

Essay:

Do we really need technology in our lives?

Outline:

### 1) Introduction

- a) Evolution of technology
- b) Why humans need technology?
- c) Thesis statement

### 2) Facts to show the need of technology in human's life

- a) Use of technology in education
- b) Importance of technology in health sector
- c) Technology is necessary for new discoveries
- d) Economic benefits of technology
- e) Humans need technology for development
- f) Technology can prevent famines
- g) Helpful in mitigating <sup>natural</sup> disasters
- h) Communication has become easy
- i) Technology has made travelling safe
- j) Immense help of technology in daily life activities.
- k) Success stories of technological innovations

### 3) Drawback of technology on human's life

- a) Surge in Terrorism
- b) Environmental Degradation
- c) Excessive use of technology creates health issues
  - i) Obesity
  - ii) Weak Eye Sight
  - iii) Insomnia and depression.

### 4) Way forward

- a) Sensitization of masses on positive use of technology
- b) Promoting physical games
- c) Adopting climate friendly approaches.

### 5) Conclusion

①

The primitive men lived in caves, where they had to go through extreme difficulties to perform even basic tasks such as cooking, baking, washing and transporting. These men decided to make their lives comfortable and with their iron clad will, they conquered the vast skies and deep seas. They invented everything from tyres to robots. With the rapid advancement of technology in recent decades, the question of its necessity in our lives has become increasingly pertinent. From the moment we wake up to the sound of our alarm clocks to the minute we scroll through social media before bed, technology permeates every aspect of human existence. From transportation to communication and from agriculture to health and education, men need technology. However, amidst the convenience and innovation that technology offers, there arises a fundamental question: do humans need technology in their lives? So, the answer would be, Yes!, we truly need technology in our lives. Technology has not only brought ease and comfort, but it has also made human excel in every sphere of life.

Humans always have a thirst for knowledge and it was through education that they created technology. At first, it was difficult to gain knowledge as the sources of knowledge such as books and teachers were not accessible. Man had to go through extreme difficulties to get education. However, technology has made it easy to access books and teachers from around the world. Through internet, men can read research of any scholar from any part of the world. This has not only increase the literacy rate, but it has also improved human life. Even in a developing country like Pakistan,

Literacy rate is 50 percent. Men can not survive with <sup>②</sup>out education and technology has made education easy. Therefore, men really need technology in their lives.

As a famous aphorism goes, "A healthy body needs a healthy mind." Therefore, men can not get education if he is not healthy. Technology has augmented the human life expectancy by more than 6 years. The surgical operation and organs transplantation, which was once considered impossible, has helped humans survive. Men has developed vaccines to fight diseases. The advent of technology has increased the chances of child survival during delivery. Even today EMOBOT (a robot) is performing surgeries with extreme effectiveness. The rise of technology has revolutionized the health sector which shows that men needs technology in their lives.

The earth is filled with many resources. These resources are being utilized by men to bring comfort. Petrol is used to run our cars and coal is being used in train engines, factories and even in homes for cooking. It was technology, that made these valuable resources easily accessible to humans. Human have conquered the vast skies and deep seas, all with the help of technology. Technology has even puts men on Moon. Humans are developing stations in space and other planets and the day is not far when men will start life even in space. These are the fruits of technology. The new machines we use in our daily lives (lawn, oven, stoves, refrigerators, mobiles) are the proof that human need technology in their lives. Men can not make and discover new things without technology.



③

Apart from discovering new things, technology is of utmost importance in economy. Primitive men used barter system for trade activities which was ineffective. With the help of technology, economic sector has developed manifold. Now, there are bank notes and digital currency to buy and sell things. The conversion of currencies is very easy. Business can be done in any part of the world with ease. It is technology that has allowed foreign investors to invest in less developed countries. Economic disparities and unemployment in developing countries has decreased due to technology. The modern economic sector could not have flourished without technology. It shows that the men really need technology in their lives.

The human development is directly proportional to the development of technology. The highways, bridges and skyscrapers are due to technological advancement. There is not even a single structure made without using technology. Planes and bullet trains are also blessing of technology. In the past century, the human development has increased to such an extent that it has even startled humans themselves. All these developments were made possible due to the advancement of technology. A single excavator can perform work of hundreds of labor. Machines can work 24/7 with effectiveness and it has boosted human development. Men has excelled in every field of life and it can be said without an iota of doubt that it was technology behind all these developments. So, technology is really needed in lives of humans.

Famines had taken millions of lives and with the use of technology, the fear of famine has been removed. With the help of technology food can

be transported to any place with speed. Technology has brought revolution in agriculture field. The use of lasers levelling of field, tractors, sprinklers, thrasher and drip irrigation has improved the quality of crop. Fertilisers prevent crops from rodents and insects. Now a single person can plough a huge land with ease through tractors. More and more land is being cultivated. The use of technology has increased crop yield and the fear of famine is now gone. Even if there is a shortage of food in any country, they can buy it from other countries. This is how man need technology in their lives especially in agriculture sector.

It is now possible to predict the natural disasters and take adaptation measures in time. Floods, earthquakes and tsunamis have caused huge damages to lives and property. With technology, it can be predicted that when and where there are chances of flood and tsunamis. Recently, Bhopal, a tsunami was predicted in time and countries prepared for the damages it cost. Many lives were saved due to early warning. Wild fire is a common phenomena and with technology we can predict its direction and intensity. Hence, it is proved that man really need technology in their lives especially in dealing with natural disasters.

What separates man from other creature is its capability to advance communication. With technology, men can communicate with other men in far flung places. Graham bell discovered Telephone and since then it has become a necessity for humans. One can not even think of spending an hour without a mobile in contemporary era. Technology has made world a global village. It is technology that has made communication possible through apps like



Facebook, WhatsApp and Twitter easy. Men can see each other on mobile, hold meetings and perform their activities with technology. Students can communicate easily with teachers. Even governments are using technological tool to conduct their affairs. All these examples show that human need technology in their lives.

It was very tough and unsafe to travel without technology. People had to stay away from their loved ones for years when they travel. Even Hajj a religious pilgrimage was not less than an arduous journey. Even old can perform Hajj and travel to far away place with technology. Technology has made travelling easy. Due to technological advancement, man is able to transport goods from one country to another. Even fruits, with a short lifespan, can be transported to other countries. Ease in transportation has increased understanding of cultures and it has made men broadminded. There are several blessings of transportation and the use of technology is evident that man needs technology in their lives.

The need of technology can be determined from the fact that nowadays even toddlers do not eat meal without a gadget in their hands. We are surrounded by technology. From light bulbs to motors and from oven to TV, everywhere men depends on technology. Even for most basic tasks of cleaning we use vacuum cleaners and for cooking we use stoves and ovens. There is not even a single activity which does not require involvement of technology. We are dependent on alarm clocks to wake up in morning. There is no age, gender or group that do not use technology. The abundant use of technology shows that human need technology in their lives and can not survive without it.

Technology has achieved milestones in many fields, but the invention of tyre, telephone and internet has taken it to another heights. With the invention of tyre men were able to lift heavy object and transport them easily. It helped in development and men used tyre in almost everything. Caravan had invention

of telephone gave new ideas to humans. They started dreaming about impossible and with their hardwork they invented mobile. Now it was easy to call anyone with a portable gadget in your pocket. All the new inventions are due to internet. Internet joined the world together and now the world is so well connected that a small event around the corner of the world is not unknown to men. Men can not imagine a life without technology and it can be said without doubt that men really need technology in their lives.

Though technology is a blessing for humans, it also has some drawbacks on human life. The recent surge in terrorism all around the world is due to the technological advancement. Terrorist can now easily spread their false ideologies easily. They can travel and spread terror with technological equipment with ease. Many people argue that technology is the reason of terrorism. Those who argue this only see a single side of picture. If the terrorist use it for their propaganda, security agencies can use it to catch terrorist. People can be sensitized about the use of technology and with the involvement of government, strict monitoring can be set on banned outfits to monitor their activities. So, technology may have given scope to terrorism but its impacts could be controlled with strict monitoring.

Technological equipment need energy to function and non-renewable sources are used to power these equipments. It has increased the demand of fuel and electricity. With great demand men is using/depleting earth resources which is causing climate change. It is right that technology has affected our climate but scientists have also said that the protection of environment without using technology is not possible. Technology can not only solve several issues but it can also prevent natural catastrophes. The technology has made men able to plant trees with effectiveness. Men need to adopt mitigation techniques and implement policies to save environment degradation.



Technology has grabbed a massive role in our lives and due to its excessive use, it is causing health issues. Technology gives comfort, and this in turn has increased obesity. People spend hours in front of screens and their physical movement has decreased due to technology. Increased screen time also gives birth to Insomnia (lack of sleep) and depression. It is also a major cause of weak eye sight. Though all these problems are the result of technological advancements, they can be tackled by empowering people on positive use of technology. Fitness applications in mobile can help track your BMI and can also guide in weight loss. Protective screens and eye comfort mode can prevent your eyesight from weakening and in the same manner, leaving mobile 4 hours before bed can also help fight insomnia. So technology is not bad at all. It is the incentive we that causes several issues but they can also be cured with technology. So, there may be few drawbacks of using technology, but its fruits and blessings outweigh the drawbacks. The given measures in the future can help in making technology more useful.

It is of utmost importance to sensitize the masses on positive use of technology. Seminars should be held in schools and colleges to teach students on the effective use of technology. Technology is an effective tool for the enhancement of human capabilities and if students use it properly, it will not only help them in studies but it will also help in their personal life. Technology has made sensitization even easier. Now a video message can be made for sensitization and it can be quickly spread. With the sensitized masses, technology can be used properly and it will increase human inventions further leading to prosperity.

The rise in use of technological equipment has increased the demand of energy. Currently, most of the energy needs are fulfilled through non-renewable resources such as coal, petrol, gas etc. These sources are not climate friendly. For generating energy, renewable sources should be utilized that are climate friendly such as



solar, wind and hydel sources. It will prevent climate from GHGs<sup>8</sup> and protect the Ozone layer. Technology can be used to devise new methods and it can easily invent equipment to help mitigate the effects of climate change. Using technology in fighting climate change can save humanity from several disasters and it shows the need of technology in the lives of humans.

In conclusion, it can be stated that technology is directly proportional to human development and prosperity. Men really need technology in their lives in order to make out the most from life. Technology has brought ease and comfort in every affair of human life and without technology men can not survive. From simple everyday tasks of (cooking, washing, eating, writing, communicating) to the revolutionizing of education, transportation and overall improvement of life, technology has played its role. Men immensely need technology in their lives as it has increased the effectiveness and efficiency of tasks. New inventions and mode spacecrafts would not be possible without using technology. Technological development has increased the pace of human progress and prosperity. Though, there are few drawbacks of using technology, they can be controlled and cured by using technology in an informed and positive way. Thus it is undeniable that men truly need technology in their lives to thrive in the modern world and in words of Shah Waliullah, "If you wish to understand the significance of something, imagine life without it." So, the question, men should really ask themselves that, can they imagine a life without technology?

---