Topic

People have become overly dependent on technology.

Thesis Statement

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

Outline

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   Thesis statement

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3- How people have become overly dependent on technology

3.1 In Political domain
   i) Increased trend of online political campaigns and propaganda.

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3.2 In Economic domain
   i) Automation of industries.

3.3 In Educational domain
   i) Increased use of online platforms for learning purpose.

3.4 In Entertainment domain
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4- Repercussions of overly dependence on technology

4.1 Repercussions on personal well-being
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   iv) Poor cognitive development.

4.2 Repercussions on societal well-being
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   ii) Vulnerability to cyber-attacks and data breaches.

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4.3 Repercussions on environmental well-being

i) Increased consumption of resources.

ii) Rise in Pollution.

iii) Reduced biodiversity.

5- How to combat overdependence on technology.

5.1 Promoting awareness about the potential dangers of technology overuse.

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In the rapidly evolving landscape of the modern world, technology stands as the cornerstone of innovation, transforming the way one lives, works, and connects with one another. It encompasses a vast array of tools, systems and techniques that harness scientific knowledge to solve practical problems and enhance human capabilities. From the invention of wheel to the age of AI, technology has been the driving force behind humanity's progress. However, this driving force has made people overly dependent on it. From politics to economics, education to entertainment; in almost every sector technology has been integrated so much that people have been relying on it for their every tasks. As, excess of everything is bad, no doubt that this over-dependence on technology has also brought about some negative repercussions not only for personal and societal, but environment is also equally bearing these consequences. People are facing anxiety and depression,

addiction and other tech-related ailments. Also, they are more vulnerable to cyber-attacks and data breaches. In the same manner, rapidly evolving technology has increased consumption of resources which has resulted in rise in pollution and reduced biodiversity. Therefore, it is the need of time to maintain a balance in using technology. This can be done by implementing some strict policies and regulations. Thus, although technology has brought a myriad of benefits to humans, yet it has made people overly dependent on it, which can have negative consequences for their personal, social and environmental well-being.

Technology can be defined into number of ways, but according to the United Nation Office of Information and Communications Technology (UNOICT), technology is defined as the application of scientific knowledge for practical purposes, especially in industry, engineering, etc. The term "technology" is derived from Greek words

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"techne" meaning "art, skill, or craft" and "logia" meaning "study knowledge". The term 'technology' was first coined by the Greek philosopher Aristotle, who used it to refer knowledge and etc skills required to make things. In 21st century, technology has been integrated in every sector, such as, computers, smartphones, cars, web browsers, search engines, industries, medicine etc.

Write more mature transition

As technology has brought various benefits to mankind, at the same time it has made people overly dependent on it.

First of all, people have become overly dependent on technology in political domain a the trend of online political campaigns and propaganda has increased. It provides a convenient and easy way to access information. With just a few clicks, one can find out about the latest news and political developments, as well as the views

of one's favourite politicians and pundits. These ~~platforms are designed to be addictive and they~~ often ~~algorithmically~~ promote content that ~~contains one's existing beliefs~~. Similarly, it provides a platform for anonymous communication. This can have a powerful tool for political activism, but it can also be used to spread hate speech and propaganda. For example, bots and trolls are often used to spread misinformation and disinformation on social media platforms. Thus, people spend their whole time for these political campaigns and propaganda, and have become overly dependent on technology.

Moreover, technology has also made people overly dependent on it in ~~educational~~ economic domain. ~~Many people~~ With the automation of industries, people now rely on technology to perform basic tasks that they would have previously done themselves. These tasks ~~inclu~~ include cooking, cleaning, transportation and many more. This over

reliance can lead to a loss of skills and knowledge. Similarly, self-checkout kiosks in super markets can be convenient, they have also led to job losses for cashiers. According to the US Bureau of Labour Statistics report, employment of cashiers will decline 7% from 2020 to 2030 due to automation. Moreover, people now use GPS navigation apps to get around instead of learning how to read a map. Hence, technology has made people overly dependent on it.

In the same way, people are using technology for their educational purposes. In educational domain, use of online platforms for learning purpose has become increased. As online learning platforms often provide a lot of information in a pre-packaged format. This can make it easy for learners to consume information, but it can also make it difficult for them to develop their own critical thinking skills. Without the opportunity to discuss

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and debate ideas with other learners and instructors, some learners may develop a habit of simply accepting information as fact. For example, a parent who uses online educational apps to teach their children instead of them than spending time reading them or helping them with their homework. Similarly, according to the Global Education Monitoring Report 2023, the number of students enrolled in online courses has increased by 40% since 2019. Hence, it is clear that the percentage of using technology in educational ~~edu~~ domain has increased massively, showing that people have become overly dependent on technology.

Lastly, with the emergence of online gaming platforms in entertainment domain, technology has made it incredibly convenient to access and consume entertainment. With streaming services video games, and social media, people can have virtually any type of entertainment at their finger tips, 24/7. This can

lead to people spending more time than they intend to on entertainment, and can also make it more difficult to disconnect from technology. Moreover, online gaming platforms are now more accessible and affordable than ever before. With the widespread availability of smart phones and other mobile devices, people are now playing games, any time and anywhere. These games are so much addicting and appealing that they temporarily disconnect people from real-life stresses and challenges. Hence, suffering from social isolation, they consume their whole time for entertainment and have become the slaves of technology.

while people have become overly dependent on technology, there are some negative repercussions.

First and the foremost, the over dependence on technology has negative repercussions on personal

well-being, as it can lead to anxiety and depression. People who spend too much time on social media or playing video games may neglect their in-person relationships, which can lead to loneliness and depression. A study by the University of Maryland found that people who spent more than two hours per day on social media were more likely to report symptoms of depression and anxiety. Moreover, according to the Anxiety and Depression Association of America (ADAA) estimates, 18.1% of adults in the United States have ~~been~~ an anxiety disorder due to massive use of technology. Hence, it can not be called into question that over dependence on technology ~~contributes~~ to anxiety and depression.

Use some idioms more

Also, overly dependence on technology can lead to nomophobia and addiction. The term "Nomophobia" is a combination of words "no mobile phone" and "phobia." Nomophobia is the fear of being without one's

mobile phone or mobile connectivity. It is relatively new phenomenon, and is thought to be caused by the increasing reliance on mobile phones in modern society. People with nomophobia may experience anxiety, panic attacks and others. Besides, nomophobia, people have become addicted to technology. In 2022, a 17-year-old boy in South Korea died after playing an online game for 50 hours straight. The boy had been playing the game StarCraft: Brood War since he was 10 years old, and he had become increasingly addicted to the game over time. Hence, one cannot raise his eyebrows regarding negative repercussion of overly dependent on technology which can result in nomophobia and addiction.

In the same manner, over dependence on technology can cause rise in tech-related ailments. For example, over use of technology can result in

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"Text-neck" syndrome. A condition resulting from constantly looking down at a smart phone. This can lead to neck pain and other problems. Similarly, frequent use of a computer keyboard can contribute to the development of "carpal tunnel syndrome." Hence, it is beyond a shadow of doubt that over dependence on technology can cause tech-related ailments.

Likewise, over dependence on technology can lead to poor cognitive development. Young children need to interact with people in order to develop their language skills. However, excessive screen time can reduce the amount of time that children spend interacting with others. This can lead to language delays. Similarly, executive functioning skills are essential for learning and success in school and life. Studies have shown that excessive technology use can impair executive functioning skills. A 2020 study published in the journal

Nature Human Behavior found that adolescents who used social media for more than two hours per day were more likely to have problems with attention and impulse control. Hence, it is for sure that the more the technology dependence and use, poor will be the cognitive developments and vice-versa.

Moreover, over dependence on technology has negatively affected the societal well-being. In this regard, it has resulted in loss of interpersonal skills. When a person spends more time communicating through technology, he has fewer opportunities to practice his face-to-face communication skills. This can lead to difficulty making eye-contact, reading body language, and interpreting tone of voice. For example, a study by the University of Chicago found that college students who spent more time on social media were less likely to have close friendships. This is because social media can

lead to a decrease in face-to-face interaction, which is essential for building and maintaining strong relationships. Hence, it is guaranteed that overly dependence on technology can result in loss of interpersonal skills.

Furthermore, over dependence on technology can cause vulnerability to cyber-attacks and data breaches. The more technology one uses, the larger one's attack surface becomes. This meant that there are more potential entry points for cyber attackers to gain access to our systems and data. For example, Phishing emails are a common form of cyber-attacks that attempt to trick people revealing sensitive information, such as passwords and credit card numbers. overly reliant on technology employees may be more likely to click on malicious links in phishing emails, as they may be less likely to aware of the risks or may be under pressure to quickly respond.

to emails. Similarly, in 2020, SolarWinds, a major software company, was hacked by Russian intelligence operatives. The attackers compromised SolarWinds Orion software which is used by many government and business organizations around the world. This allowed the attackers to gain access to the networks of SolarWinds customers and steal sensitive data. Hence, it is certain as the sun rises that over reliant on technology can results in more vulnerability to cyber-attacks and data breaches.

Similarly, for environmental well-being, overly dependent on technology can results in increased consumption of resources. The manufacturing of electronic devices requires the extraction of variety of raw materials. This material is often collected by mining, which can cause rise in pollution. Similarly, the disposal of electronic devices is also a major environmental

problem. Moreover, electronic devices consume a significant amount of energy, both to produce and to operate. This energy consumption can lead to air pollution from fossil-fuel-powered power plants. According to the United Nations Environment Programme (UNEP), the global information communications technology (ICT) sector is responsible for 2% of global green house gas emission. Hence, it is the gospel truth that over reliant on technology has resulted in increased consumption of resources as - well-as rise in pollution.

Lastly, technology has overexploited natural resources, which can lead to decline or extinction of species. For example, fishing fleets use sophisticated sonar and GPS technology to find and catch fish more efficiently, which can lead to over fishing. Similarly, for the manufacturing of different electronic devices, different things and

natural resources are required. These resources are often linked with habitats of different species. Thus result in reduced biodiversity.

However, one can combat overdependence on technology and can maintain an effective balance in its use.

First of all, promoting awareness about the potential dangers of technology overuse can be very effective. It is the need of time to make people know about the potential dangers of technology and its over dependency. Moreover, education can play a vital role in this regard. With the help of education, value of traditional skills can be preserved which will ultimately result in decline in overuse of technology. Last but not least, there should be rigourous policies and regulation that can limit certain uses

of technology. In this way
people can combat overdependence
of technology and can maintain
a balance.

To conclude, it is as sure
as night follows day that
people have become overly
dependent on technology. As a
result they have been facing
negative consequences for their
personal, social and environmental
well-being. However, these consequences
can be mitigated by some
meticulously devised measures
like promoting awareness about
the potential dangers of technology
over use, educating people on
the value of traditional skills,
and policies and regulations that
limit certain uses of technology.
Therefore, it is the need of
time to maintain a balance
while using technology. While
technology can be a powerful
tool for good, it is important to
use it in moderation. One needs
to be more mindful of technology

use and find ways to balance it with other aspects of lives such as spending time with loved ones, engaging in physical activity, and pursuing hobbies that do not involve screens.