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People have become overly dependent on technology.»

In today's world, technology has become integral part of our daily life. We rely heavily on technology like smartphones, computers and Artificial intelligence softwares which has affected our daily life because we spending our more time on social media etc. Technology also disturb our abilities, and physical health.

One of the primary concerns is that people are spending more time on screen. They uses different social media sites like Facebook, Instagram, whatsapp, etc which disturbs the daily routine of the people and also ^{disturb} social interactions in their social life ~~with~~ ~~other~~ ~~people~~. Every one are busy in their own social media world.

Furthermore, our dependence on technology has also affected our cognitive abilities. We donot remember small numbers, donot do small calculations on because our smartphone doing it for us. As now the artificial intelligence has doing human intelligence so the people are more suffered from technology, because we rely too much on technology that affects our mental health capacity.

In addition, the overuse of technology has also affected our physical health as well. People are stuck on one place when they uses these technology they feel themselves comfortable where there is easy access to technology and they are deprived

their self from to go outside. Beside to go out side for playing games or ~~walking~~ walking they prefer to use technology. The impact of this addiction to technology people are suffering from different diseases like diabetes, overweight etc which are alarming.

In conclusion, technology plays a vital role in our daily life because it made our life too easy ~~but~~ ~~not~~ ~~use~~ This digitalized our life but we can limit our screen time as well as we should to use technology with our mental health that it may not disrupts our mental capacity, that we should engage face-to-face interaction and develop our critical thinking skills. By finding a healthy findings between technology use and other aspects of life.