

DATE: Batch 053

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TOPIC:- People have overly dependent on technology

Body Paragraph:-

1. Overuse of technology and mobile addiction may be caused by anxiety that creates mental disorders. This fear of being without gadgets is termed as "nomophobia" i.e. no mobile phobia. Today psychology defines it as; "that kind of anxiety or fear when you realize you are disconnected and out of the loop and without family, friends, work, and the world. Polls suggest that women are slightly more prey to this anxiety. According to the SecureEnvoy reports, 70% of women and 61% of men experience these symptoms. Hence technology has overcome to us.