

People have become overly dependent on technology

1- Introduction

2- How people have become overly dependent on technology

(i) Social media tools have strongly influenced people's lives  
(WhatsApp, Facebook, Snapchat)

(ii) Uses of smart phones become mandatory to survive in the contemporary world  
(A total of 5.52 billion people are using smart phones ; Data Report)

(iii) The artificial intelligence has made the revolution in the technological world and it created more dependency  
(Chat GPT, Meta AI, robots)



(iv) Instructors are using power point instead of white or black board

(v) The electronic equipments have reduced physical activities and they created dependency  
(Cooking equipments, washings tools)

(vi) Human are overly dependent on artificial satellites to know the natural processes  
(Weather forecast, disaster management equipments)

3- Consequences of overdependency on technology

(i) Reduced critical thinking  
(continuously using of AI tools)

(ii) Lack of enough sleep due to the use of ~~long~~ hours mobiles  
long hours  
(Netflix, drama series)



(iii) ~~I~~ Children have become addicted to technology in the very first stage of their lives  
(Vedio gaming, youtube, cartoon series)

(iv) Due to the long usage, it creates diseases  
(Screen rays affects eye vision)

(v) The overdependency has reduced the physical activities

4- How to overcome dependency of technology

(i) People should reduced screen time

(ii) People should avoid using AI, and work on critical thinking

(iii) Humans should prefer more physical activities than using electronic equipments

(iv) Students should use mind, critical



thinking, and analysis rather than  
using chat GPT or others AI tools

## 5- Conclusion

(i) People should avoid using AI tools

(ii) People should use AI tools for research

(iii) People should use AI tools for learning

(iv) People should use AI tools for work

(v) People should use AI tools for entertainment

(vi) People should use AI tools for education

(vii) People should use AI tools for business

(viii) People should use AI tools for healthcare

(ix) People should use AI tools for agriculture