When was the last time you went to the bus stop to get a taxi? With the introduction of mobile apps like careem and uber, the manner in which our lives function has fundamentally changed. Since one can get his favorite meal served at his doorstep, people no longer need to go to restaurants to eat. E-commerce has provided a lot of ease to buyers by giving them the option to do shopping while being at their home. Social media has made it easier than ever to stay in touch with loved ones. Cloud streaming services such as Netflix, entertain us while staying at home. Smart speakers and IoT devices help us to smartly manage our homes. But with all this ease offered at will, humans are becoming lazier over time.

Before the internet boom, people used to go to restaurants for their meals, but with the availability of services such as home delivery people prefer to enjoy their food at their house rather than going outside. Online shopping has also changed consumer behavior to a great extent by allowing the buyer to shop for his/her favorite products without ever leaving his/her home. Such choices limit our physical activity and human interaction and affect our mental and physical health negatively by making us lazier.

Moreover, a significant decline has been observed in the number of people who go to cinemas and movie theatres. Cloud streaming services such as Netflix and Amazon Prime, feature a diverse library of various genres of movies and drama seasons. An average Netflix subscriber spends about 100 minutes per day on Netflix. Social Media networks are also a major cause of unproductive usage of time. An average American teenager spends about 3 hours on social networks each day. Such high levels of screen-time cause laziness, sleep deprivation, obesity, and other health problems in individuals.

Additionally, with the rapid advancement in the niche of smart home and IoT devices, it is becoming easier to smartly manage our homes. Over time, people are spending less and less time doing chores. Furthermore, the voice recognition features of Google home and other smart speakers allow users to pre-configure their home appliances such as air conditioners, heaters, and smart washing machines. Smart vacuum cleaners can seamlessly clean the houses reducing the cost of human labor. All these factors are contributing to making humans lazier.

So is technology bad after all? The answer is not that simple. It all depends upon how and up to what extent we use technology. For example, social media networks were meant to connect loved ones but people use them as a source to spend their leisure time. As adults, we should take responsibility for our habits and use technology productively and efficiently. Technology in itself is not bad, rather it depends upon how we use it in our daily life.