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People have become overly dependent on technology

(1) Introduction

- (i) Evolution of technology
- (ii) What is technology?
- (iii) Thesis Statement

(2) Facts that Highlight Humans Over-dependence on technology

(i) Excessive use in communication and social interactions

(a) Engagement in a multitude of social media platforms

(b) Constant desire of humans to exhibit life updates

(ii) Over-consumption of technological gadgets

(a) Developing a consumerist mindset

(iii) Over-dependence and extra-reliance on navigation devices

(a) Declining ability of humans to read maps

(iv) Over-reliance on technology in Health Sector

(a) Introduction of robotic surgeries

(b) Possibility of computational errors

(v) Over-dependence and over-reliance on technology in the automobile industry

(a) Booking a ride is easier than ever

(b) Possible security issues

(vi) Over-dependence on technology in industrial sector

(a) Replacement of human labor with machineries

(b) Amplification of un-employment

(vii) Over-dependence on technology in the education sector

(a) Culture of online education

(b) Reduced physical interactions

3) How over-dependence on technology is negatively affecting human beings

(i) Climate change

(a) 1-2°C rise in earth's temperature

(ii) Security vulnerabilities

(a) Access of data to extremists or terrorists

(iii) Psychological health

(a) Increased screen time leads to impeding psychological health.

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Recommendations to ameliorate the relationship between human beings and technology

(i) Spreading awareness via media, workshops and seminars to help build a better understanding of technology.

(ii) Creating a climate emergency to highlight devastating impacts of technology on Earth.

(iii) Promoting real human interactions and living beyond the screen

(iv) Encouraging physical and mental sports to escalate and restore Human capabilities

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Conclusion

If humanity is traced to its primitive times, it would be noted that techniques such as fire starting and relentless discoveries carved a path towards surprisingly astonishing innovations and ideas. These notions have today morphed into rapid advancements and tools such as, quantum computation and artificial intelligence. This shows that the technological realm just like humans evolves at every step. Prior to discussing technology it is crucial to understand and grasp its concept. As per the Oxford dictionary, technology is the application of knowledge to facilitate the obtaining and transformation of natural materials and according to, Thomas P. Hughes, technology means systematic application of scientific or other organized knowledge to practical tasks. But, in simpler words, it is the practical application of knowledge. Today the gifts of technology are innumerable and are easily accessible to be devoured. Yet, humans seem to suffer as they have now become overly-dependent on technology. This dependency is expressed by humans in many respects. To begin with, humans have developed an urge to connect and share momentously. Moreover, the debilitating over-consumption of technology is on an ascend. Likewise, over-reliance and use of navigation devices is concerning. Similarly, the health sector now seems helpless at the hands of technology. Lastly, the transformat

of automobile industry has left humans open to immeasurable security vulnerabilities. These behaviours are not only mere instances but seem to have lasting impacts on humans and the Earth. Consequences such as; climate change, impeding psychology of humans and open data repositories must be dreaded. These ubiquitous matters can only be addressed by building new orientations and perceptions towards technology.

Hence, ^{Few} mitigation techniques need to be practiced. Firstly, creating and rising awareness about these matters can be fruitful. Secondly, there is a dire need to create a climate emergency. Thirdly, physical activities must be encouraged at all platforms especially schools. Finally, humans should be motivated to inculcate simpler means in their lifestyles. Hence, it can be deduced from the above that the rapidly evolving technological landscape and immediate access to devices has constructed a flawed relationship of humans and technology, making them excessively reliant on it.

To begin with; superfluous use of technology and tech instruments for the purpose of connecting and communicating at all instances has made people addicted and overly dependent on it. Individuals often find themselves entangled in the vast web of social media, traversing from one platform to another, concurrently. Moreover, people seem to have cultivated an inexhaustible urge to engage in interactions at all times thus, these behaviours lead them to fall into

conflicting narratives. Therefore; we can deduce that exorbitant communication often converts into disproportionate reliance on technology.

Similarly; spending copious amounts of money on devices exacerbate the attachment of humans on technology. These instruments may fall into various categories ranging simple kitchenware to modern day AI tools.

Furthermore, what is concerning is not only the spending on technology but also, the prevalence of a consumerist mindset.

This is a problem evidently seen in divergent cultures and landscapes. Therefore, this unfettered expenditure on equipment serves as another factor of humans being unduly dependent on technology.

Likewise; mankind's excessive reliance on navigation devices is yet, another fact of how humans are becoming excessively reliant on innovations. This culture of navigation tools debilitates the human ability to read maps and interpret them effectively.

Hence, the use of navigation instruments takes away the essence of life and increases dependency on them.

In the same way; the health sector is losing its charm by overabundantly using machineries in every aspect. Nowadays, without the required equipment, medical

Practitioners seem helpless and not able to perform tasks. Moreover, the advent of robotic surgeries has somehow revolutionized the field of medical science. Doctors in the operation theatres present the image of mere technicians only putting directions to computers. Other than this, machines perform diagnosis on patients mostly, by giving results for almost any possible tests. Thus, this unrestrained exercise of machinery is a proof of our declining capabilities and too much reliance on equipment.

Also, the unprecedented transformation of automobile industry ^{is a} point that needs much consideration. In today's age, automobile services are available at the behest of a single click and booking a ride has become more convenient. Although, this seemingly enhances human lives, ~~but~~ there are a great many risks that can be countered at any instance.

These services not being coherent everywhere possess challenges for users and different demographics inculcate varying security vulnerabilities. Hence, the immoderate harnessing of automobile services is making humans inept subordinate on it.

In addition, industrial sector sees technological use the most, in an continuously advancing world. Before, jobs in industries were done by human laborers who earned wages on a daily basis. They were contributing boundlessly

in factories and other arenas. But, with the advent of technology these roles have been replaced by robots. This replacement has caused a massive surge in joblessness and unemployment. What once was done by humans is now performed by technology, clearly showing the submission of humans to technology.

Finally, the education sector is now at the pinnacle of digitisation. The introduction of online classes has defined and formed a new trajectory for learning. This new pathway has transformed the student-prodigy relationship as students are mostly unable to do physical interactions. Although, admired by many, technological use in education has defied conventional ways of classroom learning and has made us overly dependent on technology.

Having discussed perilous impacts of technology in human life, we shall now have a glance at some drawbacks that technology has given birth to.

Firstly; Technology can be blamed for depleting world's resources bringing forth horrendous aftermaths. Biggest impact has been on the earth's climate, which according to a report of IPCC is evolving, as 1.2°C increase in global warming has been noted. It is an extremely alarming calamity that glares humans in the eye. Hence, Human and world future remains at risk.

Secondly, security vulnerabilities are now on the rise, than ever before, and are prevailing exponentially. Digital and computational devices are repositories of data and can serve as an omnipresent threat. The fact that their access is so straightforward is apprehending, as one click by any extremist or terrorist is enough to wreak havoc in any domain. The world of cyber threats is an abysmal pit, where, security threats endanger lives everyday.

Finally, technology has entrapped us in gruesome psychological traps. The ever-present glow of screens from dawn's first light to quiet nights have placed humans in the vicious cycle of stimulations. These constant triggers cultivate pejorative thoughts and dwindle the essence of human life. As humans require space and reflection to maintain sanity this, blessing has been taken away by technology. After exploring debilitating impacts of technology, it is pertinent to highlight meticulous strategies that will help in ameliorating human-technology relationship. To start with, knowledge regarding technology and its perilous impacts must be spread loud and wide. This can take the shape of seminars, workshops and media campaigns. Moreover, the goal of such strategies should always be momentous. Therefore, enlightenment can be our first step towards

Fostering human-technology bond.

Secondly; a climate change emergency needs to be highlighted and worked on. It is an impending danger that requires to apply rudimentary strict protocols globally. Green initiatives regarding cars and machineries must be taken and pro-activeness must be implied over the capricious soaring temperatures and meltdowns. Today the world is at the falling in hands of global warming only as a result of constant advancement and exploitation.

Thirdly, Physical exercise and mental activities could effectively mitigate the excessive reliance of humans on technology. A tradition of physical games and tasks should be obtained to counteract the constant adherence to the screens. Not only, will these prove crucial for human bodily health but also, elevate our mental abilities. To further this initiative, educational institutes must be placed at the focal point. Thus, physical and mental exercise can be a vital antidote curbing the heavily-reliant behaviour of humans.

Lastly; another efficacious measure can be the promotion of a simpler lifestyle and utterly demoralising materialism.

Modern digitisation comes with constant bombardments of advertisements which ignite in humans the desire to constantly

Purchase henceforth, string numerous addictions and over-spending of money. However, this can only be controlled by reconstructing a fresh viewpoint that is highly appreciative of minimalistic values.

In a nutshell, today's rapidly evolving technological landscape and immediate access to devices, has constructed flawed relationships between humans and technology, making them excessively over-dependent on it. Although, created for relief and productivity of humans, technology become a conspicuous part of human lives. These advancements have integrated themselves at all phases of life and are causing deteriorating impacts. Firstly, humans have developed constant impulses to connect and share continuously. Secondly, abuse and over-consumption of technology is on an ascend. Thirdly, the blindfolded reliance on navigation devices is making humans inept. Fourthly, there is over-reliance on technology in the health sector. Fifthly, there is extreme dependency on automobile services. Sixthly, education sector is revolutionizing at an unusual pace. Finally, industries have now become homes for robots only. These factors have potential dangers and threat and concerning over them is the need of the hour. However, the threat of over-dependency on technology is existential. There are copious mitigation

Techniques serving as a panacea for this disease. To begin with, creating awareness is one step that can be fruitful in counteracting this situation. Moreover, climate change is a menace and must be morphed into a global emergency. Furthermore, physical activities must be encouraged at all platforms. Lastly, a simpler life-style must be promoted. With these resolves in mind the relationships' between humans and technology can be nurtured. Tools and techniques once introduced for the better quality of life can once again function their required tasks. Furthermore, it must be made sure that humans and technology evolve at the same pace respectively.