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**Do you think that technology has made us lazier?**

Nearly two million years ago, stone tools such as the Stone Age hammer were the one of the first known technological invention. As time passed, humans made a great effort in making their life easier using technological developments which resulted in a positive, as well as a negative change. There are 7.1 billion people inhabiting in the earth and out of 7.1, there are currently 4.4 billion humans active on the internet right now and 4.3 billion of them are the current active mobile users. This number may sound huge, but it comes with its side effects as well. While today's technology has made our lives comfortable, it is this same technology that is affecting our physical and mental wellbeing which makes us unproductive.

According to a recent study, due to the technology that created the personal computer, smartphone and tablet, there have been an increase in social isolation in teenagers and youngsters where they would spend their time behind their computer screen and play video games, watch movies or chat with internet friends. For them, it is easy to talk to 100 virtual friends but this destroys their skill of making friends in the real world and because of that they have to suffer with loneliness and clinical depression. Apart from the social problems, health problems are also involved. These health problems involve, eye strain, chronic back pain and migraines.

Furthermore, technology has also its side effects when it comes to education. Students often misuse the technology and gadgets provided to them and cause harm to themselves by destroying their education. Studies have shown that gadgets and technology is more likely responsible for distracting the students and destroying their moral and educational values. As a society of the 21st century, people have relied more on technology where a great example is online classes. Even though remote learning is a great way in educating students, it made the students themselves lazier as they don’t have to wake up and get ready for schools anymore since they can attend their classes under their blankets using their mobile phones.

Another important point is that, the instant access to information which makes us less self-sufficient. We have a lot of information on the internet which is a few clicks away, it limits pure creative thought because we are developing a habit of searching everything on the internet that we do not know. If we try to scratch our brain and find an answer ourselves maybe that can open our mind. This habit weakens the ability of the human mind to bring creative ideas as we are always trying to search a solution and not try to make our own.

We have created technology in order to make our lives easier but it seems like the opposite is happening. If we do not try to control ourselves we may be destroying our lives and our future generation’s lives as well.