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People have become overly dependent on technology

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Essay

Twenty first century has witnessed the rapid advancement in the field of technology. It has taken the world by storm. Every sphere of life is incomplete without technology. The invention of computer and mobile in the last century witnessed revolutionary development in technology. Technology saves time and effort in the execution of activities, in every walk of life. However, people have become overly dependent on technology. They have taken it to the extent of addiction. People use it in daily life activities, in sports, in sphere of education and in their social relations. The excessive use of anything is harmful. Similarly, over-dependency on technology has already made people vulnerable to physical as well as mental health issues. Moreover, people are prone to financial frauds and victims of fake news. However, with cogent measures, overdependency can be reduced.

The essay will highlight that how people have become overly dependent on technology. It will

then discuss detrimental impacts of ~~overly~~ dependence of technology.

First and foremost, people have become overly dependent on technology in their daily life. People have become habitual of using technology in even house chores.

The daily life of people is incomplete without the use of technology. For instance, people have moved from traditional cooking and cleaning appliances to modern appliances. Without these appliances, house chores or daily activities are delayed. People have lost the habit of doing things themselves. Hence, this over-reliance is the over-dependency of people on the technology.

Moving on, people have become overly dependent on vehicles for even small distances. This has led to the laziness among people. Vehicles are used for small distances in daily life. Instead of doing tasks without vehicles, people use fossil fuels, which not only affects environment but also their physical health. They have started acting like the static objects which do

move at all. For instance, people use vehicles to go to their community commercial markets.

This overdependence on technology have has detrimental impacts on physical as well as mental well-being of people.

Besides this, people have started using their mobile phones to spend their free time. People in the past used to crave for some free time to spend time with family and friends. However, technology has also replaced the family and friends. People have become overly-dependent on the mobile phone for even using their free time. This over-dependence on technology have led to the rifts in social bonds among people. Hence, people have become over-dependent on technology.

Moreover, people have also used taken technology as the source of financial transactions. It is true that financial transactions have become easy due to the technology. However its over-dependence has detrimental impacts on people. People have begun to use it as the sole source of technology.

This is to say that technology has not even spared this sphere of life. However, over-dependence of people on digital transactions has repercussions for them.

Furthermore, technology has also replaced the traditional method of reading news. People have become overly dependent on digital news. The traditional form of news has been abandoned. It is true that digital news is cost-effective as well as convenient. However, overdependence on the digital news will have repercussions. For instance, social media sites and other digital platforms are used to share news. However, no one knows if the news is authentic or not. Hence, people have become overly dependent on technology.

In addition to this, people have so overly dependent on technology that they even use digital platforms for social bonds. There are countless social and digital sites which are used for finding life partner. People have become so dependent that marriages are done through the technology. Digital connections are given priority over emotional

connections. Hence, it is true that people have become overly-dependent on technology.

Similarly, people have started using technology to establish social relationships. This is the pinnacle of irony that social bonds are being decided through technology. For instance, people use social sites like Facebook and Instagram to win friends. They are digitally connected with people who are miles away from them. However, they are unable to make friendship with people not so distant. Hence, people have become overly dependent on technology.

Along with this, people have started preferring online games over physical games. In the era of technological advancement, people have abandoned the physical activities. This has been because of excessive use of technology. Moreover, other reason behind this is that digital games are so realistic that people feel urge to play them. Online gaming is even one kind of addiction for people. Hence, people have become overly dependent

on technology.

Lastly, technology has also been used in education. To an extent, education has benefitted from the rise of technology. However, there have been several occasions where researchers and students have reproduced the same material in their research papers as well as assignments respectively. Previously, books were referred for any confusion or human rational used to be applied; however, in the wake of technology, academicians has become overly dependent on technology.

This essay will now discuss detrimental impacts of technology on people. In the end, it will propose some cogent measures which can be taken to decrease the over-dependency on technology.

As discussed earlier, the over-dependency of technology in daily life activities has repercussions on human lives. The over-dependency has created the tendencies like laziness, stress and depression. The physical inactivity according to medical experts lead to various physical

health issues. Moreover, it also decreases the effectiveness of people in life.

Secondly, over-dependency and over-use of technology lead to the mental issues in people. For instance, several research articles have proposed to keep children away from children. They have also suggested adults to reduce their screen time. It is because excessive use of technology leads to the mental health issues.

Furthermore, over dependency on technology has harmful results like financial scams. People use digital space and digital softwares to impersonate other people and bank staff. People are asked to share their credentials. Scammers, after getting data steal all money from digital wallets of people. Hence, the over-dependency on technology leads to financial scams.

Another, major detrimental impact of over-dependency on technology is fake news and disinformation. It is easy to spread fake news on the social

media sites. People indirectly become part of propaganda initiated by demagogues and criminals. People use populist tendencies to share and spread fake news and disinformation. Hence, people's over-dependency on technology has negative impact on their lives.

Additionally, the over-dependency on technology negatively affects the social relations. People have started spending their time on social media sites and other digital platforms. Consequently, it has undermined the social relations in society. People have abandoned physical interaction, they give priority to their virtual connections. Hence, over-dependency on technology has led to ~~the~~ have negative effects on social relations.

Besides this, over-dependency on technology has led to the lack of physical games. People have abandoned playing physical games. People, instead, prefer virtual or digital games. It has led to the physical health issues among people. Moreover, it has also created major mental issues among people. Hence, the

over-dependency on technology has detrimental impacts on well-being of people.

Last but not the least, it has also created issues of plagiarism in education. People have become so unproductive that they have started copying works of other people. Instead of producing their own work, people, instead, copy or reproduce material from Artificial Intelligence chatbots. It has created negative impact on people's education.

The essay will now propose some practical measures which can be used to decrease the over-dependence of people on technology. In the end, essay will be concluded.

Firstly, People have to promote physical activity. They need to decrease their use of vehicles. For small distance, walk should be prioritised. It will not only decrease the issues of physical health but also the issues of laziness and stress. It is scientifically proved that physical activity produces hormones that are effective for positive energy in the body.

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Secondly, people must reduce screen time. Screen time has been so much increased that it has created mental issues. People's average screen use is time is ~~7~~ seven to eight hours. It is detrimental and hence, be reduced in order to decrease the over-dependence on technology.

Thirdly, physical games should be prioritised over online and digital games. Physical game will ensure the physical activity. It will eventually lead to the improved health of people.

Lastly, People need to spend more time with people than technology. The over-dependence of people even in their free time is matter of concern. This must change. People must begin spending their time with people around them: their family, friends and colleagues. It will take care of over-dependency not rapidly but surely.

In a nutshell, it can be said that people have become overly dependent on technology. The technology took world by its

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intelligent features. It was supposed to be used to save time and human effort. However, people became overly dependent on technology. People started overly using technology in their daily life; in education, financial transactions and in their personal life. People became so overly dependent that it became their obsession. The overly dependence on technology has already created physical and mental health issues. Moreover, it has made it difficult for people to differentiate between authentic as well as fake news. However, if the the overly dependence on technology can be reduced by taking cogent measures. In summary, it is true that people have become overly dependent on technology.

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