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"People have become overly dependent on technology"

Outline:

A. Introduction

people have overly dependent upon

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People are overly dependent on technology for personal, economic and governance benefits. However, a balanced lifestyle, environmental sustainability and digital literacy can mitigate the challenges.

B. Overdependence of people on technology has led to countless benefits:

1. Smartphones provide communication, entertainment and information
case in point: 97 million smartphone users in Pakistan (PTA 2023)

Date: _____

2. Social media is central to socialization

Case in point: In 2024, Bengali students organized protests using social media.

3. Smart home devices automate household activities

Case in point: Smart home automation market was valued at \$79.5bn (Statistica 2023)

4. Ride-sharing apps have revolutionized taxi system

Case in point: Uber has over 100M users monthly worldwide (Uber 2022)

5. Job seekers rely on online platforms for work

Case in point: 79% of job seekers use online boards and company's websites (Glassdoor)

6. Gaming attracts users with advance processors

Case in point: Video game

Date: _____

market was valued at \$ 197 bn (Newzoo 2023)

7. Digital banking is a standard method for managing finances

Case in point: 25M internet banking transactions recorded in 2023 (SBP)

8. E-commerce is preferred for shopping over traditional retail

Case in point: Pakistan's e-commerce market is valued at \$ 4bn (ESP 2023)

9. Schools and universities use digital tools for teaching and learning

Case in point: 80% of institutes adopted e-learning platforms, and 50% increase in enrollment on Coursera and Udemy (HEC 2023)

10. E-health improves healthcare for better resource management

Date: _____

Case in point: 60% of hospitals provide e-health services (WHO)

11. E-government ensures transparency and swiftness

Case in point: Online national CNIC and passport system (NADRA)

C. Future of people's overdependence on technology:

1. Autonomous AI-powered devices will revolutionize the industry

Case in point: Use of supervised and unsupervised learning AI

D. Improving the impacts of overdependence on technology requires attention:

1. Promote activities requiring manual dexterity, critical thinking and creativity

2. Encourage physical activities and outdoor experiences to combat sedentary lifestyle

Date: _____

- 3- Enforce robust data protection regulations to prioritize user privacy
- 4- Adopt energy efficient technology and renewable energy sources to reduce environmental cost
- 5- Support educational programs providing digital literacy training to bridge the technology gap

E. Conclusion

Date: _____

Essay :

Technology is a useful servant but a dangerous master. Today, people have become overly dependent on technology for personal, economic and governance benefits. However, a balanced lifestyle, environmental sustainability and digital literacy can mitigate the challenges. Overreliant technology has deeply integrated into the fabric of contemporary society. Smartphones provide us with communication, information and entertainment, while home automation simplifies daily routines by controlling electrical appliances. Moreover, from easy booking a ride with online transportation platforms to cost-effective digital marketplaces; from secured online banking to

Date: _____

digitally equipped educational institutes and hospitals, overdependence on technology has enhanced the conventional engagements. Today, even governments facilitate public via websites for efficient and robust services, E-voting has also become an integral part of democracy. The future of technology promises significant advancements, particularly with the development of AI-powered autonomous robots. However, the potential risks of overreliance on technology must be addressed. To mitigate these risks, it is essential to foster critical thinking, engage in physical activities and promote digital literacy. Additionally, protecting users' privacy through data protection regulations and adopting sustainable technology are

Date: _____

crucial for ensuring technology benefiting society responsibly.

Overdependence on technology has deeply integrated into the fabric of contemporary society. Today, people excessively depend on smartphones equipped with internet access, large screens and user-friendly interfaces. Such gadgets have revolutionized the antique, unreliable and costly communication systems. Be it WhatsApp, Instagram, Telegram or Discord; these applications provide smooth and noiseless communication with peers. Smartphones have also become the primary source of entertainment. In spare time, platforms like YouTube and Dailymotion offer services for amusement. When entangled in abstruse situations requiring spontaneous solutions,

Date: _____

Google always comes to the rescue. Highlighting the benefits of smartphones, the Pakistan Telecommunications Authority reported 97 million active smartphone users in 2023. The allure of high-yielding gadgets has driven users to extensively utilize online applications for communication, entertainment and information seeking.

Moreover, social media offers more socializing benefits than face-to-face interaction, by leveraging technology to connect people. Face-to-face interaction depends on circumscribed geolocation and the physical presence of peers. In contrast, social media platforms enable users to reach millions of like-minded people in a matter of seconds. Whether it is sharing an urgent

Date: _____

announcement, spreading awareness, mobilizing people for a demonstration or launching a movement, social media effectively perform these tasks without requiring ample resources. When a central user posts a message, the data server instantly distributes it to listeners regardless of their location. In 2024, Bengali student organizations protested against quota system. Utilizing the power of social media for non-cooperation movement, the agitation succeeded as the government reduced veteran's job quota from 33% to mere 5%. Social media platforms have thus become the primary tool for socialization.

Additionally, myriad people rely on technology for automating electrical appliances

Date: _____

at home for better comfort. According to Statista, the smart home market was valued at \$79.5 billion in 2023. When a sudden fire sparks due to short circuit, the automated system informs the local fire department, saving goods from burning. Upon detecting a gas leak, gas detector sensors alarm before the occurrence of a destructive blast. In a armed burglary enters the compound, the controlled system will lock the doors and inform the owner. By controlling devices remotely, users can effectively guard their homes. Moreover, such systems also guide users on how to save power when appliances are not needed. Therefore, enthusiasts maximizing the benefits of technology

Date: _____

excessively rely on secure home automation technology.

Although a few critics highlight the flaws in conventional taxi systems, technology devotees of the 21st century assert that ride-sharing apps have revolutionized transportation. The skeptical skeptics argue for whistling a taxi and bargaining for rent with the driver are integral to their culture. In contrast, technocrats advocate for integrating transport services with modern technology.

Ride-sharing apps have revolutionized the conventional transport system, benefiting customers with easy booking, fixed rates per kilometer, friendly drivers and clean cars. Why should standing under the hot sun be essential

Date: _____

for ~~booking a ride~~ when a customer can easily book a ride online without taxi comfortably at home? Why should stopping a taxi be necessary when a customer can book a ride online without bargaining over a fixed rate? With over 100 million active users monthly worldwide, Uber exemplifies the success of the online transport system. In short, skeptics should embrace modern transportation platforms to save time and money.

Similarly, the wide difference between the percentage of job seekers online and offline convincingly shows that the advantage of exclusively relying on technology. According to

Date: _____

plz check validity of these arguments

Glassdoor, only 11% of job hunters physically visit companies (both relevant and irrelevant) to submit their curriculum vitae, whereas 79% of them use online job boards and company websites. Multiple major platforms - LinkedIn, Indeed and Glassdoor - offer their services for free. With low success rate of physically visiting offices, many job seekers complete their online profiles by satisfying the prerequisites of the companies and wait for their responses. Observing the pool of online profiles, major companies even recruit online job seekers directly according to company demands. As noted, job seekers increasingly rely on online platforms.

Date: _____

for job hunting rather than
on offline methods.

Online gaming and streaming technology have also become primary forms of entertainment. Newzoo valued the ^{good very good} global video game market at \$197 billion in 2023. With high computational power and reduced latency, computer processors have been significant game changers. Efficient random access memory (RAM) and read only memory (ROM) enable games to run smoothly without interruptions. Such advancements have entrenched games to computers, play stations and other gaming devices. These games consist of interactive and real-time environments, captivating players. The introduction of internet, with least pings, allows players

Date: _____

to compete globally via online gaming platforms like Steam. Additionally, streaming games and earning rewards from viewers have become another profitable market. In brief, online gaming and streaming are popular forms of entertainment across the globe.

Furthermore, digital banking technology has become a standard method for managing finances. Transacting money, paying bills and managing account details are now streamlined through online devices, eliminating the need to wait in long lines and deal with chaotic situations. In 2023, the State Bank of Pakistan recorded 25 million internet banking transactions. Moreover, digital banking solutions have transformed

Date: _____

financial services. According to Statista, 52% of consumers use only digital banks. Features like online account opening, digital wallets, personal financial management tools and AI chatbots have enhanced the banking experience. Today, not only are digital transactions among national banks possible, but international transactions via SWIFT system are also occurring. The security ^{layer} of ~~tran~~ digital servers ensure the safety of both national and international online transactions. To sum up, digital banking is the new norm of the 21st century.

Also, the cost-benefit analysis shows that e-commerce is a booming technology, with many people preferring online shopping over traditional

Date: _____

retail. The costs associated with traditional shopping — visiting shops, dealing with crowds, spending on petrol, bargaining for price and navigating traffic — often outweigh the benefits. In contrast, online shopping offers numerous advantages: browsing thousands of products on various websites, ordering with ease, transacting money online, dealing with fixed prices and receiving products at doorstep (a less abstract and more cost-effective). In 2023, the Finance Ministry of Pakistan reported that the e-commerce market accounted for \$4 billion. Although scams have been a concern, improvements in transparency and delivery mechanisms through stronger

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Date: _____

checks and balances are making online shopping more reliable. Overall, people increasingly enjoy online shopping compared to traditional retail.

Similarly, the transformation from limited digitization in the past to widespread use of digital tools in 2024 has revolutionized teaching and learning in educational institutes, significantly enhancing student's engagement and productivity. In 2023, the Higher Education Commission of Pakistan reported that 80% of educational institutes adopted e-learning and there was a 50% increase in enrollments on Coursera and Udemy. E-books and digital note taking apps are replacing physical books

Date: _____

and notebooks. With over reliance on technology, the creativity and productivity of students have improved in problem-solving issues. Previously, schools and universities relied on conventional teaching techniques, which were ill-prepared for extreme conditions. Until 2019, institutional digitization was limited to online portal and projectors. However, COVID-19 accelerated the adoption of digital tools, leading to the conduct of online classes and online examinations. The digital tools in education institutes have expanded and enhanced student literacy and engagements.

Societies, too, are adopting digital health solutions to enhance healthcare access.

Date: _____

and quality. In 2023, the World Health Organization reported that 60% of hospitals use e-health services: online rehabilitation programs, online fitness programs, fitness trackers, telemedicine and digital health information, helping to maintain health and to support patient overcoming diseases. Remotely controlled robotic arms now allow surgeons to operate from distant locations. Advance magnetic resonance imaging with artificial intelligence offer precise diagnosis. Additionally, digitized hospital management system improves resource allocation. The Healthcare Information and Management systems Society notes that 95% of hospitals in developed countries use e-health record systems in 2024. Thus, nations

Date: _____

increasingly rely on digital health solutions.

Several governments have also successfully digitized their services to enhance transparency and efficiency, while Pakistan is eager to follow suit. According to the International Institute for Democracy and Electoral Assistance, 90% of countries have implemented some form of e-governance services by as of 2023. In 2021, the incumbent government of Pakistan also planned to implement e-voting system, providing digital gadgets to constituents for voting. Transparency was to be ensured through secret e-voting, with results announced via electronic cheap reading system, guaranteeing fair voting. Recently, Pakistan's Interior

Date: _____

Ministry announced an online application process for national identity card and passports.

This initiative offers significant benefits for remote citizens, enabling them to access other national services via CNIC and facilitating international travel. E-governance procuring delays. Digital records further aid better decision-making for public policies. Governments using digital systems achieve improved and transparent public services.

In the coming decades, people will increasingly rely on autonomous AI-powered devices, revolutionizing the industry. Researchers are advancing artificial intelligence by replicating human neuron structure, enabling the development of sophisticated artificial neural networks. This

Date: _____

progress enhances deep learning, allowing robots to not only process human-fed data but also engage in self-learning. Soon, industrial robots will operate independently of input data, calibrating themselves according to situational demands.

To maximize productivity and scale businesses, robots will be extensively used in the assembly lines of profitable industries: automobile manufacturing, wood processing, ^{security,} and silicon chip production. However, ~~the use of unsupervised learning must be approached cautiously to avoid potential risks, including the possibility of unintended consequences if conflict arises.~~

avoid such lengthy expressions

The future of technology promises significant advancements, particularly with

Date: _____

deployment of AI-powered autonomous robots. However, the potential risks of overreliance on technology must be addressed.

To begin with, promotion of activities requiring manual dexterity, critical thinking and creativity can mitigate laziness caused by overreliance on technology. Overreliance on automation can lead to loss of problem-solving abilities. Activities such as knitting or crafting help maintain skills and hand-eye coordination. Engaging in puzzles, chess or any strategy games sharpens problem-solving abilities and decision making skills. Similarly, painting, writing or playing musical instruments fosters creative expression and cognitive ability. Amalgam of traditional

Date: _____

skills with advance technology would tap further opportunities. Thus, physical activities that ignite critical thinking and artistic approach offer significant benefits in maintaining skills and creativity in the face of technological advancements.

~~Also, encouraging outdoor experiences can combat the sedentary lifestyle associated with overreliance on technology and its negative impacts.~~

Excessive use of technology causes physical issues: poor posture, eye strain, anxiety and depression. In contrast, incorporating regular exercise routines, jogging, cycling or sports helps mitigate these negative health effects. Outdoor activities: hiking or camping,

Date: _____

promote physical fitness and mental well-being. Community programs, local sports leagues, gym classes and recreational events provide structured opportunities for physical activity and social interaction. By integrating these practices into ^{daily} life, individuals can achieve a healthier balance between technology use and physical well-being.

Governments, too, must enforce robust data protection regulations to prioritize user privacy in the era of Internet-of-things (IOT) technology. The increased use of technology can lead to vulnerabilities in data security and privacy, exposing individuals to cyber attacks. Comprehensive regulations must ensure secure handling of personal data.

Date: _____

Regular security audits and assessments are essential to identify and mitigate drawbacks in data protection practices.

Users should be given rights to access, edit and delete their personal data, empowering them to maintain control over their online presence. Therefore, the urgent implementation of data protection regulations is imperative to protect users from data breaches and ensure a secure digital environment.

Also, countries ought to adopt energy-efficient technologies and renewable energy sources. Promoting energy-efficient appliances, LED lights and smart thermostats can reduce energy consumption and lower utility costs. The production and use

Date: _____

of electronic devices have significant environmental costs, including resource depletion, energy consumption and electronic waste. Investing in solar panels, wind turbines and other renewable technologies helps reduce reliance on fossil fuels. This approach minimizes environmental impacts. Governments should provide financial incentives and subsidies for the adoption of green technologies to encourage widespread implementation and innovation.

In short, embracing energy efficient and renewable energy solutions are crucial for mitigating the growing negative environmental impact of technology.

Lastly, nations must support educational programs

Date: _____

for providing digital literacy training to bridge the technological gap between advanced and underdeveloped countries. Programs should cover essential skills: basic computer operations, internet usage, and online safety measures. Organizing workshops and seminars in underdeveloped communities can boost digital literacy. Partnering with educational institutes, and non-profit organizations and tech companies can enhance these efforts. This approach offers alternative to traditional industries like retail, publishing and manufacturing, potentially leading to job creation and economic growth. Overall, fostering essential digital literacy is crucial for reducing technological inequalities and promoting global progress.

Date: _____

In conclusion, people are extensively reliant on technology for personal, economic and governance benefits.

However, a balanced lifestyle, environmental sustainability and digital literacy can diminish the challenges. Technology is deeply embedded in modern society. Smartphones providing communication and entertainment, home automation easing activities, user-friendly online transportation platforms, digital marketplaces and secure banking technology has transformed activities.

Educational institutes, hospitals and even governments use digital tools. The overdependence on technology poses threats.

Improving critical thinking, encouraging physical mobility and boosting digital literacy will mitigate the imperative

Date: _____

risks. Data protection and sustainable practices are also vital to ensure security. All of this will ensure technology as a tool for amplifying human potential, rather than controlling humans. Overdependence on technology will enable us to turn ideas into actionable results, leading to peaceful world.