



Final Draft Of Term Paper

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Abstract:

The increasing use of technology in daily life has led to concerns about overdependency on technology. This paper examines the effects of overdependency on technology on individuals and society. The study also investigates the causes and consequences of this phenomenon. A qualitative research methodology was employed to conduct a literature review of relevant articles, books, and reports on the subject. The findings reveal that overdependency on technology leads to physical and mental health problems, reduced creativity and critical thinking skills, decreased social interactions, and loss of privacy. The paper concludes by suggesting that individuals and society should strive to strike a balance between using technology and engaging in other activities to prevent the negative effects of overdependency on technology.

Introduction:

The advent of technology has revolutionized the world we live in. From smartphones to computers, from the internet to social media, technology has transformed the way we communicate, learn, work, and even think. While technology has undoubtedly made our lives easier and more efficient, there is a growing concern that our over-reliance on it has led to a number of negative consequences. This paper will take a closer look at the issue of overdependency on technology, exploring its causes, effects, and potential solutions.

Rationale behind choosing this topic:

Technology has become an integral part of our daily lives, shaping how we communicate, work, learn, and entertain ourselves. From smartphones and laptops to social media and artificial intelligence, technology has transformed our world and has made tasks more efficient and convenient. However, this increased reliance on technology has also raised concerns about its potential negative impacts on individuals and society, leading to the issue of overdependence on technology.

Overdependence on technology refers to an excessive reliance on technology for various aspects of life, to the extent that it becomes detrimental to individuals and society. This includes excessive use of digital devices, addiction to social media, overreliance on automation in the workplace, and a decreased ability to function without technology. While technology has undoubtedly improved our lives in many ways, overdependence on it can have significant consequences on physical health, mental well-being, interpersonal relationships, and societal dynamics.

This term paper aims to provide a closer look at the issue of overdependence on technology. It will explore the causes of overdependence on technology, its

consequences, and potential solutions. The methodology will involve a review of relevant literature and analysis of case studies to provide a comprehensive understanding of the issue. The findings will be discussed in detail, highlighting the challenges and risks associated with overdependence on technology, discussing the implications for individuals and society, and proposing strategies to mitigate the issue. The paper will then conclude with key recommendations and suggestions for responsible and healthy technology usage.

Research Questions:

1. Why do students need technology?
2. Are people tending to make bad decisions due to over-dependency on technology?
3. Does it affect students education, physical health etc?
4. Does over dependency on technology has any impact on people's lifestyle?
5. Is technology making us lazy and more dependent?

Method:

In this research, 30 students participated. We collected the answers from Google Forms. The participants were all undergraduate students who were from East West University.

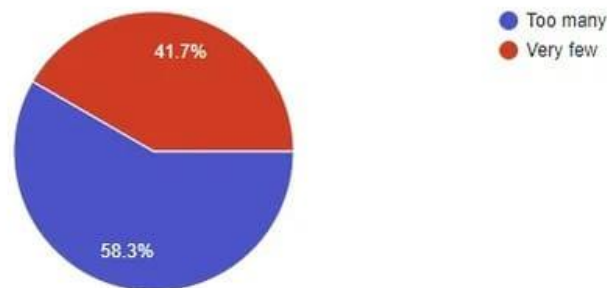
A survey was conducted to know about their feelings about this research. The questions were sent via Google Forms. All the participants responded to the questions and that number of percentages have been used in the research paper.

Finding:

Response from the questioner of online survey.

Chart-1:

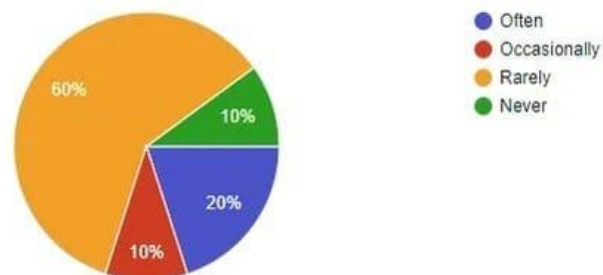
How many gadgets do you have at home?



58.3% student said that they have too many gadgets at their home. 41.7% said that they have very few gadgets at their home.

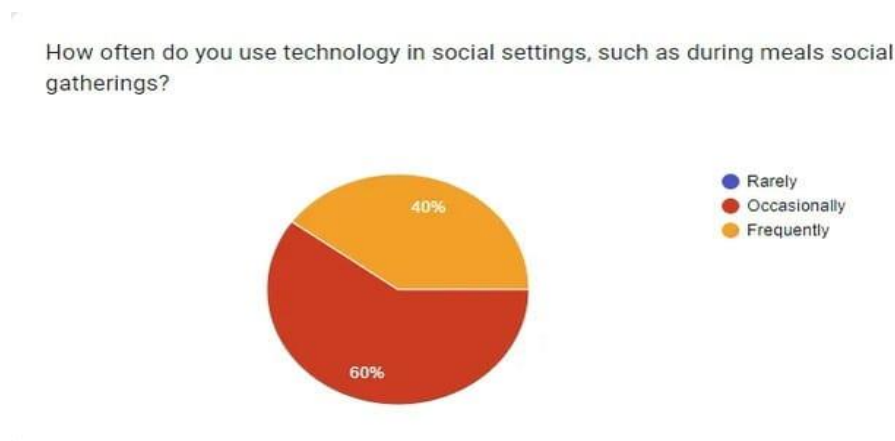
Chart-2:

Have you ever missed out on important moments or experiences because you were too absorbed in technology (e.g., scrolling through social media, playing games, etc.)?



60% student said that they have often missed out on important moments or experiences because they were too absorbed in technology. 20% said that they have rarely missed out and other 10% said that they have occasionally missed out on important moments and at the last 10% said that they have never missed out.

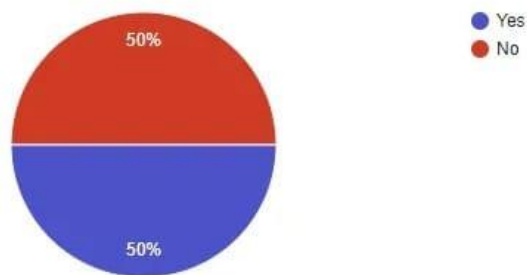
Chart-3:



60% student said that they occasionally use technology in social settings, such as during meals social gathering. 40% student said that they frequently use technology in social settings.

Chart-4:

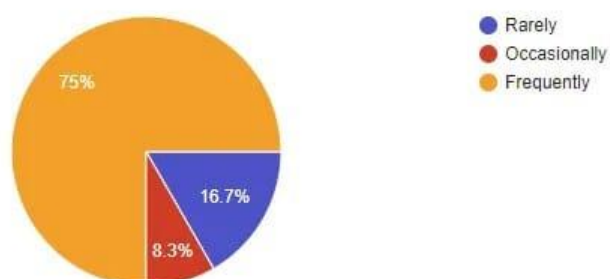
Do you feel that your use of technology (e.g., smartphones, tablets, laptops) has affected your ability to focus or concentrate on other tasks or activities?



50% student said they feel that use of technology has affected their ability to focus or concentrate on other tasks or activities and other 50% student said they feel that use of technology has not affected their abilities. The responses are equal.

Chart-5:

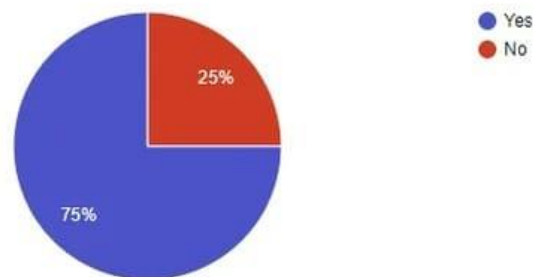
How often do you check your phone throughout the day?



75% student said they frequently check their phone throughout the day. 16.7% student said they occasionally check their phone and the rest 8.3% student said they occasionally check their phone throughout the day.

Chart-6:

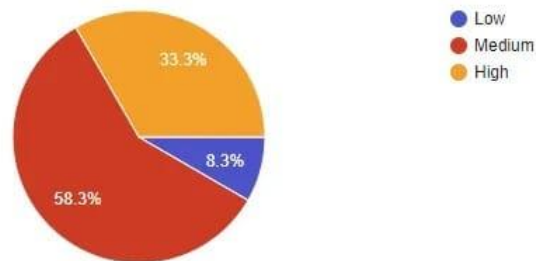
Do you feel that your reliance on technology has affected your physical health, such as posture, eyesight, or sleep patterns?



75% student said they feel that their reliance on technology has affected their physical health, such as posture, eyesight, or sleep patterns and the response is huge. The rest 25% student said they did not feel that.

Chart-7:

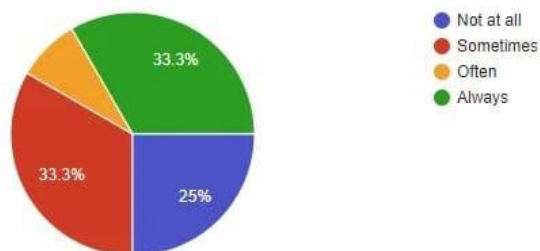
How would you rate your overall level of dependence on technology?



58.3% student rate their overall level of dependency on technology in medium. 33.3% student rate their overall level of dependency on technology in high. 8.3% student rate their overall level of dependency on technology in low.

Chart-8:

Do you find it difficult to disconnect from technology (e.g., phone, computer, social media) during leisure time?



33.3% of students find it difficult to disconnect from technology during leisure time while 25% don't.

Our very last question in our online survey was, “How many hours per day do you spend using technology for leisure activities (e.g., watching TV, playing video games, browsing social media)?” and “Is technology making us lazy and more dependent?”

All the students answered differently here. We are highlighting the important answers below so that can catch the eye of the authority and we believe that the authority will take important measurements.

How many hours per day do you spend...ide ▾

< 9 of 10 >

How many hours per day do you spend using technology for leisure activities (e.g., watching TV, playing video games, browsing social media)?

2 responses

10/12

2 responses

5/6 hours

1 response

6/7 hours

1 response

4

1 response

10/11 hours

1 response

12/13 hours

1 response

15/16 Hours

1 response

10 hours

1 response

Bolbo na 🤔

1 response

5/6hr

1 response

8

1 response

8/9 Hours

1 response

I have to be connect to these most of the time since I'm a cse student

1 response

Not making lazy but we are depending on it

1 response

Not at all

1 response

Yes Ofcourse

1 response

Probably

1 response

Both

1 response

Not making lazy but we are depending on it

1 response

Not at all

1 response

Yes Ofcourse

1 response

Probably

1 response

Both

1 response

Little bit

1 response

Discussion:

The issue of overdependence on technology is complex and multifaceted, with various causes, consequences, and potential solutions. One of the significant consequences of overdependence on technology is the impact on physical health, mental health, and interpersonal relationships. To mitigate the negative impacts of overdependence on technology, individuals can develop healthy digital habits and incorporate physical activity into their routine, while employers can encourage movement breaks and limit the use of technology during meetings. Furthermore, society needs to promote a balanced approach to technology usage through education and awareness campaigns, shifting cultural norms and values, and incorporating features that promote healthy usage into technology products and platforms. Finally, ethical considerations should be taken into account to ensure that technology promotes responsible and balanced usage.

Conclusion:

Overdependence on technology is a complex and pervasive issue that has significant implications for individuals, communities, and society as a whole. The increasing reliance on technology for communication, information, entertainment, and other aspects of daily life has both positive and negative impacts. While technology has undoubtedly improved our lives in many ways, it is crucial to recognize and address the potential drawbacks of overdependence on technology.

In conclusion, while technology undoubtedly offers numerous benefits, it is essential to be mindful of the potential risks of overdependence on technology and strive for a balanced approach in its use. By recognizing the potential negative impacts and adopting healthy technology use habits, individuals, communities, and society as a whole can mitigate the risks and harness the positive aspects of technology in a responsible and sustainable manner.

Reference:

Link to Google Form:

<https://forms.gle/6Vk8r64q8Cwxn5qg7>

Adams, S. K., & Kisler, T. S. (2013). Sleep quality as a mediator between technology-related sleep quality, depression, and anxiety. *Cyberpsychology, Behavior, and Social Networking*, 16(1), 25-30.

American Psychological Association. (2017). APA guidelines for the psychological practice with boys and men. *American Psychologist*, 73(7), 835-856.

Appendix:

(Online Survey)

(1) How many gadgets do you have at home?

- a. Too many
- b. Very few

(2) How often do you check your phone throughout the day?

- a. Rarely
- b. Occasionally
- c. Frequently

(3) How often do you use technology in social settings, such as during meals social gatherings?

- a. Rarely
- b. Occasionally
- c. Frequently

(4) Do you find it difficult to disconnect from technology (e.g., phone, computer, social media) during leisure time?

- a. Not at all
- b. Sometimes
- c. Often
- d. Always

(5) Have you ever missed out on important moments or experiences because you were too absorbed in technology (e.g., scrolling through social media, playing games, etc.)?

- a. Often
- b. Occasionally
- c. Rarely
- d. Never

(6) Do you feel that your use of technology (e.g., smartphones, tablets, laptops) has affected your ability to focus or concentrate on other tasks or activities?

- a. Yes
- b. No

(7) How would you rate your overall level of dependence on technology?

- a. Low
- b. Medium
- c. High

(8) Do you feel that your reliance on technology has affected your physical health, such as posture, eyesight, or sleep patterns?

- a. Yes
- b. No

(9) How many hours per day do you spend using technology for leisure activities (e.g., watching TV, playing video games, browsing social media)?

(10) Is technology making us lazy and more dependent?