Essays - 2023

" People have become overly dependent on technology"

Outline

I. Introduction

    A. Hook

    B. Supporting sentences

    C. Thesis statement

II. Technology in all aspects of life

    A- Easy access

    B- helpful in day to day life.

III. Technology providing a convenience in lifestyle

    A- In communication through high speed networking

    B- In travel through advanced transportation

    C- In education and research

    D- In household and domestic activities

    E- In news and information

IV. ~~Enter~~ Artificial intelligence — a new era

    A- AI increasing technology-dependance of human even more.

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V. Over-dependence on technology- impacts?

    A- Reduced productivity

    B- lethargy and procastination

    C- Reduced focus

    D- Braindrain and decreased memory retention

    E- Affects human creativity.

VI - how to make technology dependence positive?

A- more humanly input in tasks

B- break from media and devices

C- hobbies

VII- conclusion

In the 21st century, with great advancement of science and technology, humans now have robots even to do the mundane household tasks on one side to artificial intelligence and space studies on other hand. Technology has taken over the globe. The mere fantasies of human to have things done by robots are now becoming a reality. Human are completely dependent on technology. (from)* We have technology to assist in all aspects of life. But this assistance has gone out of hands as humans are overly dependent on technology. From domestic works to professional working, we are in need of technology in form of electricity, internet, devices and softwares, communication and transportation means and now even artificial intelligence. This over-dependence is a challenge to human capabilities causing lethargy and braindrain, reducing human productivity and creativity.

Man in the modern world has technology in every aspect of life. The technological advancement makes human life way too easy than it was in the past. A man who at one time period produced fire from rubbing off rocks now has inbuilt heaters in cars and homes. A man who used to live in caves, surviving on primary

food sources, now has skyhigh building, and a million food choices. Techology has made life unbelievebly easy, with access to anything on a single tap. There is no limit to the convinence techology has brought into human life. There is no limit to the ease techonology has provided to human lives.

As there is a famous saying 'access of anything is dangerous', it does apply on the technology. With technology providing help and easy in everyday life tasks, people have become overly-dependent on techology. The humans of modeen world can't work hard as they are used to smart work with assistance. As much as the techonology makes life better, the over dependence has its own negative impacts on both personal and professional lives, Technology also poses a harm of the social norms and morals of a society.

Technology has brought human just a single click away from each other, yet this has also made the people drifted miles apart even too sitting together in the same room. With

the advanced communication means, high speed networks, and countless number of social media platforms, the distance between people still increased. Technology has boosted egos, promoted fake lifestyles, normalized toxic traits and socially accepted non-wholeness. People dread texting first, increasing misunderstandings. The social media interactions have reduced the need to physically meet people, causing a drift in relations. According to a survey, more than 80% of people feel a growing loniness even tho they have their loved ones just a touch away. The increased technological means of communication are causing miscommunication or worse no communication all because of the over dependence of technology.

Technological over-access has reduced the productivity and creativity of students. (As to) Technology has made the access to education easy, but it has also affected the quality of education, and capability of learning. With the presence of artificial intelligence and its free availibility to all, the creativity of students is highly endangered. They lose their interest in research and self study, instead they would procastinate till the last night of deadlines, only to submit ai-written work at the end. This is seriously causing a braindrain

to the younger generations. Over dependence on technology impacts the capability to focus on a task. The less than one minute reels of instagram and shorts of youtube has reduced the focus span. We are in a hurry to watch something elongated or focus on productive tasks. Instead we feel a sense of accomplishment and 'time spent right' with watching reels endlessly.

Technological over-dependence leads to misinformation. We don't have the habit of self-research and find the correct news and information, but we believe in anything a 30 seconds short video has to say, without even cross checking the facts. Tho, the technology makes people knowledgeable, but the hazards that a misinformation can cause are unmatched. For instance, in a public gathering a misinformation of a bomb in the mall will cause panik, and without even trying to find and check the sources of information are authentic, one person could lead to a public chaos. The over-dependence on techonolgy has reduced the habits to cross-check an information or conform (that) wether its true or not.

Within the household and domestic settings, we have technology to make life easier. From all the machinery to help in cooking, cleaning, laundry or shopping we really don't have much to do ourselves. This has made us used to the lack of basic skills. It is really difficult for the human's of today's age to survive without all this technology and machinery because we are too dependent on it. China being one of the biggest producers of technological products still has some of its schools and institutes that teach the kids all the basic skills of life even tho they have all the advancement. This is crucial in the case of emergency. If by some means there is a lag in the technology, the over dependence on technology will make the human pretty useless. Thus, the use of technology should be limited only to making life easier and not the only means of existence.

The overdependence on technology has made humans lazy. In any task that needs to be done without technological assistence, we tend to keep procrastinating it. This has also capabilites and output of a task. For examples

a student keeps procrastinating his assignments and copy-pastes everything from websites or artificial intelligence.

Technology has made humans inactive. We are more used to binge-watching our favourite shows and eate take-aways or processed food instead of going out, socialize, make new friends, gather new experiences and explore the world. Technology has changed the definition of relaxment. While for Generation X, the definition of relaxings might be going on a walk, reading a book, gardening or spending time with family. On the other hand, the relaxment for Millenials and Gen-Z is scrolling endlessly through reels. Technology has changed day to day activities of a human life.

Another over-dependence of technology can bee seen in the memory and brain.drain. There are clear imparts of techology on the brain and memory retention. With the availability of calender & remeinders, schedules and online planners, notes and task lists, we tend to be forgetful of the things we would otherwise remember. In

many times in our lives we come across moments where we forget even daily tasks unless we have them written in our task lists. People have been so affected with the memory deterioration that Oxford named "brainrot" as its word of the Year 2024. This shows the impact of digitalization on the mental health of young adults.

In the professional settings, technology has made jobs every easy than they used to be before the advancement of technology. For instance, in finance, banking, economics, accounting and statistics there are softwares to carryout the processes, data recordings, analysis and predictions. With the artificial intelligence era, now AI even suggests the possible decisions to lead the future. In the field of medicine and surgery there are machines to carry out test, make computarized results, compare them to the normals and suggest the possible diseases. As Elon Musk claimed that soon artificial intelligence will surpass lawyers and doctors in just a few years. Similarly, as Chatgpt was made to solve a medical diagnosis exam, it passed the test with maximum correct

responses. As AI would help in the worklife of professionals, the high advancement, and over-dependence might be a threat on the jobs and would give rise to unemployment.

People have become overly dependent on the technology, to an extend that the negative impacts are seeping into their lives. People need to make sense that they know the balance between use of technology to have a better life and over-dependence. To make sense that technology impact in life is only positive, there should be a self-reflection and realization of the outcomes. There is just a need to make the technology dependence humanly. There should be an input in the tasks by people. People should learn a balance in their life activities and task.

One way to stop over-dependence on technology can be through taking breaks from media and devices. A time on social media could be better spent doing something more productive. Similarly, taking a break from the devices and internet can make humans get

over the brainism and reduced productivity and creativity. People would have more time to spend on being productive. And with a break from media and more of interactions and closeness to nature can bring the creativity of people.

Another way to reduce the dependence on technology can be by giving more times to non-media, conventional hobbies like gardening and reading. These hobbies are really relaxing to human mind. It would also improve the health and mental wellbeing of humans in this growingly fast life. This would make the technology dependence only limiting to the positive parts of life.

Over the past century, with the development of industrial evolution and technological advancement human lifestyle has improved emmensly. Technology has made its way into each and every way of life. It has become a need of life to an extend that the dependence is (overly) more than required. Technology has paved its way into each and every walks of life, professional & personal, in all fields. This over dependence poses a challenge to life

which could be overcomed by making out changes in life to create a positive outlook of technological advancements in life.