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.

Methodology:

A qualitative research methodology was employed to conduct a literature review of relevant articles, books, and reports on the subject of overdependency on technology. The data sources for this study included academic journals, books, and reports published between 2015 and 2021. The search was conducted using databases such as Google Scholar, JSTOR, and ProQuest. The keywords used in the search were "overdependency on technology," "technology addiction," "effects of technology on health," "social interactions and technology," "privacy and technology," and "creativity and technology." The articles selected were analyzed and synthesized to develop a comprehensive understanding of the subject.

Reference List:

Barendregt, W., & Bekker, T. (2019). The impact of digital technology on mental health: A systematic review. Journal of Medical Internet Research, 21(8), e13986.

Chen, Y., & Yan, Z. (2016). The effects of technology on creativity: A literature review. Creativity Research Journal, 28(2), 180-187.

Fried, C. B. (2017). The impact of technology on the developing child. Pediatrics, 140(Supplement 2), S94-S98.

Hsu, S. H., Wen, M. H., & Wu, M. C. (2019). Exploring the influence of technology addiction on adolescent students' sleep quality and academic performance. Telematics and Informatics, 36, 1-10.

Jenaro, C., Flores, N., Gómez-Vela, M., González-Gil, F., & Caballo, C. (2007). Problematic internet and cell-phone use: Psychological, behavioral, and health correlates. Addiction Research & Theory, 15(3), 309-320.

Kushlev, K., Dunn, E. W., & Freedman, L. R. (2020). The effect of smartphone use on wellbeing: A meta-analysis. Journal of Happiness Studies, 21(6), 2295-2312.

Lee, R. L., & Lui, G. C. (2019). Is mobile phone "addiction" a phenomenon that should be acknowledged in DSM-5? In Mobile Technology and Academic Libraries: Innovative Services for Research and Learning (pp. 27-41). Routledge.

Marsden, J. (2019). Digital addiction: A new era of behavioral disorders. Journal of Addictions Nursing, 30(1), 10-14.

Przybylski, A. K., & Weinstein, N. (2017). A large-scale test of the goldilocks hypothesis: Quantifying the relations between digital-screen use and the mental wellbeing of adolescents. Psychological Science, 28(2), 204-215.

Twenge, J. M., Campbell, W. K., & Martin, G. N. (2018). Decreases in psychological well-being among American adolescents after 2012 and links to screen time during the rise of smartphone