

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 lifestyle

g) Increase in cyber security

h) Threats of creativity and imagination

of people

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

a) Setting boundaries for ~~maintaining~~ 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 bank

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

Start with solid anecdote

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 felt 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 computers to the internet, technology has revolutionized the way we communicate, learn, and work. Tech

nology 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-brought for the

comprehensiveness of <sup>1</sup> ~~multiple~~ <sup>Very vague example</sup> 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 purp-  
oses, 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 confidence of the

people from a child to a person of all 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 <sup>work</sup> 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 effect  
is spread of misinformation through  
social media like the 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 on a poll of  
152 journalists and activists  
predicts 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 youths

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 is

very 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 a 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 see any message or update.

Similarly, students might also be distracted while online study or making assignment.

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 even in person interaction with someone, everything we do takes 25% longer. It could take up to 30 minutes to return to our task, ready

to do much less ~~productivity~~ as much less dependence on technology has over dependence on technology in

our productive in

in such cases for human beings.

Over dependence on technology has also led to decrease in physical activity which has ultimately led to sedentary lifestyle. When technology does most of the work, and people have nothing to do, they just sit, eat, and entertain through devices, it leads to 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 Published Central (PMC) 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. Everything depends on technology now a days. Online banking, industrial processes and even transactions between states have become

now a days. This is giving a chance to hacker that they would hack the system. It is also entry into private domain of people.

In May 2012, the national emergency declared due to an ongoing Lanti - ransomware attack against several Costa Rica government entities. Similarly

Uber network was breached

in 2017 compromising data of fifty million dollar, seven million drivers and 600,000

US based drivers' personal details according to Purplesec

.US 2013 Cyber security

statistics.



Over dependence on technology has also led to a loss of creativity and imagination. Now, if people don't have to think for anything, they get everything ready-made. Even if someone has to wish for something, he seeks help from the technology. Especially among the students, the thought of online assignments is prevalent. They do not have to do the work which would enhance their critical skills. This is harmful for a state as a <sup>long</sup> run.

As said by Thomas Sowell: "The march of science and technology does not imply growing intellectual complexity in the lives of most people. It often means the opposite, an 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, priority 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 degrading 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 free of technology.

The CEO of Basecamp, a  
software development company,  
implemented a policy that banned  
all company wide communication out-  
side 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

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, designing 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 mis-  
used. We should use it for  
our benefit instead of letting  
it dictate ourselves. As said  
by Christopher Lous, "Technology  
is a useful servant but  
a dangerous master."

Being more maturity in your writing