It is evident that technology has become an important asset in our lives today (McClellan, James, and Harold 13). Everything that is done on earth today has become significantly relied on the usage of technology to help improve not only the quality of the item or service but also the quantity of the same. Moreover, it is further notable that people have significantly focused on ensuring the advancements of technology to contribute to ensuring that the lives of people on earth are simplified and easy. Besides, the use of technology has become important to us in different ways serving from providing protection and security to ensuring that communication occurs in the business realm and our day-to-day lives as well as in the healthcare service among other domains in life. Additionally, it is also important to note that people have focused on ensuring that technology helps in even the minutest areas of our lives. Some of these sectors include communicating with a Bluetooth device to make sure that one can take phone calls for instance when one is driving to avoid having accidents because of trying to hit while grasping a large phone in one’s hands. Therefore, it has become evident that technology has become an almost irremovable part in our lives. Technology has become like the air that we breathe, which we definitely cannot do without and therefore, have to keep breathing to ensure that we remain alive.

If one is in doubt concerning the degree of impact that technology has had on our lives, then one needs to stand still and take a look at the effect that it has had in our lives and more so, inquire of him or herself whether we would survive without the said technology. For instance, the numbers of cell phones, smartphones, computers, tablets, and even iPads have continued to take a toll on society today. The willingness and the ability that we once had as human beings to memorize have somehow been lost since we are more dependent on using these forms of various
technological devices to act as a reminder to us. Therefore, these things hold much value in our lives (Commoner 25). With the utilization of the internet and the computer or a smartphone today, one is evidently smarter than the person without since they can access every form of information that they need concerning any topic that is known to man. Since the human brain invented technology, it has become apparent that the human brain is now dependent on the same technology to make lives easier and enhance the quality of life.

Moreover, it is clear that the numbers of people nowadays who focus on reading a printed book are continually diminishing since people are more focused on retrieving information and knowledge from the internet. Furthermore, very few people read books from the web instead of this they tend to listen to audiobooks to gain their knowledge courtesy of technology. Besides, people are relying on technology to do calculations for them, even the simplest calculation of all; many people still rely on technological devices to do the calculations. Therefore, this goes to show that even though the human brain that made the computer or continues to design and advance these different forms of technological devices that we obviously do rely on them to do almost everything that our ancestors did on their own without the help of technology (McClellan, James and Harold 22).

Many individuals nowadays cannot run their businesses without the use of a computer or the utilization of an advanced communication network system (Hallen, Riitta and Jeff 1080). The reason behind this pertains that firstly everyone wants to keep abreast with the changes that occur in the world. Secondly, people desire to reap the benefits that come with technology. Thirdly, people are scared of doing things on their own without the help of technology, and therefore, they tend and opt to rely on the same to ensure that their lives are not challenging and neither are they complex. To this effect, it would be almost right to say that we are losing the ability to think for ourselves. Moreover, it is important to note that communication today has changed considerably because of technology (Finnegan 15). People communicate increasingly better while on their technological devices rather than when they are face to face. The
reason behind this is that people are using the internet to find ways to communicate with multiple search engines that show individuals what to say and when to say it and therefore when they talk face to face, they find it rather difficult since people do not have the help that they are used to having. To this effect, communication has become a real life challenge increasingly unlike in the prior days when people found it easy to communicate in person and found things to talk about for hours and hours without running out of communication ideas.

The other reason that evidently shows how we have increasingly become too much dependent on technology pertains that people get very upset for instance, when the lights go off. The reason for this may be that they were either working on their machines that rely on electricity, for example, a computer or they had failed to charge their phones, which will be detrimental to their communication life.

Nevertheless, it is important to note that technology is like a double-edged sword, which has good and bad sides (Commoner 17). Since technology is slowly taking over the lives of human beings, more so, the social aspects of our lives, such as our relationships as well as our daily activity. However, it is important to note that technology is not the real problem here, technology is but a pawn in the game, and the real issue is the numerous negative ways that we make use of technology today. Moreover, it is the different ways that we use technology to meet our goals and our objectives. Therefore, ultimately, it all comes down to our mentality and the habits we have developed about the use of technology today. People can survive and overcome their dependence on technology if they choose to do so. However, we have all built that increased level of addiction on technology to the point that we become helpless and hopeless without its existence.
In conclusion, it is evident that technology is an integral part of our lives and without it, we become “lost” since we have increasingly become dependent on its use. To this effect, there is a great need to ensure that we stop becoming too attached to technology and therefore, begin to develop our brains and avoid the overreliance that we have on technology.


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