently, from an ecological perspective, smart technologies have both positive and negative impacts on our coexistence with nature and the environment. It is important to understand this impact and take measures to maintain environmental sustainability in the use of these technologies.

**Conclusions.** In the proposed article we have explored various dimensions of how smart technologies affect quality of life, examining philosophical, economic, technological, social, and humanitarian perspectives. Through analysis of diverse concepts and research in this field, we have identified that smart technologies yield both positive and negative repercussions on quality of life.

On one hand, smart technologies present novel opportunities for convenience, efficiency, and enhanced quality of life. They contribute to economic advancement, facilitate access to information, enhance healthcare services, and streamline interactions with the surrounding world.

Conversely, there exist certain risks and challenges linked to the utilization of smart technologies. These may encompass widening social disparities, threats to data privacy and security, and detachment from nature and the environment.

Thus, to ensure that smart technologies positively affect quality of life, it is imperative to strike a balance between their utilization and ethical, environmental, and social considerations. This necessitates a comprehensive approach aimed at fostering a fairer, more inclusive, and sustainable society through the judicious use of contemporary technologies.

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