

"People have become overly dependent on technology"

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People have become overly dependent on technology in various aspects of lives. Technology has changed the way people live. Undoubtedly, it plays an vital role in 21st century. The rapid growth and advancement of technology into daily routines have significantly impacted the way people communicate, work and learn.

~~Because~~ ^{due to} of these sources, people have overly dependent on the technology because it has lessened work loads and facilitate lives of people. Undeniably, technology has brought numerous benefits, but it also has impacted on people's lives.

The people of 21st century have overly reliant on technology in every sphere of life.

People are not overly dependent on technology due to several reasons such as increased convenience, it has made lives more comfortable and easy to live. Through smartphones one can do anything easily without any hurdle, people can easily access of banking and finance. so it has made people's life lives

more convenient. Also, People are not overly dependent in the field of information. It is the source of knowledge so one can easily access to information. In this century, it has provided each and every knowledge of the world so it will not impact on people's lives if they are overly dependent on technology for the purpose of knowledge. Furthermore, it is also source of earning, through technology people can earn easily and get money. By earning money, it does not mean that people are overly dependent on technology. It is true that everything have two sides but this was the positive view of the technology.

There are many causes of overly dependent on technology. For instance, Communication and connectivity: The reason behind overly dependent is the communication. People it has made easy to communicate from one place to another. In previous times, People used to write letters which take many days to reach. With the help of technology, it is very much possible to talk

within seconds, it has connected people with each other such as one person is living in different country so it is possible to see him through technology. Because of connectivity, people have become overly dependent on technology. Additionally, it has provided information which is overloaded. Nowadays, information is everything, one cannot do anything without the information. There are a lot of information about each and every sphere of life. It has lessened the lives of people through providing enough information. People have become overly dependent owing to access to information. It is very easy to get information within few moments. Before technology, people used to read many books in search of small knowledge and it was not sure that whether it is authentic knowledge or not. As time passes, technology has provided every type of knowledge and information. It has not only provided information ~~but~~ also gives accurate information in simple and easy language.

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Owing to this, people have become overly dependent on technology. Similarly, technology is used ~~in~~ for the purpose of education and learning. People are overly dependent because, it is easy to learn anything in education. Nowadays, every person is using technology for the purpose of education and learning. In the education, institutions are using technology to understand students easily such as multi-media. It is the source of learning through one can easily learn. It has played a vital role in the education and learning. For this reason, people have become overly dependent on technology. ~~also~~ Moreover, economic dependency is also a factor of the overly dependent on technology. It is the source of earning, through this many people are doing online jobs on technology. It has offered many jobs to people. One can easily do it from one's home. It also helps in finance and banking. It is not wrong to say that every country is dependent on the technology for the purpose of

of economy. The whole banking and finance system is working with the help of technology. It is the important aspect ~~also~~ because it provides many opportunities such as job market online through this, it will decrease unemployment. The excessive opportunities here made people overly dependent on technology. Furthermore, it is a) cultural diverse. With the help of technology one can easily understand the culture of other countries because it is not possible for everyone to visit each and every country. But technology has provided the opportunity to learn and understand the different culture. Every culture is holistic so it will also help to learn. Also, it has provided health opportunities. In the previous eras, there were no proper way of dealing diseases which caused the death of several people. There were no proper treatment of such diseases: Aids, HIV, Malaria and soon. With the passage of time, technology has achieved several treatments to deal with these problems. It

is the reason everyone is connected with technology. Even though, one can use ~~the~~ a one's smartphone to check heart beat and many other options are also there to deal health issues. It has facilitated the lives of people which lead to overly dependent on technology.

As a result, there are many impacts of overly dependent on technology. Such as social isolation, technology has led to a paradoxical consequence of social isolation. The excessive technology use can lead to social withdrawal. such as decline in face to face interaction. It has impacted a lot because it makes distance among people. ~~to~~ Before technology, people were used to talk and discuss everything with each other, as time passes, it has created distance among people because people have become overly dependent on technology so it is the cause of decline in face to face interaction. Also, technology has impacted on mental health issues. It has given

anxiety, depression and addiction of technology. Without technology one can not live happy nowadays concurrent situation of people. Owing to technology, people are unable to sleep properly. It has created a lot of disturbance when phone is lost, death or even out of reach. Nowadays, one can easily live without food for one day but he could not live one day without technology. According to the report of World Health Organization, there are 80 to 85% are overly dependent on technology which causes many health issues such as Nomophobia (the fear of being without a mobile device) anxiety, depression and little sleep. These are the things which have created mental health issues. Similarly, people have become overly dependent and lost their cognitive skills. Technology has provided everything accurate and authentic so people are unable to think well about that particular aspect. Nowadays, people are not critically analysing the material or things from that perspective. The most recent

recent example of impaired cognitive skills is ChatGPT which has provided every material accurate and authentic so people are not reading much about that aspect. It has made people limited in every domain of life. Also, it is the cause of privacy security concern, through this one can be easily traced. Technology is the cause of leakage of privacy. Technology companies often collect vast amounts of user data, including personal information, browsing habits, and location data. This data can be used for targeted advertising or other purposes, raising concerns about the extent of data collection and lack of user consent. Digital identities can be stolen or manipulated which are leading to identity theft and fraudulent activities. This can harm an individual's financial standing and reputation. Moreover, technology has reduced physical activities. People engage in minimal physical movement and activities, primarily because of the convenience and

appeal of modern technology. The proliferation of screens including smartphones, computers and televisions encourage prolonged period of sitting at one place. There are many jobs now which are involved desk work further reducing physical activity. Moreover, children and ~~adults~~ adults increasingly turn to screen-based entertainment which lead to less outdoor play and exercise. Also, technology has made a person narcissistic, in some cases technology has contributed to narcissistic behavior by providing platforms for self promotion and validation such as social media.

In order to solve this, Digital literacy education programs in schools and communities can teach individuals how to use technology ~~and~~ responsibly. It helps them to understand the potential pitfalls and benefits of technology. And it is the important for them to know all about the technology. Similarly, Technology time management is important aspect and solution. In this, encouraging people to set limits on their

screen time for themselves and their children. It can help prevent excessive use of technology. This is another important aspect of technology. It can be easily achieved through designated tech free times which will help to lessen use of technology. Also, promote offline activities, these activities will help to prevent from technology.

Offline activities including sports, outdoor games, reading and exercise. These activities help to engage them from excessive use of technology. In order to control excessive use, family engagement is the most important tool to escape from technology.

One should engagement with one's family including discussions, games and practical work can lessen the engagement of technology. This helps create a supportive environment for 'healthy life'. An effective way to tackle this is by public awareness campaign. Launching public awareness campaign can inform people about the negative consequences of over dependency

on technology and educate them about strategies to reduce over use of technology. By adopting these strategies, one can easily control on the over use of technology.

In conclusion, People have become overly dependent on technology in every sphere of their lives. It has made their lives more comfortable, and have brought several benefits including communication and connectivity, information overloaded, education and learning, economic dependency, cultural diverse and health dependency. However, it has impacted on lives such as, social isolation, Mental health issues, impaired cognitive skills, privacy and security concern, reduce physical activity and becomes a narcissistic. In order to reduce over dependency one should adopt some ways such as digital literacy education, technology time management, promote offline activities, family engagement and public awareness campaigns. Through adopt these strategies one can control over dependency of technology.