

Topic: People have become overly dependent on technology

Outline

A. Introduction

B. Advent and Spread of Technology in World: A Brief Overview

C. How People have Become overly Dependent on Technology

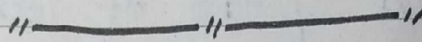
1. Overdependence for the use of communication
2. Overuse for the mean of transportation
3. Overutilization for entertainment
4. Overdependence for domestic use
5. Overuse in agriculture sector
6. Overutilization for marketing of products
7. Overuse in making of war weapons

D. Recommendations to Control the Over dependency on Technology

1. Regulate the screen time: need

- of parental training
- 2. Spread awareness through educational programs and conventions
- 3. Physical modes of entertainment

E. Conclusion



Essay

When World war I started soldiers were on horses; there was not the concept of fighter jets or any advanced weapon. As far as the war progressed, the world seen the advent of technology and till the end of war there were advanced weapons, fighter jets and cars for military movements. This boom in technology did not stopped there. The world had seen a extreme number of developments which led the people to be completely dependent on technology. These developments include

the introduction of new ways of communication, advancement in domestic use and agriculture sector, in fact, technology took its part in the production of seeds to the making of deadly nuclear weapons. Such developments led the people to become overdependent on the use of technology. Overdependency on technology became so intensive that a man can not survive without technology, nor it can produce anything to eat. Such an overdependency can be counter through training of parents and spread of awareness through seminars and conventions. Man used technology to bring advancement in technology which led to its overdependency on it. This overdependency ranges from domestic to military use. It can be counter through taking effective measures.

Technology changed the

living style of world in last two centuries specifically. In ~~eighteenth~~^{nineteenth} century, with the formation of railway track between California and New York the people found new resources of food. Before that mostly people live near their farms as there were no means of transport to take their food to market. It could not stop here, technology was being used to produce much better technology. Now it became an essential part of the living style of mankind. Not only the essential part, but also the people become over dependent on it.

People become overdependent on the use use of ~~tech~~ technology such as their overdependence for the use of communication. Before the advent of technology people were less social as there were not a better means

of communication. They used to send letters to each other which took days to reply. But with the production of cell phone it became easy and people become overly dependent on it for communication. According to digital survey of Pakistan, there are ~~active~~ 147.1 million active cellular users in Pakistan. Such huge number shows that people are overly dependent on technology for the use of communication.

Moreover, it is being overused for the mean of communication. Before the advent of technology people used to walk or use horses for transport. Which was ~~both~~ safe for both the health and environment. As far as the technology spreaded, the mode of transportation also changed. Now people even ~~hesit~~ hesitate

to walk for some distance for shopping. Such an overuse of vehicles led to serious health and environmental problems.

Hence, people are overdependent on technology for the mean of transportation.

In addition to that, technology is being overutilized for entertainment which led people to become overly dependent on technology. With the advent of technology, the people lost their interest in physical modes of entertainment. They preferred to watch a cricket or football match on television rather than playing on field. Mobile phones, laptops, playstations - these are all became the source of entertainment. People love use these devices and gadgets rather than using the other modes of entertainment. Therefore, technology

is being overutilized for entertainment which is causing the people overdependency on technology.

Furthermore, technology is overly used in domestic purposes which is causing the people to become overdependent on it. It all ranges from cooking food to washing clothes, freezing food to drying the clothes, lighting the room to cool or heat up the room, technology is used all over. There are very rare chances that there is any home which don't use technology. Technology has placed its foot in every area of world. People became over dependent on it survive. Hence, overdependence for domestic use have led people to become overly dependent on technology.

People also have become over dependent on technology

in the field of agriculture.
It all started from preserving seeds to sowing them in the field, then cutting them to separating grain from it.

It all evolves around technology.

People become so much dependent on technology that rarely a farmer is not using tractor, thresher or any other equipment in whole process.

Technology became an essential part of agriculture sector.

Hence, people become overly dependent on technology also in agriculture sector.

Similarly, people have become over-dependent on technology for the marketing of products. In current era, there is a boom in marketing of product. This marketing is done through advertisement in newspapers, magazines, TV, social media

and many other platforms. Companies are so much dependent on such marketing platforms that they spend millions for advertisement of their products. During cricket world cup 2023, star sports, an Indian channel, charged Rs 10 lac for 30 second ad.

Therefore, people have become overly dependent on technology for marketing of products.

Lastly, people have become overly dependent on technology in making of war weapons. As explained before, it was world war I which brought technological evolution. Since then, thousands of more destructive weapons are introduced. These weapons are causing severe danger to world. People not only used technology for their welfare, but also used it to destroy themselves. People have

become overly dependent on technology in the manufacturing of war weapons.

The previous discussion explained that how people have become overly dependent on technology. Now further discussion will illustrate that how this overdependency can be controlled.

Over dependency on technology can be control through regulating the screen time.

In whole world, mostly youth are very much dependent on technology in their life. They are like addicted to it. Such over dependency can be reduced if parents are trained to regulate their child screen time, and advice them to spend time with nature. Such an action will help millions of youth to become mentally and physically healthy. Hence, overdependency

on technology can be reduced through regulating the screen time.

Also, spreading awareness through educational programs and conventions can help to counter over dependency on technology.

As discussed before youth is mostly over dependent on technology, that is why it's the need of an hour to spread awareness through educational programs and conventions.

These will help to realize the youth about the negative impacts of over dependency of technology.

Such an action can bring the change which is needed to counter over dependency on technology.

Hence, spreading awareness through educational programs and conventions can help to counter over dependency on technology.

Lastly, physical modes of entertainment can help to counter over dependency on technology. Today's

youth are using mobile phones, laptops, play stations and other gadgets for entertainment. These gadgets are disturbing the physical and mental health of youth. Such an over dependency on technology can be reduced through involving them in physical activities. It can be done through introducing games competitions, arranging marathons for public and other events to involve them in physical activities. So, physical modes of entertainment can help to reduce dependency on technology for entertainment.

In a nutshell, man used technology to bring advancement in technology which led to its over dependency on it. This over dependency ranges from domestic to military use. It can be counter through taking

effective measures. Technology has completely interfered in a person's life. People are completely dependent on technology for their daily work. Such an over dependence have led them to number of risks like its involument in transport and agriculture led to environmental problems and its intervention in military weapons is causing danger to world. People over dependency on technology is becoming dangerous for people themselves. It ~~can~~ needs to be controlled through taking effective measures as explained in essay. A reknowned businessman Bill Gates said, "While we're all very dependent on technology. It doesn't always work."

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