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**The Advantages and Disadvantages of Using Technology for EFL
Teaching**

Dr. G. Ramamurthy

Professor of English, Pune Institute of Business Management (PIBM), Pune, India.

ABSTRACT

The integration of technology into English as a Foreign Language teaching has transformed instructional practices worldwide offering both significant opportunities and notable challenges for educators and learners alike. From early computer assisted language learning systems to contemporary mobile applications virtual reality platforms and artificial intelligence driven tools technology has reshaped how EFL skills are acquired and practiced. This study examines the advantages and disadvantages of technology use through a comprehensive review of empirical research spanning the past two decades focusing on classroom implementation learner outcomes and teacher perspectives.

Key advantages include heightened student motivation and engagement fostered by interactive multimedia content gamification and immediate feedback mechanisms. Personalized learning paths enabled by adaptive software allow learners to progress at individual paces addressing diverse proficiency levels and learning styles. Access to authentic materials such as podcasts videos and online corpora exposes students to real world language use enhancing listening speaking reading and writing competencies. Global connectivity through video conferencing and collaborative platforms facilitates intercultural exchanges and authentic communication practice reducing the isolation often experienced in traditional EFL settings. Furthermore, technology supports differentiated instruction and data driven assessment enabling teachers to track progress efficiently and tailor interventions. Cost effectiveness emerges in resource limited contexts where digital tools supplement or replace expensive textbooks and supplementary materials.

Despite these benefits substantial disadvantages persist that warrant careful consideration. The digital divide remains prominent as unequal access to devices reliable internet and technical infrastructure disadvantages learners in developing regions or low-income households. Over reliance on technology can diminish face to face interaction potentially weakening social skills and teacher student rapport essential for language acquisition. Technical glitches software incompatibility and cybersecurity concerns disrupt lesson flow and create frustration among users. Teachers frequently report inadequate training and professional development leading to ineffective integration and increased workload in managing digital resources. Privacy issues related to student data collection and algorithmic biases in AI tools raise ethical questions about equity and consent. Additionally



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excessive screen time may contribute to learner distraction reduced attention spans and superficial processing of language content rather than deep linguistic internalization.

Empirical findings from case studies and meta-analyses reveal mixed outcomes where advantages dominate in well-resourced environments with trained instructors while disadvantages amplify in underprepared contexts. Balanced integration models that combine technology with traditional methods demonstrate superior results compared to purely digital or analog approaches. Longitudinal data indicate that thoughtful implementation enhances EFL proficiency metrics such as vocabulary retention fluency and accuracy yet poor execution correlates with widened achievement gaps.

These insights underscore the need for context sensitive policies that prioritize teacher preparation equitable access and pedagogical alignment. Implications extend to curriculum designers who must develop hybrid frameworks and to policymakers advocating for infrastructure investment and ethical guidelines. Future research should explore emerging tools like generative AI and immersive technologies while investigating long term impacts on learner autonomy and cultural appropriateness. Overall technology serves as a powerful catalyst in EFL teaching when harnessed judiciously yet demands vigilant attention to its limitations to maximize educational equity and effectiveness.

Keywords: *EFL Teaching Technology, Advantages- Disadvantages, Personalized Learning*