Abstract: Technology has become an indispensable part of our daily lives, transforming the way we communicate, work, and live. However, as our reliance on technology increases, so does the risk of becoming overdependent on it. This term paper takes a closer look at the issue of overdependence on technology by examining its causes, effects, and implications. Through a comprehensive review of relevant literature and research, this paper explores the impact of overdependence on technology in various aspects of life, including social interactions, mental health, productivity, and physical well-being. The methodology includes a review of existing literature and research on the topic. The findings highlight the pervasive nature of overdependence on technology and its potential negative consequences. The discussion delves into the reasons behind overdependence on technology, including psychological, social, and cultural factors, and explores potential strategies for mitigating this issue. The paper concludes with recommendations for individuals, communities, and policymakers to promote a balanced and healthy relationship with technology.

Keywords: overdependence, technology, social interactions, mental health, productivity

Introduction: Technology has revolutionized the way we live, work, and interact with the world. From smartphones and laptops to social media and online platforms, technology has become an integral part of our daily routine. It has transformed various aspects of our lives, including communication, education, healthcare, entertainment, and business. However, as our reliance on technology increases, there is growing concern about the issue of overdependence on technology and its potential negative consequences.

Overdependence on technology refers to an excessive reliance on technology to perform tasks and activities that were traditionally done manually or without the use of technology. It can manifest in various forms, such as addiction to social media, excessive use of smartphones, reliance on automation in the workplace, and dependence on online platforms for basic needs. While technology offers numerous benefits, including convenience, efficiency, and accessibility, overdependence on it can have detrimental effects on individuals and society as a whole.

This term paper aims to provide a closer look at the issue of overdependence on technology by examining its causes, effects, and implications. It will review existing literature and research on the topic, analyze the impact of overdependence on technology in various aspects of life, including social interactions, mental health, productivity, and physical well-being, and explore potential strategies for mitigating this issue.

Methodology: This term paper employs a literature review methodology to examine the issue of overdependence on technology. A comprehensive review of existing literature, including academic journals, books, reports, and reputable online sources, was conducted to gather relevant information and insights on the topic. Various keywords, such as "overdependence on technology," "technology addiction," "technology reliance," and "impact of technology on society," were used to search for relevant literature in online databases, such as Google Scholar, JSTOR, and PubMed. The literature review includes sources published within the last ten years to ensure the relevance and currency of the information.

Finding: The findings of the literature review reveal that overdependence on technology is a pervasive issue with multifaceted causes, effects, and implications. Several key findings are highlighted below:

1. Psychological factors: Psychological factors play a significant role in overdependence on technology. Research suggests that factors such as fear of missing out (FOMO), instant gratification, escape from reality, and low self-esteem can contribute to technology addiction and overdependence.
2. Social factors: Social factors, including peer influence, social norms, and societal pressure, can also contribute to overdependence on technology. The need for social validation, peer approval, and social recognition through online platforms can lead to excessive use of technology, particularly in the context of social media.
3. Cultural factors: Cultural factors, such as the normalization of technology in daily life, can also contribute to overdependence. The increasing integration