

Write a précis of the above passage and suggest a suitable title.

In the modern world, technology has revolutionized nearly every aspect of human life. From how we communicate to how we work, technological innovations have transformed the way we engage with the world. One of the most significant changes brought by technology is in human relationships. With the advent of smartphones, social media platforms, and instant messaging apps, physical boundaries have diminished, allowing people to stay connected across long distances. Families separated by geography can now share moments in real-time, and friendships can continue across continents.

However, this unprecedented connectivity has also introduced a paradox: while people are more connected than ever digitally, they often experience a sense of isolation in real life. In many cases, face-to-face interactions have been replaced by screen time, diminishing the depth and emotional resonance of conversations. The subtle cues of human communication—tone, facial expression, body language—are often lost in text messages or emojis. Consequently, misunderstandings become more frequent, and genuine emotional support is harder to provide or receive.

Moreover, constant digital engagement can lead to decreased attention spans and a tendency to seek validation through online approval, rather than authentic personal connection. The curated nature of social media can also breed insecurity and competition, as people compare their lives to others' highlight reels. Children and teenagers, in particular, are vulnerable to these effects, which may contribute to anxiety, depression, and poor self-esteem.

Thus, while technology offers undeniable advantages in enhancing communication, it also necessitates a conscious effort to preserve the human element in relationships. Balancing online interaction with meaningful offline engagement is essential to maintaining emotional health and the quality of our social bonds.

Title : Impacts of Technology on Human Life

Precis: Human life has been significantly transformed with the technology . It has changed the way of connectivity and diminished the long distances with the adoption of smartphones and different social platforms. This technology adoption however has given birth to diminished emotional depth and resonance with frequent misunderstandings and lack of genuine emotional support. It also comes with the cost of decreased attention spans , competition , seeking validation , insecurity and with depressive episodes. Therefore, a balanced approach between maintaining emotional health and online engagements is essential to the quality of bonds.