People have become overly dependent on technology

1- Introduction

Individuals either slightly depend on technology or solely rely on it. Most often, individuals have become overly dependent on technology due to its excessive use in all spheres of life. This excessive use stems from numerous advantages that technology offers.

2- Have people become excessively reliant on technology or not?

3- How people have become excessively dependent on technology? (thesis)

a- Prevalence of social media addiction

b- Culture of Online shopping

c- Popularity of Online education in students

d- Increased reliance on virtual meetings and communications

e- Excessive use of technology in household chores

4- How People have not become overly Dependent on technology? (Anti-thesis)

a- Existence of significant number of low social media users

b- Physical Shopping is still thriving due to social interaction and immediate gratification

c- Dissatisfaction of students with online learning due to lack of direct interaction

d- Concerns over data privacy discourage individuals from relying solely on virtual platforms

e- People, who can not afford ∧ electronic appliances for household chores, still live their lives beautifully

5- People have become overly dependent on technology due to advantages offered by technology

a- Number of social media addicts is higher than that of low social media users due to vast entertain-ment options on social media

b- Online shopping is more thriving than physical shopping due to the convenience it offers

c- Growing popularity of digital literacy, driven by enhanced accessibility in remote areas, surpasses that of traditional classrooms

d- Lower cost of virtual communication than physical communication is driving a shift toward virtual communication platforms

e- Robot servants are coming highlighting overdependence of people on technology in household chores

6- Conclusion

People have become overly dependent on technology

People's reliance on technology ranges from minimal to absolute, with some integrating it into every aspect of their lives while others use it sparingly. Whether used sparingly or relied upon entirely, technology has become an integral part of how people navigate their daily routines. Some view technology as a helpful tool, while others have become completely dependent on it for managing their lives. Thus, individuals either slightly depend on technology or solely rely on it. Most often, individuals have become overly dependent on technology due to its excessive use in all spheres of life. This excessive use stems from numerous advantages that technology offers. People have become overly dependent on technology in the form of social media addiction, the culture of online shopping, the popularity of online education, and the excessive use of technology in household chores. However, opponents of this idea emphasize that people have not become overly reliant on technology. Contrary to prevalence of social media addiction, there are a significant number of low social media users. They contend that physical shopping is still thriving due to social interaction and

and immediate gratification. Moreover, dissatisfaction of students with online learning compels them toward physical classrooms, and people who can not afford electronic appliances for household chores also lead fulfilling lives, supporting the argument against over-dependence on technology. Nevertheless, the myriad opportunities encapsulated by technology compel people to become over-dependent on it.

In today's world, on one end of the spectrum, technology is merely a subtle enhancement for some, a tool to streamline daily tasks and enrich their experiences without dominating their lives. These individuals recognize the irreplaceable value of face-to-face communication, heartfelt conversations, and shared experiences. Numerous countries prioritize communal bonds over exclusive reliance on technology for entertainment. For example, Japan despite having vast technological entertainment options, values communal experiences such as **hanami** (cherry blossom viewing), tea ceremonies and traditional arts like kabuki theater (Arthur Golden, Memoirs of a Geisha, 1997). On the other hand of the spectrum, technology becomes an indispensable lifeline of some individuals. These individuals are deeply intertwined with their devices, relying solely on apps for everything from navigation and health monitoring to work and social interaction. For instance, as of April 2024 there were 5.44 billion internet users worldwide, amounting to 67.1 percent

of global population. Of this total, 62.6% of world's population was social media users. This highlights significant reliance of people on technology.

One of the main indicators of people's overdependence on technology is the prevalence of social media addiction. This modern day addiction illustrates how integral digital platforms have become to daily life. The exponential increase in the number of social media addicts in recent years serves as a compelling evidence of the excessive intrusion of technology into personal lives. According to research from the University of Michigan, an estimated 210 million people worldwide suffer from social media and internet addiction. This clearly highlights that people have become overly dependent on technology due to social media addiction.

Another undeniable indicator of people's over-reliance on technology is the burgeoning culture of online shopping. This shift has fundamentally transformed consumer behavior, with digital storefronts rapidly replacing traditional brick-and-mortar shops. The dependency on online shopping is underscored by the explosive growth of e-commerce giants, whose platforms facilitate billions of transactions annually. For instance, global e-commerce sales have surged by nearly 800% since 2010 with average person spending

$5,381 online in 2023 alone (The Economist, Surge in Online Shopping, May 2024). Thus, it becomes evident that people have become overly reliant on technology due to their increasing dependence on online shopping.

In addition to increasing dependence on online shopping, another aspect that underscores the over-dependence of people on technology is the growing popularity of online education among students. The specter of excessive reliance on online learning looms ominously in the educational sphere. The allure of convenience offered by online learning often morphs into over-dependency on technology. This growing trend is evident from the fact that 49% of students worldwide have completed some form of online learning in 2023. Moreover, 70% of students have stated that online learning is better than traditional classroom learning, and the number of online learners is expected to increase to 57 million by 2027 (Forbes, Popularity of Online Education in Students, December 2023). This rising popularity of online education among students highlights that people have become overly-dependent on technology.

Moreover, the increased reliance on virtual meetings and communications also highlights the over-dependence of people on technology. People have become inextricably tethered to virtual interaction. The global communication market is experiencing explosive growth, fueled by the widespread demand for virtual communication platforms among individuals. For instance, the global video conferencing market continues to grow, with its value increasing by $7 billion per year, reaching $93 billion by 2032 (US Bureau of Labor Statistics, Surge in video conferencing Market, 2024). This surge starkly reveals the precarious over-dependence of people on technology.

People have become overly dependent on technology, not only in communication but also in household chores. In modern households, this over-dependence has revolutionized the way people approach everyday tasks, creating a paradox of convenience and reliance. This growing demand for electronic appliances has broadened the household appliances market. For instance, the average number of appliances per household is approximately 2.27 pieces in 2024. Due to which the revenue generated in the household appliances market worldwide has amounted to $0.67 trillion and is projected to grow annually by 4.87% from 2024 to 2029 (Statista, Growth

in **Household Appliances Market, June 2024**. This increase clearly highlights the over-dependence of people on technology in household chores.

However, it is often believed that people have not become overly dependent on technology. Contrary to the prevalence of social media addiction, there are a significant number of low social media users. Not everyone has succumbed to the allure of technology, as evidenced by the many people who abstain from social media. This demographic maintains a balanced lifestyle free from digital distractions. **For example**, internet users in Japan spend less than fifty minutes per day on social media (**The Economist, Low Social Media Use in Japan, April 2024**). This clearly shows that people have not become overly dependent on technology.

Another aspect that highlights that people have not become overly reliant on technology is that despite the growing popularity of online shopping, physical shopping is still thriving due to social interaction and immediate gratification. Physical shopping provides a social outing, allowing people to connect with friends and family while exploring stores. These factors show that even in digital age, the desire for

direct personal experiences remains strong. Many online retailers are now opening physical stores to provide a hands-on shopping experience for their customers. This trend known as 'omnichannel' retail, involves integrating physical stores with online channels to provide a seamless shopping experience. Sephora is a famous example of omnichanel retail. Customers can use sephora's website or mobile app to browse beauty products and then visit a physical store to try products and receive personalized recommendations from sephora's knowledgeable staff (Forbes, Omnichannel Retail at Sephora, May 2023). This demonstrates that online shopping has not yet utterly replaced physical shopping, showing that people have not become overly reliant on technology.

It is an exaggeration to say that students overwhelmingly prefer online education to physical education, as dissatisfaction with the lack of direct interaction in online learning compels them toward physical classrooms. Physical classrooms offer a dynamic environment where spontaneous discussions foster a deeper understanding of concepts. Conversely, students often feel disconnected from online learning due to the absence of practical, hands-on experiences. For example, according to a report by National Tertiary Education

Quality and standards Agency, up to 50% of university students are unhappy with online learning because these platforms lack the immediacy and richness of face-to-face interactions (Dissatisfaction of Students with Online Education, 2022). Thus, it is not accurate to say that people have become overly dependent on technology, given the widespread discontent with online learning.

And the assertion that people are inclining more toward virtual communication overlooks the concerns over data privacy that discourages individuals from solely relying on virtual platforms. In the world where every click, tap and scroll leaves a digital footprint, concerns over data privacy loom large. Individuals avoid virtual communication platforms because the menace of data exploitation lurks ominously in these platforms. For instance, millions of Facebook and Google users have been affected by a 2FA Data leak in 2024, comprising the security of accounts that rely on two-factor authentication for protection (James Laird, Data Breach in Virtual Communication, March 2024). So, due to these rising concerns over data security people are reluctant to become solely dependent on virtual communication platforms.

However, proponents of the argument that people have become overly dependent on technology support their stance by citing the excessive use of technology in household chores as evidence. But actually they overlook another aspect of reality: people who can not afford electronic appliances for household chores live their lives beautifully. They live their lives with a grace that transcends material possessions. Many renowned holiday destinations around the world offer a glimpse into the lives of such individuals. For instance, in many parts of rural Bali villagers cook with traditional methods without relying on electronic appliances and share strong communal bonds, enhancing the island's beauty with their vibrant culture including ceremonies, dance and music (Francine Jay, The Joy of Less: A Minimalist Guide to Declutter, Organize and Simplify , 2010). This illustrates that people who can not afford electronic appliances for household chores lead fulfilling lives, supporting the argument against over-dependence on technology.

The arguments presented by advocates who claim that people have not become overly dependent on technology fail to withstand scrutiny for several reasons. The evidence they offer, suggesting that there are a significant number of low social media users, lacks validity. This is

because the number of social media addicts is overwhelmingly higher than that of low social media users due to myriad of entertainment options offered by social media. Social media presents a vast array of entertainment options, catering to diverse tastes and interests. In this digital realm, the boundaries of entertainment are limitless, which contributes to a rapid increase in social media addiction. For instance, the percentage of people feeling addicted to social media is highest at 40% among those aged 18 to 22 in the last year. Additionally, 55% of drivers of US admit to checking social media while driving (The Guardian, Social Media Addiction, December 2023). Thus, it is clear that people have become overly dependent on technology in the form of social media due to the countless entertainment options it offers.

And as far as opposition to the fact that culture of online shopping prevails now a days is concerned, the opponents lamely argue that physical shopping is still thriving due to social interaction and immediate gratification. But this opposition is more opposition for the sake of opposition because online shopping is more thriving than physical shopping due to convenience that it offers. Consumers find comfort and the best deals with a few clicks. The

ability to shop at any time, without the constraints of store hours or geographic location, makes online shopping incredibly preferable to physical shopping. For instance, there were 2.64 billion online buyers in the world as of 2023 (BBC, Increase in Online Buyers in the World, Jan 2024). This clearly depicts the over reliance of people on technology in the form of online shopping due to the convenience it offers.

Furthermore, the argument that students are dissatisfied with online learning due to the lack of direct interaction with teachers is merely one-sided. Because the growing popularity of digital literacy, driven by enhanced accessibility in remote areas, highlights the benefits of online education often surpassing those of traditional classrooms. Unlike traditional classrooms, online education breaks geographical barriers allowing students from most isolated regions to access quality learning resources. The online education market is expanding rapidly because the inclusivity offered by online education fosters a more equitable educational landscape. For instance, the global online education market is projected to grow by 8.56% from 2024 to 2029, reaching a volume of $279 billion in 2029 (Modern Diplomacy, Online Education Market,

February 2024). This demonstrates that people have become increasingly reliant on technology for education due to its enhanced accessibility in remote areas

Another contention against the argument that people have become overly dependent on technology is that due to rising concerns over data security, people are reluctant to rely solely on virtual communication platforms. However, such opponents ignore the fact that the significantly lower cost of virtual communication compared to that of physical interactions is driving a substantial shift toward virtual communication platforms. Many companies adapted to telework during the pandemic and discovered that virtual teams can enhance productivity. This trend is supported by robust infrastructure and effective management practices. For instance, US Bureau of labor statistics reports that 60.2% of organizations have expanded telework and expect to continue using virtual teams. This shows that people have become overly reliant on technology in the form of virtual communication platforms because it is significantly cheaper than physical communication.

But opponents still argue that people have not become excessively dependent on technology for household chores, claiming that those who for household chores can not afford electronic appliances still live their lives beautifully. Actually, they ignore the fact that robot servants for household chores are coming, highlighting the overdependence of people on technology. These autonomous machines, designed to handle everything from cleaning and cooking to laundry and home maintenance, promise unparalleled convenience and efficiency. Major companies are already making significant strides in this direction. For instance, Dyson has revealed that it is betting on the construction of robots that will be able to do household chores. The company expects the new technology to be available by 2030 and has committed to invest GBP 2.75 billion to expand its work on such robots (BBC, Dyson investment in robotics, August 2023). This trend clearly shows the over reliance of people on technology for household chores

Conclusively, this discussion has shown that people have become overly dependent on technology, manifesting in everything from social media addiction to the excessive use of gadgets for household chores. Social media platforms dominate individuals' lives, capturing their attention and shaping their interactions often at the expense of genuine, face-to-face connections. Moreover, their over-dependence is evident in the realms of online shopping and online education. The convenience of e-commerce has transformed shopping into an effortless, round-the-clock activity, erasing the need for physical stores. Similarly, online education has revolutionized learning, making it accessible to global audience and breaking down geographical barriers. However, it also fosters a reliance on digital platforms that can compromise the richness of in-person classroom experiences. Simultaneously, homes are becoming increasingly automated with smart appliances. The pervasive influence of technology in both social lives and domestic environments underscores a critical need to reassess over-dependence of people on technology and

strive for a more balanced integration of technology into daily lives. Efficient policies should be introduced that can encompass comprehensive digital literacy programs for educating citizens on the mindful use of technology. Thus, these regulatory frameworks can mitigate the over-dependence of people on technology, encouraging its healthier usage patterns. Technology is a useful servant but a dangerous master. " (Christian Lous Lange)