Essay: People have become overly dependent on Technology

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Well organised and relevant

The Essay

Once an old man goes to a mobile mechanic shop. He asks the mechanic to fix his mobile. The mechanic says that there is nothing wrong with his mobile. The old man asks the question, then why don't my sons call me? Although IT, science and technology has given us numerous benefits, it has posed serious threats to the survival of mankind. In the modern age, technology has become an

integral part of our lives. From smartphones, to laptops, from social media to smart home devices, we are surrounded by digital world while technology. with the rise in technological advancements and digital revolution, individuals have progressively integrated technology in their daily lives which is giving rise to dependency over it in various domains of life, for instance in political, economic, social, educational, and entertainment. Undoubtedly, technology is making world a global village but at the cost of turning themselves in the tech slaves, who cannot make their decisions by themselves. Moreover, the cognitive ability and the interpersonal relations are suffering because of this over dependency on technology.

The term technology means using of the scientific knowledge for practical purposes such as making of machineries, application of scientific principles to change the environment in which humans live. The use of technology also advances the industrial work and other human constructions. It also refers to during collection of processes and knowledge that are utilize by humans to extend their

abilities and satisfy their needs. Technology was made to be a slave of humans for helping and assisting them in work for making humans life easy but if seen now it has started dominating their lives because of its excessive use or more precisely due to the humans over-dependency on technology.

People have become overly dependent on technology in the political domain. One of the reason is in the expansion of online political participation and electronic voting systems. Electronic voting systems are regarded as more efficient, time saving and error-free but actually people have become more reliant on it. For example, due to Russia - Ukraine war, Russia has decreased its energy supply in many European countries and because of this shortage, especially Italy had to delay its local elections as electricity was required for the operation of electronic voting machines. Moreover, politicians nowadays are using online social media platforms for instance twitter (now X), facebook etc. for their political campaigns. Where these platforms can help these politicians to transfer their messages, at the same time it can break their careers too. With the use different algorith hims messages can be blocked or altered too

Even the accounts of the politicians could be blocked as well. Furthermore, hackers can hack such accounts for their interest fulfillment. In accordance with New York Times, due to blockage of Donald Trump's account from Facebook and X led to the de-platforming of the President, also he lost a lot of political influence. Thus, these platforms can lead to the setback to political careers. Therefore, technology has the immense power to make or break the political careers.

In addition, digitalization of administrative machinery or public political information was used for more transparency in the processes and for increasing efficiency but the reliance on technology is making it more prone to cyber-attacks. The dependency on technology for gaining information is also causing trouble as these technologies are increasingly becoming hub of spreading fake news. Hence, social media and communication technologies are manipulating and controlling the minds of the masses on the name of information.

Plz include some examples

In addition to this, over-dependency on technology could also be seen in economic domain. The use of artificial intelligence has increased in economic activities and given more space to robots in processes of manufacturing and decision making. California's transport sector is becoming

overly dependent on artifical intelligence after the self-driving cars introduction (The Economist, Report). This reflects that excessive use of artifical intelligence in the economic sector causes many people to lose their jobs. Moreover, increase in automation of industries is also decreasing human intervention. Furthermore, the rise in technology has increased or expanded e-commerce across across the world. For instance, online business-to-business (B=B) and business to consumer (B2C) models have risen a lot due to the advancements in technology. According to the economists report, with the rise in interactivity because of internet has helped the small businesses or SMEs run at low operational cost. So, businesses are overly dependent on technology for their operations. Technology is making people dance to its tunes. In addition to this, people are relying too much on technology for carrying out their financial transactions. For example, the use of online banking and digital currencies, such as state El Salvador has legalized digital currency in a bid to decrease tangible currencies. However, due to this over-dependency people would be left with no alternative. For instance, when SWIFT (a body that handles global financial transactions) blocked Iranian Banks from international financial system

because of the USA sanctions on Iran, due to which the businesses in Iran got faced great damages.

Another domain where we can see a very wide influencing technology is social, ~~Where over dependence of technology has become more obvious~~ social dependency of people is increasing widely. People are excessively using social media platforms for interactions, communications and for getting information, which has ~~resulted in creating~~ *Resulted into* a virtual family and have stopped caring about their real family. Thus, this is the reason why the bonds with real families are getting weak which is causing isolation. Moreover, these technological gadgets has affected the cognitive and social skills of people. Even people have started relying on gadgets such as Alexa for their daily activities (Wall Street Journal). All of this is leading towards ease-loving lifestyle which is resulting in self-driving cars, bullet trains, smart homes etc. According to Ismat Tahseen, the love for a comfortable and easy-life style makes people too reliant on technology. While making life so convenient, situation has developed where living without technology is like living without

air. Thus, this incorporation of technology in social life has made humans tech-slaves.

In addition to this,

Apart from this, technology Has a substantial influence in educational domain too. The increased use of online learning platforms has made students rely on technology even for learning purposes. For example, in Malaysia students skipped their exam because of the internet problem they were not able to join their LMS. Technology has become the key decision maker of academic careers. Not only this, even for teaching purposes, technology is used so widely that almost every classroom has multi-media and new trend of smart classrooms is emerging. Which shows, without technology education sector can not function properly. Moreover, technology is limiting the creative thinking ability and problem solving ability of students due to the rise in AI tools. So many AI tools such as Chat GPT has been a source to students that they have stopped doing hardwork and this new phenomenon of smart work with such tools is creating flaws in the skill

set of children as they try to find short cuts in every field. The consequences of such over dependency on technology by the students of this generation would be faced by the new generation.

Thus, the over-reliance on technology is leading to many repercussions such as

Next, the over-dependency on technology could also be seen in the entertainment domain as well. Such as online gaming platforms has made people overly dependent on technology. With this rise, children are seen more in front of screens rather than outdoor. For example, gaming platforms like Twitch, Hitbox etc. is making children addicted and increasing anti-social behavior among them. This excessive use of online gaming platforms which is developing addiction in youth and is influencing their academic and social life. [UNICEF Report]. If children are not allowed to play online games they develops anxiety issues as well as depression (Pew Research). Thus, technology is making child children specifically to addict.

Hence, the over-reliance on technology is leading to many repercussions such as social and psychological. These psychological and social perils

are weakening the interpersonal relations and cyber-crimes are emerging. More depression and problems like Nomophobia increasing.

The over-reliance of people on technology is affecting their social lives. Disruptions in the relationships and detachment of new generation from social norms. People have started neglecting the actual relations around them and focusing more on their virtual families for sharing every kind of information in media due to which the cases of depression and anxiety is increasing in youth. According to University College London, excessive use of mobile phones and social media platforms weaves a virtual world around a user that makes him ignorant of real world relationships & social norms. Moreover, according to report of Al-Jazeera, 62% of the global population uses internet globally. This increased use of IT has made people vulnerable to cyber crimes and will likely cost the world 10.5 trillion annually by 2025. Thus, hacking, stalking, cyber-harassment and cyber-bullying are cyber crimes which the people of the contemporary era facing. Therefore, causing mental health issues and economic loss to the world.

Good

Apart from social repercussions, it also causing psychological disorder among people. People have become envious of luxuries and comforts of other people who they watch on SMPs, as a result virtual envy increases. For instance, the new trend of increasing influencers on social media are setting trends and bench-marks for the new generation which the youth tries to copy and in this race when they fails they becomes patients of different psychological disorders. Thus, over dependency on technology is leading towards depression and anxiety. Moreover, a fear of being away from mobile phone - nomophobia is also increasing, which is the cause for mobile addiction, low self-esteem, sensation seeking issues among users. Not only this, excessive use is affecting the cognitive and communication abilities of people. Memory is worsely being affected because of this over-reliance on techno-logical gadgets. According to CDC, over-reliance on technology is affecting the creative abilities of people and reducing their thinking power. It also results in impaired memory and attention deficit hyper-activity syndrome among the users.

With all ~~Avoid this expression plz~~ evident that because of the excessive use of technology in politics, social, economics, educational and

entertainment domain that people are becoming tech-addicts and tech-slaves. The decision making power is shifted or could be said, in the hand of technology which is a cause of social and psychological perils. as technology is eroding the 'skill set' of people.

Conclusively, people have become overly dependent on technology because of its incorporation in all of domains of human life. If one doesn't use technology, he/she is considered to be 'old-fashioned' or 'out-dated'. Hence, it is becoming important as well as part of the lives. Technology was undoubtedly invented and innovated for assisting humans in their processes but these advancements have made humans over-dependent on it and making them addicts of technology. In short, people are becoming tech-slaves. Due to it people are facing many health issues as well such as depression, anxiety, sleep-disorders, nomophobia etc. Also, exerting influence on mental capabilities and development of youth and because of the rise in SMPs influence, people are becoming more prone to cyber attacks. However, striking a balance between the advantages of technical advancements and maintaining a healthy detachment is essential to mitigating the risk of societal over-dependence. Individuals can harness technology's potential while safeguarding their autonomy by fostering digital literacy, mind-ful tech usage and by promoting face-to-face interactions.

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