How Virtual Reality is Affecting Our Lives and Its Future

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Abstract

Virtual reality is one of the powerful technologies that have the tendency to change the lives of human beings completely. Its future implementation is guaranteed by many of the researchers working to make VR a part of our lives. However, the researchers look into the advantages and disadvantages of this technology. VR is good for entertainment, the medical field, and the automobile industries. On the other hand, this technology will be harmful physically and ethically for people who get its exposure, even for a small amount of time. This research will highlight both sides of the technology.

Keywords: Virtual Reality, powerful technologies, Future implementation, Advantages and disadvantages

How is Virtual Reality affecting our lives? What is the future of Virtual Reality? Is it possible that we live more there and less here? What are the advantages and disadvantages of VR?

I. Introduction:

Virtual reality is a phenomenon through which a realistic experience is given by a computer-based scenario. Researchers have found that the whole idea of virtual reality is affecting the lives of human beings in both positive and negative ways. Although the concept of virtual reality has been with human beings for quite a long period of time, the actual implementation of this idea is seen in the present time. Engaging in entertainment and better-designed cars are some of the benefits of virtual reality, while some serious health dangers are also found with this issue (Koltko-Rivera, 2016).

II. Literature review:

It is safely assumed that virtual reality leaves no definite results other than bringing changes in our lives. If virtual reality is developed in time, then the future of virtual reality can be very bright. Although the researchers believe that virtual reality will soon be developed without any flaws, they also believe that exposure to the virtual world should be limited since it has some adverse effects.

The development of this technology can leave human beings with problems that, at times, can become hard to handle. Commonly, the researchers believe that virtual reality creates problems that can either be physical or psychological in their context (Patel, 2017).

Starting with physical problems, there are certain health issues created by being a part of virtual reality. By remaining in the technology of virtual reality, it is possible that the person suffers from motion sickness. Shifting in perception occurs in VR technology. This ultimately makes the person suffer from nausea and similar kind of feelings after spending a specific period of time in the environment of virtual reality. Changes in the inner ear occur during exposure to virtual reality, which creates a feeling of nausea often experienced by people while traveling on any medium of transportation. The effects of nausea on the person differ (Pene, 2016). Some people may feel the effects for a short period of time, while others may suffer from VR technology for several hours. The sensation experienced by the people is also termed as 'cyber-sickness'.

Time constraints are another problem related to virtual reality. In the business world, time is money. Listening to the fact that developing virtual reality takes an amount of time that cannot be determined before makes the enterprise stay away from this technology. No enterprise then believes in investing in the idea of virtual reality as their biggest investment in the field of technology (Blissing, 2018). Moreover, all the researchers working so far on Virtual reality rely on one another and the already existing sources related to virtual reality. The more realistic a virtual world is, the more time it will take for this technology to develop.

This is not the complete picture of the idea of virtual reality. Virtual reality holds some advantages as well. Virtual reality will bring innovation in the field of entertainment. Visiting places will be easy since people will not have to leave the comfort of their homes. Other than this, medical researchers are helping developers establish virtual reality surgery techniques. Overall, our quality of life is believed to be improved with the help of virtual reality. Hence, this is the reason that the expected sales of virtual reality are believed to increase in the future (Figure 1).

Figure 1: Projected unit sales of virtual reality devices

Cited: (Moreno & E. Mayer, 2016)

III. Method:

To analyze the effects associated with virtual reality, secondary and primary research methods were used. In the secondary research method, various journal articles and data from different books related to virtual reality were gathered. However, in the case of primary research, the primary research was done using a questionnaire and interviews with the related field. The questionnaire was mostly distributed among IT students in related fields. An equal male-to-female ratio was maintained while conducting the survey. One of the professors from United Arab Emirates University, Al Dhaheri, was interviewed. Most of the questions asked were revolving around the positive and negative

consequences of the idea of virtual reality.

IV. Results:

Questionnaire Results:

The results concluded after the survey carried out through questionnaires (Appendix A) can be represented in the form of a table. The results are presented in Table 1:

Question Number	Yes	No
1	76%	32%
2	52%	45%
3	12%	44%
4	66%	22%
5	77%	10%

Table 1: Results of the questionnaire

Interview Results:

After conducting interview the results were found to be in favor of the virtual reality and its implementation in the future lives.

V. Discussion:

After looking at the results of the questionnaire, several outcomes can be generated. Although people in favor of virtual reality are high in number which is nearly equal to 76% there comes up a conflict when the negative effects of virtual reality are discussed. Such people believe that a higher risk lies in the children who are being exposed to virtual reality at young ages. A similar result was obtained from the interview. Professors believe that virtual reality is a good thing, but children are the ones at the most risk in this situation.

VI. Conclusion:

Virtual reality is a powerful technology with the tendency to change our lives. However, there are two sides to the story that should be considered while being in favor of virtual reality. VR can innovate the way we live while bringing changes in the fields of entertainment, medicine, and the automobile industry. However, it will come up with physical and ethical issues as well. People feel nauseous after getting exposed to VR. Other than this, children suffer the most.

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Appendix A- Questionnaire

Answer the following questions in the form of yes/ no:

1. Have you heard about the technology of virtual reality?
2. If virtual reality transforms your living style with both positive and negative aspects, will you accept the change?
3. Virtual reality is a health concern. Do you believe it should be implemented in our future lives?
4. Virtual reality will transform our living style with respect to travelling and other medical procedures. Do you believe that the idea is worth implementing?
5. Overall, are you in favor of the idea of virtual reality?

Appendix B- Interview

1. Do you have practical exposure to the technology of virtual reality?
2. Many side effects are there. Do you recommend this technology to be implemented?
3. People need painless surgeries, and virtual reality is working on it. Do you think it’s worth it?
4. What is an overall view of virtual reality?