Abstract: Overdependency on technology is a growing concern in today's world. People rely on technology for almost every aspect of their lives, from communication to entertainment. While technology has undoubtedly made our lives easier, it has also led to various negative effects. This paper aims to explore the causes and effects of overdependency on technology, as well as potential solutions to this problem.

Introduction: Technology has revolutionized the way we live, work, and communicate. We can now access information and communicate with people from anywhere in the world. However, as technology becomes more advanced, we are becoming increasingly reliant on it. This overdependency on technology has led to various negative effects, including social isolation, addiction, and decreased productivity.

Causes of Overdependency on Technology: One of the main causes of overdependency on technology is its convenience. Technology has made our lives easier in many ways, from online shopping to instant messaging. It has also become a form of entertainment, with people spending hours on social media and streaming services. Another cause is societal pressure to stay connected. With the rise of social media, people feel the need to constantly check their phones and stay updated on their friends' lives.

Effects of Overdependency on Technology: The effects of overdependency on technology are numerous. One of the most significant is social isolation. People are becoming more disconnected from each other, preferring to communicate through technology rather than in person. This has led to a rise in mental health issues such as depression and anxiety. Another effect is addiction, with people becoming reliant on technology for entertainment and stimulation. This can lead to a decrease in productivity and a lack of motivation.

Methodology: To investigate the causes and effects of overdependency on technology, we conducted a literature review. We searched for relevant studies and articles in academic databases and online sources. We also conducted interviews with people who have experienced the negative effects of overdependency on technology.

Findings and Discussion: Our research found that overdependency on technology is a growing problem that affects people of all ages. People are becoming increasingly reliant on technology for communication, entertainment, and even work. This has led to a decrease in face-to-face communication, social isolation, and addiction. However, there are also positive effects of technology, such as increased access to information and improved efficiency in the workplace.

Potential Solutions: To address the problem of overdependency on technology, we recommend several potential solutions. One is to limit screen time, especially for children and teenagers. Another is to encourage face-to-face communication and social activities. We also recommend taking breaks from technology, such as turning off notifications and taking regular breaks from screens.

Conclusion: In conclusion, overdependency on technology is a growing problem that has negative effects on our social, emotional, and mental well-being. While technology has undoubtedly improved our lives in many ways, it is important to be aware of its negative effects and take steps to limit our dependency on it. By implementing the potential solutions we recommend, we can find a balance between the benefits and drawbacks of technology.

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