Abstract: Overdependency on technology is a growing concern in today's society, as individuals rely heavily on technology for various aspects of their lives. This term paper will examine the causes and effects of overdependency on technology, as well as potential solutions to mitigate this issue. Through research and analysis, this paper aims to provide a deeper understanding of the impact of technology on human behavior and offer recommendations for individuals and society as a whole.

Introduction: In recent years, technology has become an integral part of our daily lives. We use technology for communication, entertainment, education, and even work. While technology has made our lives easier in many ways, there is growing concern about the extent to which we have become reliant on it. Overdependency on technology refers to the excessive reliance on technology in various aspects of our lives, which can have negative consequences on our physical, emotional, and social well-being.

Causes of Overdependency on Technology: The rapid advancement of technology has made it more accessible and affordable, leading to increased use among individuals. Social media platforms, for example, have become an essential tool for communication and staying connected with others. However, this constant connectivity has also led to a culture of FOMO (fear of missing out), where individuals feel pressured to remain online and up-to-date with the latest trends.

Another cause of overdependency on technology is the desire for instant gratification. With technology, we have immediate access to information, entertainment, and communication. This instant gratification can lead to addiction and the need for constant stimulation, making it difficult for individuals to disconnect from technology.

Effects of Overdependency on Technology: The overdependency on technology has several negative effects on individuals' physical, emotional, and social well-being. It can lead to sedentary behavior, which can contribute to obesity, poor posture, and other health problems. The overuse of technology can also lead to sleep disturbances, which can have a significant impact on mental health.

Moreover, overdependency on technology can also have adverse effects on social interaction and communication skills. Individuals who rely heavily on technology may struggle with face-to-face communication, leading to social isolation and loneliness. Additionally, the constant need for online validation can lead to low self-esteem and anxiety.

Methodology: The research for this term paper involved a comprehensive review of academic literature on overdependency on technology. The sources used for this paper were obtained from reputable academic databases, including JSTOR, EBSCO, and Google Scholar. The search terms used included "overdependency on technology," "technology addiction," and "effects of technology on mental health." The research was conducted using qualitative data analysis methods, which involved identifying common themes and patterns in the literature.

Findings and Discussion: The research findings revealed that overdependency on technology is a growing concern in society. The overuse of technology can lead to addiction, social isolation, and negative mental health outcomes. Furthermore, the research revealed that overdependency on technology is more prevalent among younger individuals, who have grown up in a culture where technology is ubiquitous.

Potential Solutions: To mitigate the negative effects of overdependency on technology, individuals can take several steps. One approach is to limit technology use by setting specific times of the day for checking emails and social media. Individuals can also engage in activities that do not involve technology, such as reading a book, going for a walk, or spending time with friends and family.

In addition to individual efforts, society as a whole can take steps to address overdependency on technology. This includes promoting healthy technology use through public awareness campaigns, providing education on the negative effects of overdependency on technology, and investing in research to better understand the impact of technology on human behavior.

Conclusion: In conclusion, overdependency on technology is a growing concern in today's society. While technology has made our lives easier in many ways,