

# People have become overly dependent on Technology

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## 2. An overview of Technology and its Types

## 3. People have indeed become overly Dependent on Technology

### A. Over-Dependence on Technology in Social life;

i. For Social Connection and Communication

ii. For Social Acceptance in the circle of friends

### B. Over-Dependence on Technology in Individual life;



i. For emotional well-being.

ii. For Acquiring Education

iii. For unprecedented Entertainment

### c. Over-Dependence on Technology in Economy

i. For conducting daily Business Activities

ii. For Trading Financial Assets

### D. Over-Dependence on Technology in Politics

i. For Choosing a Political Candidate

ii. For Registering Public Protest Against State



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With the advent of communication and information technologies the world has largely become Globalized to such an extent that any event in some other country can affect the social, political and economical life of other country. This unprecedented change in the social life of states and individual has been made possible due to the advent of different kind of technologies which are constantly evolving with the changing times and needs. The technology has become part and parcel of our life and a world without technology is very hard to imagine. It has brought us to a point of no-return as people around the globe use technology in one way or the other. People have indeed become overly dependent on technology, as their dependence on technology; in social life, for social connection and communication, and social acceptance in social circle; in individual life, for emotional well-being, education and entertainment; in Economy, for conducting



daily business activities and trading financial assets; in political life, for choosing and criticizing the government, have only increased over the course of time.

Technological development can be traced back to centuries and since then, technology has been able to manifest itself in many types. Out of many types, the most relevant form of technology is Communication and Information technology, abbreviated as CIT. To describe the importance of CIT, one line can suffice which is; It is the major driver of Globalization. CIT technologies include those technologies which helped in revolutionizing the communication and information system. For example, traditionally people relied on post-mail for communication to distant areas, but now people can communicate in seconds by using email or mobile phones. Similarly, the scope of CIT increased with the invention of printing press, which made spread of information and access to information much easier. Another major type of technology



is transportation technology. This kind of technology evolved significantly and it has also shrunk the world. For instance, traditionally goods were transported on animal backs which took lot of time and were highly inefficient, but with the advent of aeroplane, the shipping time has been drastically reduced.

Technological advancements and development have contributed significantly to our life, and it has made people to overly depend on technology for conducting every affair of life. For instance, people rely on technology to conduct social affairs such as talking to loved ones abroad or getting influenced by the social media. Similarly, individuals can not live in isolation, they also rely on technology for emotional wellbeing, for gaining knowledge and for entertainment. Moreover, even economic life of people have become overly dependent on the use of technology as financial transactions, business activities,



buying and selling of cryptocurrency and stocks are usually done by frequently using technology. To add more, politics can also not shy away from technology as public opinions about a political party or a specific political candidate is usually made by using social media tech-platforms. Therefore, people are becoming overly dependent on technology in almost all spheres of social life.

In terms of people's dependence on technology in social life, there are two possible scenarios: First, people overly rely on technology for social communication and secondly, for social acceptance. It is the natural tendency of human beings to form social connections and share a common sense of belonging with loved ones. When loved ones apart, for whatever reasons such as death or travelling to abroad, family grieves over their departure. This shows that society has evolved on the



basis of social interaction. While it is yet impossible for technology to resurrect the dead relatives, it can surely allow a seamless social interaction through a video call. For example, when COVID-19 shocked the humanity, students studying abroad were locked in their respective countries, and at that time their dependence on technology increased whether in the form of calling a friend to have chit-chat or taking online classes. Since then, online learning platforms have only got better, increasing our dependence on them.

Similarly, social recognition or acceptance in social circle has now been largely achieved through the use of technology. For instance, Gen-Z can get easily influenced by the number of followers on Instagram, irrespective of whether people actually follow you in real life or not. Moreover, people overly depend on technology to portray themselves as someone which they are actually not. For example, a social



media influencers trying to be a philanthropist online, actually disgusts poor in real life. To add more, many social media influencers such as Duchy Bhai, Rajab Butt and Nadeem Nani Wala depend on technology to manipulate their audience and sell them products which they themselves would never use. All of this and more is usually done to achieve social recognition and fame, which would not have been possible without technological products such as Youtube, Tiktok, Facebook and most importantly, mobile phone. Overall, people rely heavily on the use of technology to sustain their social life.

Over-dependence on technology is not confined to social-life, but it also affects our individual life. Just like cell is the smallest unit of life, individual is the smallest unit of a complex society. Individuals being a social animal crave for social interaction. In a world where physical interaction has



been largely limited due to advent of social media, which affects the overall health of the society. When people do not find someone around for moral and emotional support, they look for emotional well being in other places.

Eventually, technology becomes a source of emotional well-beings of individuals. For example, AI chatbots like Replika and character.AI give companionship to the lonely people. Sometimes people start to overly depend on AI companionship, which can take ugly turn in the future. Overall, when family is not present for emotional support, then individuals depend on technology for emotional wellbeing to large extent.



# The Crises of Moral and Ethics in International Politics

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Towards Kashmiris and  
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D. US Bombing of Hiroshima  
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## 6. Conclusion