**FINAL ASSIGNMENT**

Do you agree that technology has made us lazier

According to modern research, technology has made our attention span shorter from 12 minutes to 5 minutes. Without a doubt, technology has made our lives more easy but I personally think that it had made us more lazy as we depend on tech to solve our daily problems digitally rather than find a solution physically .The results are weak eyesight, obesity, social anxiety and procrastination.

For entertainment purposes youth nowadays prefer to watch a movie on their couch, play video game or use social media rather than play outdoors. It is not good for their health as it makes them lazy. Children on the other hand see it as a great time pass. Although this may be true but for limited hours, as research shows that it can lead to anxiety, depression, obesity, sleeping disorders, and stress in the youth. Also prolonged hours of screen time can make their eyesight considerably weak. Parents also feel that children are busy but they must realise the cons to it and limit gadget usage for their child’s wellbeing.

Technology makes daily life tasks so much automated that people use it as an excuse to fuel their procrastination. Not so long ago, when we needed a ride we had to walk till the bus stand or the taxi stand to catch a ride but now we just call the cab to our doorstep within a few seconds with the help of ride sharing apps on our mobile phone. Same is true with the food delivery and libraries too. When claiming that these apps save their precious time people should also reflect upon their routine and see the physical activity reduction that came along with these technological advancements. These apps have made people lethargic and them mostly dependant on their gadgets. The number of smartphone users today have plunged up to 6 billion. The modern automobiles are also result of the technological advancements which is also the root cause of increasing obesity and retarding physical fitness. People believe it has made their lives easy. However studies have shown that each additional hour spent in a car per day is associated with a 6% increase in the likelihood of obesity.Thus relying solely on tech would not be a better option in the long term with respect to peoples’ health .People should also consider more walking and cycling in their daily routine.

Although technology have made our daily tasks more quick and convenient but it also has its cons .But does the pros really outweigh the cons?