

ARE HUMANS TOO DEPENDENT ON TECHNOLOGY?

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Annotation: *This thesis examines the growing dependence of people on technology in modern society. It highlights both the advantages and disadvantages of technological development and analyzes its impact on human behavior, communication, and lifestyle. On the one hand, technology provides many benefits, such as faster communication, easier access to information, improved efficiency in work, and advancements in education, medicine, and business. On the other hand, excessive reliance on technology can lead to negative consequences, including reduced physical activity, weaker social skills, health problems, and decreased face-to-face interaction. The study concludes that although technology plays an essential role in everyday life, it is important to maintain a balanced use in order to avoid its harmful effects and preserve essential human skills.*

Keywords: *Technology, dependence, modern society, communication, advantages and disadvantages, human behavior, social interaction, digital era, education, health issues*

This thesis discusses how people are becoming more dependent on technology in modern life. It explains both the advantages and disadvantages of technology and shows how it affects human behavior and society.

In today's world, technology plays an important role in our daily life. People use smartphones, computers, and the internet for work, study, and communication. While technology makes life easier, many people believe that humans are becoming too dependent on it.

On the one hand, technology has many benefits. It helps people communicate faster and easier. For example, social media and messaging apps allow us to stay in touch with family and friends. In education, students can find information quickly and learn online. Technology also saves time and makes work more efficient.

On the other hand, too much dependence on technology can cause problems. People spend too much time on their phones and computers, which can affect their health. They may become less active and have less face to face communication. In addition, many people cannot do simple tasks without technology, such as remembering phone numbers or finding directions. Too much dependence on technology can cause serious problems. Many people spend too much time on their phones or social media, which reduces face-to-face communication. As a result, social skills may become weaker. Furthermore, people may become lazy because machines do most of the work. Overuse of technology can also

negatively affect our health, causing problems such as poor eyesight, stress, and lack of physical activity.

Technology has many advantages. It makes our lives easier and saves time. For example, we can quickly find information online and communicate with people from different parts of the world. Students use technology for studying, attending online classes, and doing research. In addition, technology helps in medicine, business, and transportation, making life more comfortable and efficient.

Conclusion, technology is very useful, but humans are becoming too dependent on it. It is important to use technology in a balanced way. People should control their use of technology and not forget real life communication and skills.

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