

## Topic

People have become overly dependent on technology.

## Thesis Statement

Although, technology has brought a myriad of benefits to humans, but it has made people overly dependent on it. This can have negative consequences for their personal, social, and environmental well-being.

## Outline

### 1- Introduction

Although technology has brought a myriad of benefits to humans, but it has made people overly dependent on it. This can have negative consequences for their personal, social, and environmental well-being.

### 2- Debunking the term 'Technology'

### 3- Positive impacts of Technology

3.1 Improved communication and collaboration.

3.2 Increased access to information and education.

3.3 Improved healthcare and medicine.

### 4- How people have become overly dependent on technology

4.1 In Political domain

i) Increased trend of online political campaigns and propaganda.

4.2 In Economic domain

i) Automation of industries.

4.3 In Educational domain

i) Increased use of online platforms for learning purpose.

4.4 In Entertainment domain

i) Emergence of online gaming platforms.

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## 5- Repercussions of overly dependent on technology

### 5.1 Repercussions on personal well-being

- i) Anxiety and depression.
- ii) Nomophobia and addiction.
- iii) Poor cognitive development.
- iv) Rise in tech-related ailments.

### 5.2 Repercussions on Societal well-beings

- i) Loss of interpersonal skills.
- ii) Vulnerability to cyber-attacks and data breaches.

### 5.3 Repercussions on environmental well-being

- i) Increased consumption of resources.
- ii) Rise in pollution.
- iii) Reduced biodiversity.

## 6- How to combat overdependence on technology

6.1 Promoting awareness about the potential dangers of technology overuse.

6.2 Educating people on the value of traditional skills.

6.3 Policies and regulations that limit certain uses of technology.

7- Conclusion