

People Have Become Overly Dependent on Technology.

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1. Introduction
2. An overview into people's dependency on technology
3. How people have become overly dependent on technology?

a- Increased use of Internet in academic facilities

b- emerging use of digital currency and online banking

c- Using google maps for navigation

d- rise in remote jobs due to technology

e- advancement in daily use of gadgets

f- increased trend of online political campaigns

g- people stay updated through social media.

4. What are the repercussions of excessive dependency on technology?

a- technology might be making education worse.

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- b- digital amnesia - modern digital habit
- c-d- rise in cyber bullying
- d- rise in political propaganda through use of AI.
- e- gaming addiction resulting in behavioral disorders
- f- Psychological impacts on people i.e anxiety, depression

5- How to create a balance and overcome on technology dependency?

- a- communities and societies should make technology free zones.
- b- digital detox days
- c- replacing smartphone with other activities.

6- Conclusion

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Human life without technology is like birds without feathers. Surviving in today's world without technology is unimaginable. The Corona Virus pandemic has moreover proven the importance of technology in our daily life. Technology is integrated in people's life from increased use of internet in education facilities to rise in digital currency and online banking. Moreover daily life tasks has been eased due to advancement in gadgets used in house chores. Politicians use technology along with social media for their election campaigns. This generation stay updated through social media. Additionally people use technology for navigation in daily life. Rise in remote jobs has been seen due to technology. In spite of all these blessings technology has its own dark side from making education worse to digital amnesia. Overuse of technology is making education worse. Furthermore there is rise in cyberbullying and digital propaganda. Lastly excessive use of technology is taking a toll on human mental health i.e. behavioral disorders due to gaming addiction and mental health breakdown i.e. depression and rest.

However a balance can be created by inclusion of technology free parks, digital detox days and replacing excessive screen time on smartphone with other activities. Technology has become integral part of human's daily life. ~~introdu~~ However, the overdependency on technology has negative consequences on human's life and health which can be limited or controlled by limiting the use of technology.

People have become overly dependent on technology in their daily life. As a report by the Pew Research Center suggests that 81% of the Americans own a smartphone a widespread reliance on these devices for communication, information access and entertainment. Living without technology is like living without air. Technology is deeply rooted and integrated in human's life. From small tasks of house like laundry, dishwashing, vacuum cleaning of house to bigger tasks like election campaigns, providing services in 5-star hotels and banks all goes through advanced technology. Other than that technology is used for educational purpose, for entertainment, for raising awareness about social taboos, and lastly for getting entertainment. A

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There is increased use of technology along with internet in academic facilities. From teachers to students along with administrative everybody use technology. Teachers and students mark their presence through installed biometric devices. Students use laptops to make their presentations while getting knowledge from internet. Teachers use projectors to display educational content to students. As a whole, technology is deeply integrated in educational facilities from printers, to projectors, from biometric devices to LED screens, from security cams to LMS. Basically technology is a part of educational institutions.

Over years people have seen a rise in digital currency along with online banking. People are more using digital currency because it is ~~the~~ provides faster payments, smooth transactions, hassle free process, and less expensive with more efficiency. Mobile wallet apps like Jazz Cash and EasyPaisa has over 10m and 8m active users monthly respectively (PIIE, Pakistan Entering into the Digital Currency Ecosystem). Another report issued by BIS, Bank of International

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Settlements over 60pc of global consumers have used digital wallets for transactions in 2021. Without technology, hassle free transactions through mobile wallets would have not been possible. The trend of digital currency is on the rise at the global level as well in Pakistan.

Technology has played and playing a massive role in navigation. Navigation technology refers to the methods and systems used to determine one's position and guide movement from one point to another point. According to Forbes, this September 2023 marks the 50th anniversary of the Global Positioning System, a free utility that offers positioning, navigation and timing services to users all over the world. Navigation technology has become integral part of human's daily life enabling them to explore the world. It has revolutionized the way people navigate and find their way around the world.