

Essay

Topic: People have become overly dependent on technology

Outline

1- Introduction

Thesis Statement:

People have started relying on technology for everything that has led to the over-dependence on technology. It is causing negative impacts on human's life. However, people can use technology in a smarter way for their benefit.

2- Explanation of the term technology

3- How people have become overly dependent on technology

- a) Reliance on technology for every political information
- b) Voting system has become overly dependent on e-voting
- c) Technology being overly used for communication
- d) Technology has become the source for every kind of entertainment
- e) Human resources have been

replaced by technology
4- Impacts of people becoming

overly dependent on technology

a) Spread of misinformation through social media

b) Social media addiction

c) Decrease in critical thinking of people

d) Strained relationships and decreased social interactions

e) Decrease in productivity of products

f) Decreased physical activity and sedentary lifestyles

g) Increase in cyber security threats

h) Loss of creativity and imagination of people

5- How people can use technology for their benefit without being overly dependent

a) Setting boundaries for maintenance of privacy of people

b) Prioritizing human connections by designating tech-free zones

c) Using technology for development
A critical thinking skills

d) Balancing screen time with
physical activity to promote
a healthy lifestyle

6- Conclusion

Once a camel and a jackal were friends. Jackal came to the camel with an idea of eating sugarcane across the stream as he could not swim there alone. He sat at the back of the camel, they crossed the stream and started eating sugarcane. The jackal's appetite got filled soon and he started growling. The camel was still eating so, he asked the jackal not to do so but he kept growling by saying it was his habit. The land owner came by listening the voice and he beat the camel who could not hide himself in bushes like jackal because of his bigger size. When they both were eating back in the middle of stream, the

Camel started rolling. The jackal asked him not to do so as he would be drowned but camel said it was his habit. The jackal fell in the water and was got punished.

At the time, people are behaving like camel and are growing but when they technology will take revenge like camel, only those will be saved who would know how to swim. People have given their reigns to the technology and have become overly dependent on it. Technology might seem to be good for people but too much use can impact mankind in a negative way like through misinformation, social media addiction, decreased productivity, strained relationships, and loss of imagination.

However people can use technology to their good effect by setting boundaries, and using technology for development of critical thinking. People have started relying on technology.

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for everything that has led to the over-dependence on technology.

It is causing negative impacts on human's life. However, people

can use technology in a smarter way for their benefit.

Technology plays a crucial role in our lives today. It encompasses

various tools, gadgets, and systems that simplify tasks and address challenges. From smartphones and

laptops to the internet, technology has revolutionized the way we

communicate, learn, and work. Technology has become an integral

part of our daily lives, shaping the way we interact. Beautifully

said by Billy Con, "Technology should improve your life ... not

become your life."

Today, people have started relying on technology for every kind of political information.

It results in social media shaping the mind of masses. Some influencers

give their opinions on social media. These might be paid. As a result, the people read them and make them part of their integral thoughts. According to Pew Research Center survey, nine out of ten Americans are getting political information from social media and other communication technologies. So, even for the information that should be understood by oneself through critical thinking, people are too much dependent on technology.

The dependence is not just from the masses side but it is from the governance side as well. Today, voting system has become completely dependent on electronic voting. In the countries that have shifted to e-voting, the voting process cannot be happened if there is some power supply issue. Although, e-voting is brought for the

comprehensiveness of mankind but it has negative aspects as well. For instance, decrease in Russian energy supply to Europe after the attack on Ukraine has resulted in an energy shortfall in many European states. Due to this, many European states such as Italy delayed its state and local elections as electricity was required for online political participation of people and operating electronic voting machines. So even to conduct voting, mankind has become overly dependent on technology.

People are not just using technology for these purposes, the most important factor where technology has instilled its roots is communication. Internet has become the major source of communication that has minimized the social interactions and to an extent eroded the

people from a child to a person of old age, everyone using technology for the sake of communication. As of July 2023, there were 5.19 billion internet users worldwide which is about 64.6% of the global population (Statista.com). So, almost 64.6% of global population is using social media that reflects the overly use of technology and people being dependent on it. Furthermore, technology has become the source of every sort of entertainment. Now, the people spend more time on technology rather than physical activities. Especially, the students who need to be mentally fit spend most of their time on video gaming, youtube, and other platforms. Once physical activities, sports and outdoor games used to be source of entertainment for students but now times has changed and

technology has played a bigger role in that. According to a report by Oxford ^{work} schooling children spend 56% more time on technology than they do playing outside all across UK.

Another indicator of people have become overly dependent on technology is that human resources have been replaced by technology in all departments. It has resulted in unemployment on a large scale. Particularly artificial intelligence is leading to replace the human resources. According to reports from McKinsey Global Institute as many as 300 million jobs may be lost globally by being replaced by technology. So increase in unemployment is leading to increase in cases of anxiety and depression and that is a signal of people being overly dependent on technology. As a result of people

being very dependent on technology
lifestyle is being affected in
a negative way. Over reliance on

technology has many negative impacts

One of the negative effects

is spread of misinformation through
social media. Lately it is

Political information or some global
information, masses are being misled
by the influencers and the people
across the globe level. This
has led to decrease in

personal thinking and evaluation.

Now, people believe what
they see on social media.

The ORF report in Pakistan
which builds an explanation of

152 journalists and activists
predict that more than 88%

of the participants find social
media platforms as the worst

source of information, with WhatsApp

app being the absolutely worst

Previously Twitter, now X, is

also among the biggest plot

-form for false news in
Pakistan So over dependence on
technology is leading to a false
narrative among people especially
in the youth.

The main reason of
misinformation through social media
is that people have become
social media addicts. Most of

the people cannot live for longer
without checking the updates through
social media. Technology has
injected into their veins the
addiction of social media. They
rely harmful especially for
students as they waste their
precious time in scrolling social
media. According to the research
statistics over 260 million people
worldwide suffer from social
media addiction in 2023. In
the US alone, experts estimate
that about 16% of social
media users are addicted. This
correlates with the fact that

78% of Americans check and use social media everyday. People have become social media addicts owing to dependence on technology.

Moreover, technology has also led to the decline in critical thinking of the people. Now, people find everything without using much of mind. Especially, students rely on Chat GPT and other source of artificial intelligence for their assignments. From an article by UCLA, Patricia Greenfield, a professor at UCLA says: "As technology has played a bigger role in our lives, our skills in critical thinking and analysis have declined while our visual skills have improved." So, over dependence on technology has resulted in declining of critical thinking of people.

Too much dependence on technology has also led to the strained relationships and decreased social interactions. As people have become too much reliant on social media for communication. On social media, expressions cannot be read by the reader. It might cause misunderstanding among the people and lead to strained relationships. Moreover, people do not often talk face to face now and social gatherings and interactions have also been reduced. This has led to the decline of emotions among the people and they now do not feel much for each other. As said by Albert Einstein: "It has become appallingly obvious that our technology has exceeded our humanity." So, humanity has been declined due to the over-dependence on technology.

Moreover, ~~art~~ technology has also decreased the productivity in

a way. AI has become a source of distraction for the people.

If someone is doing online work, he might be distracted while doing so if he sees any message or update. Similarly, students might also be distracted while online study or making assignments.

Adam Gazzaley, author of "The Distracted Mind: Ancient Brains in a High Tech World," has concluded that

when one multi-tasks with multiple media while simultaneously focusing on work, a project or idea, a person interacts

with someone, everything we do takes 25% longer. It

could take up to 30 minutes to return to our task, leading

to much less productivity. It is over dependence on technology in our productive in

in such cases for human beings.

Over dependence on technology has also led to a decrease in physical activity which has ultimately led to a sedentary lifestyle. When technology does not do the work, and people have nothing to do, they just sit, eat, and entertain. Through technology, it leads to a sedentary lifestyle.

According to World Health Organization, the developing children

needs at least one hour per day of moderate to vigorous intensity of physical activity. Approximately 3.2

million deaths per year globally are related to physical

inactivity according to a report published by the

World Health Organization (WHO) in November

2020. This indicates that

over dependence on technology has made people less active

in their lifestyle.

Over-dependence on technology has also led to an increase in cyber security threats. Something

depends on technology now a days. Online banking, industrial programs and even transactions between states have become a norm

to hackers that they would hack the system. It is also entry

into private domain of people. In May 2012, the national emergency declares due to an

ongoing anti-ransomware attack against several Costa Rica government entities. Similarly

Uber network was breached in 2017 compromising data of fifty million dollars, several

million dollars and 600,000 US based drivers' personal details according to PurpleSec

.US 2023 Cyber security statistics.

statistics.

Over dependence on technology has also led to a loss of creativity and imagination if the people have, people don't have to think for anything. They get everything ready-made. Even if someone has to wish birthday, he seeks help from the technology especially among the students. The thought of online assignments is prescriptive. They do not have to do the work which would enhance their critical skills. This is harmful for a state in a long run.

As said by Thomas Sowell: "The march of science and technology does not imply growing intellectual complacency in the lives of most people. It often means the opposite". So, over dependence on technology has led to the hindrance in evolution of critical thinking of the people. Despite all the negative

impacts, technology causes, it can still be used for the benefit of people without being overly dependent on it. The most important thing to do in this regard is setting boundaries in technology for maintenance of privacy of people. The information of people should not be in danger of being leaked. Here, the information of every kind in one's mobile can be hacked and can be used against that person. It might lead to emotional blackmail, mental exploitation or sense of insecurity among the people. As said by Lauren Kenyon, "Boundary setting helps you prioritize your needs over other people's wants". So, priorities should be set to maintain the privacy of people. Another way in which technology can be made better without being overly dependent

is prioritizing human connections by designing tech-free zones. It will also increase the productivity of people. The tech-free zones can be created at home, at places of work, and with friends. People need some time away from technology for their mental benefit in this world full of technology.

The CEO of Basecamp, a software development company, implemented a policy that banned all company-wide communication outside of specific work-related channels. This intentional move was designed to reduce digital distractions and promote face-to-face communication. As a result, the company saw an increase in productivity and employee satisfaction. So, tech-free zones should be developed to prioritize human connections.

Besides that, technology

should be used for development of critical thinking skills. If one wants to do something, he should not order technology to do it for him. Instead, he should do that himself by taking help from the technology. Technology can be very beneficial for people if they use it in a wise way. In modern era, it is the difference between successful people and the people who are struggling to make their way. In the world full of technologies, human skills and critical thinking are still the most demanded things everywhere. There are experiential methods that provide situational simulations of sufficient fidelity to support learning a skill safely to provide necessary competence, and to give the learner an opportunity to practice the necessary analysis and performance.

One of those methods is
Harvard case study method. So,
technology should be used for
development of critical thinking of
people and especially students
instead of being overly
dependent on it.

Technology should be
used for critical development
but at the same time screen
-time should be balanced with
physical activity to promote a
healthy lifestyle. If one
involves too much in technology,
he will lead himself to a
sedentary lifestyle. Again, technology
might be used to keep a
balance with physical activity.
For example, one can lead
to a walk along with his
children using a digital watch
or a digital map by keeping
in check the distance or
time. This could be competition of
racing using a stopwatch between

parents and children. So, technology can be used to balance screen-time with physical activities.

To cut the long story short, people have become overly dependent on technology.

They have started relying on technology for every kind of information. Voting system is being used and communication is done

through social media. Furthermore, human resources have been replaced

by technology. There have been

several negative impacts on human life such as people are more prone to misguidance.

There is decline in critical

thinking, productivity of people,

and creativity of people. However,

people can use technology for their benefit without being overly dependent on it. This can

be done by setting boundaries

for maintenance of privacy, designating

tech-free zones and enhancing the

critical thinking skills of the people. Technology should be used for benefit of people but it must not be misused. We should use it for our benefit instead of letting it dictate ourselves. As said by Christarch Lous, "Technology is a useful servant but a dangerous master."