

Topic: People have become Overly  
dependent on Technology

Outline:

1. Introduction:

Thesis Statement: Technology <sup>Has</sup> become so crucial for people now a day that they cannot live without it. It is because humans are dependent on technology even for their basic needs. Day by day progress in technology <sup>increase</sup> dependence of man on it. <sup>Increasing</sup>

2. Significance of technology in modern society

3. How have people become overly dependent on technology.

a) Overwhelming usage of technology in daily life.

b) Expanding trends of online businesses and online education.

c) Dependence on technology for decision-making.

d) Use of Robotics and Automation in factories

e) Emergence of digital currency

f) Expansion of <sup>Online</sup> political participation

4. The perils of excessive reliance on technology.

a) It damage Analytical thinking.

The objective is to bring balance and not the mitigation

- b) Harmful effects on health
- c) Social and interpersonal ramifications.

5. How to mitigate this dependency

- a) Encourage Face-to-Face Interaction
- b) Enforce physical activities in daily life.
- c) Support offline Learning.

6. Conclusion

## People have become Overly dependent on Technology

In an era where our daily existence is seamlessly woven into the fabric of technology, it is undeniable that our reliance on gadgets has reached unprecedented heights. From waking to sleeping, our dependency on these electronic companions has become so ingrained that it begs the question: have we, perhaps, become prisoners of our own innovations? Usage of technology in our daily life and increasing trend of online businesses and online education make us dependent. People are relying on technology for decision-making. Use of robotics in factories are so common now. Emergence of

digital currency and expansion of political participation are also source of people's relying on technology. But everything comes with its good or bad. Technology also has bad impact as it ruin the critical thinking and damage the health of people. It also cause social and interpersonal ramifications. Therefore, Positive activities should be adopted such as face-to-face interaction to mitigate its harmful impacts. Enforcement of physical activities in daily life and by supporting offline learning one can reduce its impacts. In a nutshell, technology becomes so crucial for people now a day that they cannot live without it. It is because human dependent on technology even for their basic activities. Day by day progress in technology increase dependence of a man on it.

Technology holds paramount significance in modern society. Its innovations have revolutionized communication, transportation and democratized access to information. Technology takes businesses to the heights of success. Through

breakthroughs, technology has extended life spans and enhanced the quality of life. Moreover, technology empowers education with online learning platforms and interactive tools. It becomes so easy to access information about anything. Digitalize work lessens the burden for people. It drives economic growth, enabling global trade and fostering new industries. It increases the production of factories by using machinery. Ultimately, the role of technology in modern society remains pivotal, shaping the way people live, connect, and progress in an ever-evolving world.

In this digital age, the usage of technology is increasing with the speed of high-speed train. Tasks that were once performed by human being is now performed by technology. People now rely on their devices for basic tasks like navigation, communication, transportation etc and neglect the traditional way to perform things, and face-to-face interaction. According

to a report by the Pew Research Center, 81% of Americans own a smart phone, indicating a widespread reliance on these devices for communication, information, and entertainment. As people increasingly turn to technology for convenience, the lines between personal and digital interactions blur, potentially leading to reduced face-to-face communication and social cohesion.

Although people use technology for daily life chores, they also use it in businesses and education. The trend of online businesses and education is increasing as it also gives an option to work from home which is very convenient especially for women.

The rise of remote work and telecommuting has revolutionized how people approach their careers and daily routines. With the advent of high-speed internet, cloud computing, and collaborative digital tools, individuals are no longer tethered to traditional office space. According to a report by FlexJobs and Global Workplace Analytics, remote

has grown by 159 pc over the past 12 years, with 4.7 million American employees working remotely at least half the time. In a nutshell, technology helps to increase the growth of country by providing means of earning to young generation of country. Further, now a day people also relying on technology for decision-making. This is because with a few clicks, we can access data or information and can analyze the data and receive recommendations tailored to our preferences. People become addicted to this convenience of quick solutions provided by the technology. The algorithms and automated systems give us alternative solution from diverse source of information. Personal decisions, too, are influenced by technology such as navigation apps, health trackers, and recommendation algorithms. According to WHO, an increasing number of individuals are using health-related mobile applications to monitor their well-being, track symptoms, and self-diagnose medical

conditions. Thus this increasing trend of technology can have beneficial impact on human by keeping them updated about their physical condition or by providing alternative solution to people's problem.

Moreover, technology is also expanding in industrial areas such as robotics and automation in factories. The technology increase the capacity of factories to elevate their growth by increasing the production. Tasks once reliant on manual labor are now performed with precision and speed, reducing production time and costs. This technological evolution has not only elevated productivity but also improved the overall quality of manufactured goods. In 2020, despite the challenges posed by the pandemic, the International Federation of Robotics (IFR), reported that sales of industrial robots increased by 4% compared to previous year. This suggests a continued upward trajectory in the utilization of robotics and technology in manufacturing processes, which ultimately result in industrial advancement.

Furthermore, the emergence of digital currency marks a significant turning point in the modern era. People have become more reliant on digital currency for their daily transaction and financial activities rather than traditional currency. The convenience and efficiency offered by digital currencies are transforming the way individual conduct financial affairs. As traditional forms of currency gradually give way to digital alternatives. According to a report by the Bank for International Settlements (BIS), over 60pc of global consumers had used digital wallets or payment apps for transactions in 2021. Thus the comfort of digital currency cause people to depend on technology because traditional way cause inconvenience.

In addition to this, the expansion of technology also reached to the political realm. The convenience and accessibility of online platforms have made it easier for citizens to



participate in political discussions, campaigns, and advocacy efforts from the comfort of their own homes. The citizens can also represent their will by using online platforms and other social media applications. Political Leaders remain connected to their nation through media. According to a report by New Media & Society, individuals often engage in actions like sharing political content on social media without necessarily participating in offline political activities or demonstrating a deep understanding of the issues at hand. Therefore, this shift could potentially lead to a "clicktivist" culture where individuals feel satisfied with minimal efforts, reducing the impact of their involvement on real-world political outcomes.

As a matter of fact, everything comes with its evil and virtue, similarly, the perils of excessive reliance on technology are many more. One of the big disadvantages of technology is that it damages the critical or

analytical thinking of a person, as many individuals immerse themselves in the convenience of smart phones, tablets, and computers. Moreover, the reliance on auto-correct features and predictive text, for instance, might lead to a decline in spelling and grammar proficiency. The use of ChatGPT can also lead to the damage of critical thinking as it provides ready-made programs for programmers and a ready-made research on particular topics without any effort. Thus this convenience will lead to the decline in critical thinking of an individual.

Furthermore, <sup>the</sup> excessive use of technology also casts harmful effects on human health. Sedentary lifestyles have become a common outcome as people spend extended hours engaged in activities such as social media, browsing or scrolling to different applications and online-gaming. Prolonged screen time not only contributes to physical inactivity but also disturbs sleep patterns,

leading to sleep deprivation and its associated health risks. Additionally, extended periods of screen time contribute to digital eye strain, characterized by the symptoms like dry eyes, blurred vision, and headaches. The blue light emitted by screens interferes with the body's production of melatonin, a hormone crucial for regulating sleep, ultimately resulting in poor sleep quality and daytime fatigue. In a nutshell, the usage of technology not only damages one's mental health but it also damages one's physical health.

It not only damages one's health but also one's social life. It causes social and interpersonal ramifications as one is limited to oneself or one's limited space such as his room or office. Technology reduces face-to-face conversation, leading to a decline in essential social skills. Due to this unrealized connectivity towards social media causes neglecting of real-world relationships, that may inadvertently

compromise genuine connections with those around them. According to Average Screen Time Stats 2023, Globally, people average 6 hours and 58 minutes of screen time per day. Hence, the once vibrant art of conversation has been diluted by the allure of virtual communication, and affect the authenticity of relationships.

To address the growing concern of excessive technology use, it is essential to explore effective strategies that promote a balance and mindful approach to our digital interactions. One of the most effective way to decrease the influence of technology is to increase the face-to-face conversation. In this digital world, where technology pervades every aspect of life, the concept of "digital detox" has emerged as a compelling solution to combat the excessive use of technology. This practice involves consciously disconnecting from digital devices and platforms for a designated period, allowing individuals to

reclaim sense of balanced mindfulness. Hence, by temporarily stepping away from incessant notifications, constant social media scrolling, and perpetual screen time, and engaging in mindful activities can restore one mental and physical health.

Along with face-to-face conversation, participating in physical activities can also in declining the influence of technology. Engaging in physical activities can will lead to good and sound health and also it will be healthy break from screen time. Embracing physical activities to mitigate the pervasive influence of technology is a crucial strategy in promoting overall well-being.

As the excessive screen time contribute to various health issues. According to the WHO, approximately 81% of adolescents worldwide do not meet the recommended daily guideline of at least one hour of physical activity. Hence, physical activities should be promote by implementing policies that encourage and enforce regular physical exercises.

Furthermore, off line learning can also to mitigate the

influence of technology. Recent trends highlight the need for a balanced approach, as excessive screen time has become a concern. According to a study by Common Sense Media, students spend a considerable amount of time on screens for entertainment, potentially impacting their learning experience. Recognizing this, educators and policymakers are increasingly advocating for offline learning methods to complement digital approaches. This approach not only reduces reliance on technology but also promotes critical thinking, social skills, and a well-rounded education that goes beyond the confines of digital interfaces.

Conclusively, one must say that, the usage of technology in present era is very beneficial as well convenient for people but it also has another aspect which is the dark side of excessive usage of technology. Today technology has become an important part of our life as we use it in our routine. This escalating reliance on

technology has transform the life of individual. It provide unprecedented convenience in the for such as business in communication, transportation, or accessing information, or getting knowledge of contemporary world. It also revolutionized every sector of industry country like agriculture, banking, industry, factories, offices, and education etc. It increase the production, efficiency and capacity of every sector. However, this increasing influence of technology give birth to different growing concerns. Technology effect every aspect of life in good and bad way. One of major disadvantage of technology is that it effecting the health of individual, it also dividing the personal and social life of a person. We have to find <sup>positive</sup> ways to use the technology so that we can reduce the overwhelmed influence of technology in life. We have to seek balance approach in using technology.

Work on your grammar