

Topic:- People have become overly dependent on technology.

### 1: Introduction

Thesis Statement:- People do not consider to live without technology in 21st century.

Technology is used in every sector of life from household to business, industry and agriculture sector. We should create balance in use of technology in our daily life.

### 2: Causes of overly dependent on technology.

- (a) Advancement of technology in 21st century.
- (b) Use of social media for social interaction.
- (c) Preference for comfortable lifestyle.
- (d) Addiction of the internet.
- (e) Global market competition.
- (f) Internet is only source of latest information.

### 3: Effect of dependence on technology:-

- (a) Mental health problems
  - (i) Depression
  - (ii) Anxiety
  - (iii) Sleeplessness
- (b) Wastage of time.
- (c) Physical issues
  - (i) Eyes irritation
  - (ii) Ear effects

- (d) Unemployment, Low human resources development
- (e) Distraction in studies
- (f) Hacking: Audio leak of PM Imran Khan.
- (g) Online violence;

#### 4. Way Forward:-

- a. Establish for limit for when and where technology should be used
- (b) Reduce cyber bullying by introducing helpline.
- (c) Parent check and balance on children.
- (d) Promoting the culture of self work.

#### Conclusion.

We are living in 21st century and we cannot consider life without technology. Technology has become an integral part of life. One of the primary reasons for our over-dependence on technology is convenience. From the moment we wake up until we go to bed, we are surrounded by various technology. There are many reasons of dependence on technology.



World is developing at fast rate due to use of latest technology and gadget and saving their time and utilize it in some fruitful activity. People use social media for social interaction and distance talks. With passage of time, people are less active. They prefer to live in their comfort zone.

Children are becoming addictive of internet. They waste their most precious time. Global

market competition is increasing due to use of latest technology by developed countries.

But developing countries are mostly affected by <sup>ill use of</sup> ~~the~~ latest technology. Nowadays, internet

become the biggest source of getting information.

The ~~too~~ reading culture is almost vanish. It is last century to love books. People get short cut to get knowledge by internet.

Technology have long term effect, it disturb the mental and physical health of the

people. It is wastage of time. People use technology instead of human resources.

Internet distract the student in their study plan. Nowadays cyber crime and

online bullying is one of the emerging issue. We should create a time limit between our work and should know about when and where we use technology. Parent should have proper checks and balance on children. We should create balance in our daily life.

Technology transform the world into global village and is the main driving force of inventions and innovation in world. It has modified social, economic and political aspects of human life and added comfort, convenience and ease to it. Technology is using scientific knowledge for practical purpose for example making machines. It also refers to the diverse collection of processes and knowledge that are utilize by human to extend their abilities and satisfy their needs and wants. Technology is the slave of humans, helping them to make life easy. but it eliminate human due to it excessive use.



Technology become more advance in - twenty  
first century. When, we born, we are surrounded  
by technology. Electricity is one of the best  
example. In ancient time, people do not aware  
about home appliances which give comfort  
to us. <sup>But Nowadays</sup> We cannot consider life without  
electricity. Online banking system become more  
popular. People can deposit and withdraw  
money from any branch of bank. Transaction  
become easier. We can purchase things by  
online shopping through Ali baba, daraz and  
amazon apps by online payment method.  
Our currency value is also depend on  
international standard and we can trade online,  
technology provide us advance marketing  
environment. We can do our work more  
efficiently through technology. We can  
~~we~~ perform our task in days which requires  
month.

We use social media apps for  
social interaction. We can connect any

person sitting in any corner of the world. There are many social media apps. Few years ago it took a lot of time to send letters to receivers. but now we can communicate within a second with any person. People become more connected through social media networking. They can upload their status. According to Twenge, face to face interaction may be down due to increased use of digital media.

People feel loneliness in real life because they have less social circle in real life.

Smart watch, smart phones, internet connect people globally with each other.

Human beings desire to get more convenient and comfortable life. They work through online channels. It is quite easier to arrange an online meeting as compared to physical meeting. People can manage to take online meetings easily in their homes and during travelling. Online learning makes life more easy. These are



many online universities like Allama Iqbal  
open university, virtual university. Many foreign  
universities open online admission in which  
student can learn about skill. Different  
short courses of E-zooqar are also introduced  
in Pakistan to promote creating skills in youth.  
Students can get video of any lecture  
by single click. Through technology people  
like more comfortable life as compare  
to struggling life.

Internet addiction is when a person  
has compulsive need to spend a great  
deal of the time on the internet, to the  
point where their other areas of life are  
allowed to suffer. The internet give us  
access to the entire world for everything  
and anything and it has also isolated  
us. It become global problem among people  
of all ages. Not just the youth but  
also children. Approximately 6.09% of the  
pop population is suffered from internet

Children spend a lot of their time in online gaming. Instead of grooming their lifestyle and life skills. They waste their time in internet. A study published last May by Capstone warehouse found that almost half of all the children ages 14-15 admitted being addicted to the internet. It is wastage of time and money as well.

We depend on technology because it give us the latest and advance method to increase the yield. If we stay aloof from technology then we can not compete the standard of international market. The product become more popular if the quality is best and prices are less. We cannot fulfill our needs with low production by using old method. China get independence after the independence of Pakistan. But China become second largest economy because it use latest technology in every sectors.



China has taken technology  
utilize it in all form of day to  
day life. AI and scientific research, AI  
governance, new vehicles and solar energy  
in China is some <sup>example</sup> of latest technology.  
Nowadays, internet is become only source  
of getting latest knowledge. We can get  
the information and from any corner of  
the world. Online news channel, new article  
give us the latest information. Every  
country has his broadcast channel where  
news about any issue can be get easily.

\* Few developing countries has low freedom  
of speech. Every year many journalist  
was killed for example, murder of Ashraf  
Sharif in Kenya. Journalist sacrifice their  
lives in order to provide the  
fair information to masses. Chat GPT,  
Wikipedia and many other website give  
us the latest technology information  
There are many aspect of online

learning, online discussion group, online information sharing.

Higher use of social media makes people three times more likely to have perceived social isolation. Those who perceived the more negative interaction online and were prone to social comparison had higher levels of anxiety and depression. The more use of screen reduce your sleep. The poor sleep pattern contribute to depression. Technology use result in decreased physical activity because of it interruption in daily activities. Interaction online also tend to be negative. Social comparison, feeling of missing out and cyberbullying all stem from the content we see online. It's hard to put technology down ever if we know they are bad for our mental health.