Abstract: Overdependency on technology is a phenomenon that has become increasingly common in recent times. People rely heavily on technology for communication, work, and entertainment, to the point where it is challenging to imagine life without it. This paper examines the causes and effects of overdependency on technology, as well as potential solutions to this problem. The study uses qualitative research methods to analyze existing literature and conduct interviews with technology users. The findings reveal that overdependency on technology has negative consequences for individuals and society at large. However, there are ways to mitigate this problem, including promoting digital literacy, balancing technology use with other activities, and taking breaks from technology.

Introduction: Technology has become an integral part of our lives, and we rely on it for many aspects of daily living. While technology has made many things easier and more convenient, overreliance on it can have negative consequences. Overdependency on technology occurs when individuals rely heavily on technology for communication, work, and entertainment. This paper examines the causes and effects of overdependency on technology and potential solutions to mitigate this problem.

Causes of Overdependency on Technology: One of the main causes of overdependency on technology is convenience. Technology offers quick and easy access to information, communication, and entertainment. Additionally, social norms and pressure can influence individuals to adopt technology use. The fear of missing out (FOMO) on social media platforms can drive individuals to use technology excessively, leading to overdependency.

Effects of Overdependency on Technology: Overdependency on technology can have negative effects on individuals and society. On an individual level, overuse of technology can lead to addiction, sleep deprivation, and a lack of physical activity. On a societal level, overdependency on technology can lead to a breakdown of communication skills, loss of privacy, and increased cybercrime.

Methodology: This study employs qualitative research methods to analyze existing literature and conduct interviews with technology users. The data were collected through in-depth interviews, focus groups, and surveys. The study used a purposive sampling technique to select participants who had experienced overdependency on technology. The data were analyzed using thematic analysis.

Finding and Discussion: The findings reveal that overdependency on technology has negative consequences for individuals and society. Participants reported that technology overuse leads to addiction, lack of physical activity, and sleep deprivation. They also reported that overdependency on technology affects communication skills negatively, leading to isolation and disconnection from the real world. Additionally, participants reported that overdependency on technology leads to a loss of privacy and increased vulnerability to cybercrime.

Potential Solutions: There are several potential solutions to mitigate overdependency on technology. First, promoting digital literacy can help individuals use technology more efficiently and balance it with other activities. Second, encouraging individuals to take breaks from technology can help them reduce their dependence on it. Third, balancing technology use with other activities such as physical exercise and social interaction can help individuals maintain a healthy balance.

Conclusion: Overdependency on technology has negative consequences for individuals and society. The convenience and social pressure associated with technology use can lead to addiction, sleep deprivation, and a lack of physical activity. However, promoting digital literacy, taking breaks from technology, and balancing technology use with other activities can help individuals mitigate the negative effects of overdependency on technology.

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