

People have Become Overly Dependent on Technology.

OUTLINE:

- 1) Introduction ✓
- 2) People have become overly dependent on technology:
 - 1) Humans are dependent on technology for communication with other people. ✓
 - 2) For financial transactions, people find ease in using technology banks. ✓ technology
 - 3) Over dependence on vehicles for traveling purposes ✓
 - 4) People rely on technology for acquiring education ✓
 - 5) People are heavily dependent on artificial intelligence. ✓
 - 6) People use social media for getting information about day-to-day life and entertainment. ✓
 - 7) Online shopping has increased people's

reliance on technology.

8) People use technology for entertainment purpose purposes.

9) States are incorporating latest technology in weapon systems.

10) Global use of electrical appliance has increased around the globe.

11) Technology is being used by people for earning their livelihood.

12) A country's critical infrastructure tremendously relies on technology.

13) Workplaces store their data on computers.

14) Increased use of smart phones is the a big clear evidence of our reliance on technology.

15) Conclusion.

Suggest measures to avoid over-reliance on technology

Once upon a time, a little girl was walking down the road and saw a car for the first time. When she saw its speed, she uttered the following words: "Wow! Is this what technology is?"

Today, people are heavily reliant on technology which has provided them with ease and comfort. Human beings use technology for communicating with other people. Furthermore, they even use technology for purchasing and online shopping. Technology has also been incorporated in vehicles and is a vital source of financial transactions. In addition, many educational institutes have transitioned from physical to online mode. Interestingly, the rise of artificial intelligence has also made people its subservient. Moreover, people also use social media for getting information about their surroundings. Similarly, technology has also become a centre of entertainment for people. Undoubtedly, people rely heavily on technology.

People communicate with others through technology. Communication is a way through which people keep themselves socially active. Firstly, instead of meeting someone, people rely on video calls for communication. Secondly, it helps them stay in touch with their loved ones who live in foreign distant places. Statistics shows that 58% of

interaction among people is now digital in 2020. Today, people are bound to use technology for communication.

Furthermore, people use technology for their daily financial transactions. Financial transactions act as a source of extracting money through banks. Firstly, they allow people to store cash in form of soft money. Secondly, people can easily roam around anywhere without the risk of having huge amount of cash in pockets, by replacing it with credit cards. A UK-based financial institution has predicted that debit card payments will increase to 27 billion by 2032. Undoubtedly, financial transactions have made people reliant on technology.

Modes of transportation have also created over-reliance on technology. Modes of transportation allow people to cover distances from one destination to another. The advent of vehicles have facilitated people to cover long distances in shorter time. Moreover, vehicles like aeroplanes and trains provide people with comfort and ease. Air transport in Pakistan has been growing rapidly, and it is expected to grow by 184% in the next twenty years. Thus, transportation vehicles have created overdependence on technology.

Technology has also grown its roots in the educational edm. Education has technologically progressed by providing platforms to provide students for acquiring education knowledge. Firstly, education can be easily acquired by people living in rural areas who have scarce resources. Secondly, it has created an opportunity for women to complete their education in comfortable places spaces. United States Institute of Peace published a report which stated that most of the girls in Afghanistan are acquiring education through online classes due to a ban on girl's education. Thus, technology has provided a platform to complete education.

With the rise of artificial intelligence, people excessively rely on technology. Artificial intelligence is a new technology which works on the algorithms and automated functions. Similarly, people rely on AI for navigation. Additionally, AI has provided tools for people for polishing their research skills. Brookings Institute has stated that AI is a transformative technology which is changing every walk of life.

Most importantly, social media has provided a platform to people for information and entertainment. Social media is a form of soft media which kills boredom and provides daily insight. Firstly, social media provides first-hand information. Secondly, it is being used for watching movies, series and using different social platforms. As per Pew Research Center, half of the American adults use Instagram, TikTok and Twitter. Indeed, social media has become a hub of information and entertainment.

Not only this, but online shopping has also become a matter of day-to-day life. Online shopping is the virtual form of purchasing any item. Instead of physically going to malls, people prefer buying different items online. Moreover, this helps in saving hefty amount of money spent on fuel. An expert of information technology has said that the trend of e-shopping has increased to a higher level after Covid-19. Therefore, people rely on technology for purchasing different items online.

States have also invested in technology to modernize their weapon systems. Weapon systems are the major sources of protecting a state's national security. Due to ongoing geopolitical tensions around the world, states prefer modernizing their militaries. Additionally,

AI is being used for advancing naval ships, ground vehicles and fighter aircraft. Stockholm International Peace Research Institute has noted the growing trend of lethal autonomous weapons and loitering munitions. They rely heavily on AI for their functioning. Hence, weapon systems are readily being incorporated with ~~lethal~~ latest technology.

Furthermore, electrical appliances are widely being used by people. They provide people with comfort which remains absent in traditional equipment. Firstly, electrical appliances aid people in the making their household chores easier. Secondly, cheaper prices have made the appliances readily available in markets. According to Vox, electric appliances have a direct impact on one's life by ~~saving~~ reducing sentiments of grief and frustration. Undoubtedly, electrical appliances are creating reliance among people.

Moreover, technology has become a source of employment for people. It has provided an opportunity to earn through online platforms. Due to higher unemployment rate, people tend to earn their livelihood through virtual jobs. Furthermore, online currency-related businesses are a vital tool for one's bread and butter. Pakistan Freelancers Association stated that over 2.3

million full-time and part-time freelancers live in Pakistan. Thus, technology provides people with a means to earn livelihood.

To regulate a country's critical infrastructure, technology plays a crucial role. Critical infrastructure ensures a country's survival.

Firstly, technology has a vital role to play in keeping a record of patients and payments in hospitals. Secondly, nuclear energy sector of a country relies heavily on technology to function. As per North Carolina University's report, states are developing cybersecurity mechanisms for the protection of critical infrastructure. Henceforth, states rely on technology for operating their critical infrastructure.

Technology has also played an important role for storing official data. Official work requires technology-induced for smooth completion of tasks. Firstly, workplaces use technology for their data storage instead of relying on papers. Similarly, workplaces look for employees with skills to secure the official data. A highly reputed organization has noted that a trend of integrating advanced technology into workplaces to develop tech-based organizations. Thus, technology is crucial for workplaces as well.

Increased use of smart phones shows over-reliance on technology. Smart phones have become an indispensable part of human life. Firstly, they have become a basic necessity of life. Secondly, smart phones act as a storage house of an individual's personal and professional information. Pew Research Centre has stated that 56% of people in the US own a smartphone. Indeed, reliance on smartphone has been increasing.

Undoubtedly, there is too much reliance on technology among people. Technology will shape the future of nations and people. States are using latest technology to modernize their weapon systems. Moreover, the trend of using electric appliances around the world has been increasing. Furthermore, it has become a major source of income for people. Not only this, technology plays a vital role in regulating a country's critical infrastructure. In addition, workspaces are incorporating technology for data storage.

Most importantly, smartphones are ~~not~~ excessively being used globally. Furthermore, ~~it is~~ people rely on technology for financial transactions and acquiring education.

Thus, technology plays a significant role in everyone's life and smart use of it can lead mankind towards progress and excellence. It has reduced physical stress on humans and today, people are ~~for~~ ^{experiencing} living ~~in~~ under a technological revolution!

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