

~~Masha~~ Topic: People have become overly dependent on technology.

1. Introduction

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

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

2. Causes of ~~overly~~ dependence on technology.

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

3. Effects of ~~over~~ dependence on technology:-

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

- (d) Unemployment, Low human resources development.
- (e) Distraction in studies
- (f) Hacking: ~~Audio leaks of PM Imran Khan.~~ *and cyber bullying*

(g) Online violence;

4. Way Forward

- (a) Establish limit for when and where technology should be used
- (b) Reduce cyber bullying by introducing helpline.
- (c) Parent's check and balance on children → Enhancing

(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

Suggest concrete steps

relevance to topic?

Hook?

leave space b/w outline & essay

parental control on children's use of 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 ^{ill use of} latest technology. Nowadays, internet become the biggest source of getting information.

The ~~too~~ reading culture has almost vanished. It is last century to love books. People get shoot-cut to get knowledge by internet.

Technology have long term effects, it disturbs 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

Do not make sweeping statements

online bullying is one of the emerging issues. 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 **has** transformed 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 utilized by humans to extend their abilities and satisfy their needs and wants. Technology is the slave of humans, helping them to make life easy. but it **has** dominated human due to its excessive use.

Intro should be more than a summary of the essay. **It** should also contain your understanding of the topic.

Technology became become more advanced 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. ^{But Nowadays} 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
There are many social media app.
Few years ago it take a lot of time
to send letter to receiver. but now a days
within a second we can communicate 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 alone in real because they
have less social circle in real life.
Smart watch, smart phones, internet connect
people globally with each other.
Human being desire to get more convenient
and comfortable life. They work through
online channel. It is quite easier to
organize an online meeting as compare to
physical meeting. People can manage to
take online meeting easily in their
home and during travelling. Online
learning make life more easy. These are

Writing
is not
Style
formal
had a couple
research articles
related to smart
to pick relevant
and data
topic vocabulary

many online universities like Allama Iqbal
open university, virtual university. Many foreign
universities open online admission in which
students 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 compared
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 skill. They waste their time in internet. A study published last May by coophone warehouse found that almost half of all the child ages 14-15 admitted being addicted to the internet. (It is wastage of time and money as well.)

avoid irrelevant content

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.

Revise tenses

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 ^{example} of latest technology.
News, internet ^{has} 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.

First paragraphs to improve writing

Higher use of social media makes people three times more likely to have perceived social isolation. Those who perceived the more negative interaction and were prone to social comparison had higher levels of anxiety and depression. The more use of screens reduce your sleep. The poor sleep pattern contributes to depression. Technology use results in decreased because of it interruption in physical activity.

expression - practice making outline that on to full fledged essays

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.

write complete sentences