

Topic

People Have Become Overly
Dependant on Technology

outline

1. Introduction.

2. An overview of the advent
and spread of technology
in the world

I. Definition of technology.

II. An overview of the spread of technology.

3. Facts that highlight Human's
over dependence on
technology

III. Excessive use of technology
for communication and social
interaction

II. Over reliance on technology for the purpose of transportation.

III. Over dependence on technology in the preparation and preservation of food.

IV. Over utilization as a means of entertainment.

V. Over emphasis on technology in agriculture sectors.

VI. Excessive use of technology in industrial sectors.

↳ Drawbacks of over dependence on technology

I. Wastage of energy and creation of health issues.

II. Increase in lethality of wars and terrorism.

III. Environmental degradation.

IV - spread of psychological unrest in the society.

s Recommendations for minimizing the side effects of technology

I - Use of seminars, workshops, awareness campaigns to sensitize people to the drawbacks of over use of technology

II - Promotion of physical sports and other physical activities using different promotional and persuasive techniques

III - Focus on research to minimize the environmental hazards of technology.

IV - Concerted efforts for the control of atm race.

↳ Conclusion

ESSAY

Man started his journey from cave and now, after conquering the vast skies and deep seas, he seems be set for his new journey towards controlling the time. Whatsoever man has done in the field of science and technology is good in the sense that he has made the life on the earth much more comfortable and beautiful. This however, is only half of the story: the other half is bit gloomy and bleak. Man who invented technology as a support and assistance has become excessively and unreasonably dependent upon technology. From communication and transportation to the production and consumption of food; from entertainment sectors to defense sectors, and from education to administration this is technology that rule the

y business to such an extent that man cannot do anything without it even in a reasonable way. Quite understandably, there are a number of drawbacks of people's overdependence on technology. Some meticulously devised measures to create a balance with reference to the intrusion of technology in human life is the need of the hour.

Oxford Languages defines technology as "the application of scientific knowledge for practical purposes, especially in industry."

Although, technology has remained a part of human life since centuries back, yet the first industrial revolution of the 18th century can justifiably be termed as a milestone in the overall journey of technology.

Now when the intrusion of technology in human life is to be discussed, there are a number of facts that can be delineated.

Firstly, these are cell phones that people keep carrying with them all the day in order to communicate with one another. Remaining in contact with others is definitely a genuine need of people but the way everyone has got tied with cell phones is untenable and unjustifiable. From dining table to washrooms, everyone has got a cell phone. feels the need of carrying it wherever he is. The only time cell phones are away is when these are being charged as most of the people keep them below their pillow. even when they are going to sleep.

The way obsession of cell phones is increasing, very soon they would outnumber the population count. This over dependency on smart appliances for communication is an alarming situation.

People's transportation has become immensely technology-dependent with the passage of time. People in most of the countries have become dependent upon motor driven vehicles even for travelling small distances. Public transport system is giving way to personal vehicles at a very fast pace even in the developing countries of the world. Conclusively, the practice of vehicle sharing is becoming uncommon as personal vehicles are considered more than merely the means of transportation in the materialistic societies that

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people live in.

likewise, kitchens even in the economically lower-class houses are considered to be incomplete unless they have some technological appliances like refrigerator and microwave oven. The spending even a day without technology for people has become a nightmare. Food is the primary most need of man, and he has been consuming it since his very first day on this earth. Cooking and eating of food have never been technology dependent they way they have become in the present age of time. Technology that was invented as a comfort for people is no more merely a comfort to them, it is one of the basic necessities of life now.

What about the people's source of entertainment; here again technology rules the business. Cell phones, laptops, multi medias, movie theatres, play stations, all these technological appliances and gadgets are the most used sources of entertainment in the present age of time as people love to spend their free time watching movies and videos, and playing video games. Physical games like cricket, hockey, football and badminton that used to be the only sources of entertainment few decades back have been rapidly losing their charm and the day does not appear to be much far when they will be completely substituted by technology-based sources of entertainment. This over-dependency on technology is causing health risks in the long run.

All the activities in the field of agriculture have also become dependent upon technology, one way or the other. For instance, production of agricultural inputs like seeds, fertilizers, and insecticides is carried out in big industrial units having different types of machines, and the process of sowing seeds, ploughing the fields, watering and harvesting the crops involves different types of machines and equipments e.g. zero tillage drills, sprinklers, laser land levelers, tractors, threshers, and harvesters.

The use of technology in agriculture has become the only parameter of gauging efficiency of agricultural sector. The societies and nations where agricultural activities are carried out through technology-free methods are considered to be least developed and

Unprogressive and even the international organizations advise them to move towards mechanization for getting out of the vicious circle of poverty.

The bedrooms and living areas of houses are also infested with technological appliances. Let us make a count: wall clocks; electric bulbs, tube lights, energy savers, and lamps; ceiling or wall fans; air conditioners; exhaust fans - all these technological appliances can be seen in the middle-class family of a developing country. Even, not to talk of the developed states. It is an irrefutable reality, that this is technology that awakes people by singing alarm in the morning and makes them sleep at night by giving

them a conducive warm temperature and environment. Technology certainly dominates people's lives in this era and it is very difficult for them to get out of its trap.

Having discussed the involvement of technology in human life, it is pertinent to have a glance at the drawbacks that the obsessive use of technology entails.

Firstly, technological appliances being dependent on energy have been the biggest cause of the depletion of oil, gas, and coal reserves on the earth. These reserves which once used to be in abundance have now become short of requirement and even the world politics has started to revolve

around them. Survival of the technology - dependent man on the earth in the absence of some alternative energy sources will certainly be a big challenge. Similarly, the over-dependence on technology has been causing a number of health issues for the people. Obesity, high blood pressure, loss of vision, diabetes, cardiac issues, and hypertension are a few among the many such diseases that are an outcome of people's abandoning the physical games and activities and spending time with cell phones and laptops. More alarmingly, the situation is getting worse with every passing day.

Likewise, this is technology that has enhanced the devastating impacts of wars and terrorist activities to multiple times by widening their range of lethality. Atomic bombs, hydrogen bombs, cluster bombs, suicide bombs and different types of missiles and guns are those products of technology that have no other aim than killing the people. Human loss in all the battles fought prior to the invention of gunpowder would be cumulatively far less than that in the two world wars which killed millions and millions of people. Technology, is certainly a killer.

Similarly, this is nothing else but technology that has wreaked havoc on climate

The presence of green house gases like carbon dioxide, carbon monoxide, nitrous oxide, etc. have increased multiple times in the air after the industrial revolution of the seventeenth century. The rate of technological advancement in environmental degradation is so much vivid and obvious that no further explication is required to vindicate it.

Finally, technology is the direct contributor to the psychological unrest that prevails in human societies. In addition to being a cause of deteriorated relationship among people, fast advent of technology has put people in an invisible race with each other and those who lag behind others fall prey to different types of disorders and issues.

The world of glamour and commercialism that technological advancement has created for man is more an evil than a blessing, and surely do people realize it.

Before concluding the discussion, it is relevant as well as important to identify some measures that can prove to be helpful in mitigating the immense impacts of technology.

To start with, creation of awareness regarding the pernicious effects of technology can be the step one, seminars, workshops, lectures, motivational speeches: everything will work. Educational institutions and workplaces can be the right platforms for such campaigns. A meticulous plan of action will have to be chalked out for the purpose.

secondly, the culture of physical games and activities should be promoted to replace the extensive use of technology as a source of entertainment. Provision of necessary facilities, promotion of school games, and patronizing the sports events at national and international levels on a regular and frequent basis can be some helpful measure in the context.

Thirdly, some sincere measures for limiting the damage caused by the climate change are also immensely important to curtail the drawbacks of technology. Global protocols chalked out for the purpose should be implemented by all the countries in letter and spirit. The UN should take strict action against those states that are unable to discharge their responsibilities as per

their commitment.

Finally, the UN and other global level organizations should adopt strict measures for curtailing the arms race and other negative use of technology. Some global treaties having a sound implementation mechanism are the need of the hour.

An analysis of bilateral agreements like START, and START1 can be helpful in devising an action plan for the creation of an arms free world.

In a nutshell, it can be said that people have given technology an undue space in their lives by becoming excessively dependent on technological appliances of different types.

Technology has blatantly and ignominiously encroached upon all the sectors of human life and this transgression is easily visible and noticeable. Keeping in view the pernicious nature of technology, some well-planned measures will have to be taken to minimize the harms that technology entails. Spread of awareness through seminars and workshops, concerted efforts by different organizations at state and international levels, and necessary steps for ensuring a more mature role of media can be some pertinent measures for the amelioration of the situation. As human beings, we need to realize that the excess of everything - whatever it might be - is always counterproductive. This is the balance that maintains the color and

charm in human life and its different sectors; while chasing one's dreams as human, one should try to maintain this balance at every cost.