

Are we too dependent on technology?

Main Idea

How does relying too much on technology influence cognitive abilities and brain function?

Excessive Technology Use

- Dependence on digital devices such as smartphones, tablets, and AI assistants.
- Tasks made easier by technology may reduce memory retention (e.g., forgetting basic calculations or contact numbers).
- Case Study: Taxi drivers relying on GPS forget geographical knowledge over time.

Brain Function & Mental Impact

- Heavy reliance on automation weakens memory-related brain regions like the hippocampus.
- Scientific Study: A 2017 research found that GPS usage decreases brain stimulation, impacting mental sharpness.
- Overuse of tech can lead to long-term cognitive challenges.

Societal & Critical Thinking Consequences

- Loss of problem-solving and independent thinking abilities.
- Reduced hands-on learning may hinder creativity and analytical skills.
- A future society may struggle with everyday problem-solving without technological support.