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**Technology Turing People into Zombies**

Science and technology have a pronounced impact on human life as their initiation. A lot of technical progressions have been going on day by day, and which obviously has its impact on an individual's lifestyles. Technology has unquestionably made a profound influence on the running of the domain. It headed to constructive modifications, yet, technology has its particular part of adverse influences. A lot of people use technical devices every day for numerous purposes, as I am using right now to write the essay. Technological devices assist us during our everyday lives and lacking them, life would be much altered. Nevertheless, many times we can use them a bit excessively, sufficient to make us hooked to them. No doubt that technology has made our lives easier but the adverse effects of it cannot be denied. The abuse of technology is what originates the problems. This excessive usage of technology has turned the people into zombies.

 From the time when smartphones were presented, the usage of technology has transformed enormously. Today, it is obviously far and wide you go that numerous individuals have turn into unsocial from ‘social media’. On community conveyance, one can see that nearly every person is on their phones, either texting or playing games; this has made the people become unsociable. In actual fact, 90% of all grownups have their mobile phones in arms reach of them all the time. Out of the populace of 7 billion individuals in the whole biosphere, 4 billion of them have mobile phones. The excellence of ‘family time’ has altered nowadays. We talk to the people sitting next to us through texts on mobile phones. It has triggered damage to straight communication among folks. Texting to acknowledge, greet or invite on special events has become ordinary.

Information and communication technologies (ICTs), for the most part, the internet, and internet‐empowered devices, have speedily turned to essential to teenagers' lives in developed states (*Technology‐Related Sexual Solicitation of Adolescents: A Review of Prevention Efforts*). We have become sluggish, we are not into the open-air activities and any disease attacks us actually fast. Technology is taking command of our lives as an obsession. We no further have the aptitude to reflect imaginatively as we chastely depend on the digital books for the material. For study or assignments, we hinge on the internet, sometimes even lifting data seeing it be precise, not grasping, that a lot of data on the internet is user-generated, the genuineness cannot at all times be definite. The drift has affected our capacity to understand and process data.

 Technology is making people unhealthy and sloth. Folks, particularly youngsters, are becoming cumbersome as they are not working out sufficient because of the fact that they are on their mobiles or PCs. This can head further to numerous sicknesses far ahead in a lifetime for example diabetes and cancer. Sleeping habits have changed due to the excessive use of smartphones. It triggers the digestion problems and that leads to diseases like diabetes, and obesity, etc. Many forms of technology, make persons sit for a lot of time of their day. This continuous sitting could be just as hazardous to an individual's well-being as smoking could be. Steadily using technology can head to hand, wrist, and forearm pain, lead to communal segregation, and may even be a backing aspect to the development of depression-like indications. We keep an eye on our phone during walking, eating, drinking, driving. We are enthralled by their enchantment. This unrestrained influence appears on forthcoming more rather than lessening.

 Technology is affluent, and keeping pace with the up-to-date drifts is virtually difficult for somebody who isn’t in the higher class. This has instigated a chief societal gulf between the populace of people who can and cannot manage to pay for these technologies. The more that technology progresses, the quicker novel and more effective varieties are designed. This is an issue since you may well have the latest and finest piece of technology, but it will turn out to be outdated in very petite time. It is triggering our land to be replete with no longer used computers, cell phones, and other things that are destructive to the environs (Ayres).

 Hackers can use the internet to take private data. If civilization were to always turn out to be nonexistent, there is a decent chance that technology would deliver a necessary backing. a research’s results exhibited that more than 26 percent of adolescents in a relationship said they had to face some of the other types of computer-generated dating exploitation harassment in the previous year (Zweig, Janine M., et al. 2013). One who feels lower and insufficient inclines to act with nervousness in his romantic relationships. To cool his anxiety or uncertainty he or she may narrate through a blog or social network (*Internet use and abuse among Greek adolescents: Τhe effect of feelings of inadequacy mediated by the quality of romantic relationships in adolescent bloggers and social network users*). If you need to catch on a lot of private data about somebody, the technology of the internet can aid your requirements rather efficiently. Some websites let you go in a phone number, search for a business, or discover a being using open accounts. Flatterers can place all of your social media feeds on top of one folio for anyone to evaluate the whole thing you’ve ever displayed. The conservative knowledge is that, as some individuals still do not have access to email and the Internet, such facts gathering techniques may frequently consequence in an illustration of respondents that is not archetypal of the anticipated populace (Online surveys in marketing research: Pros and cons).

 Technology can be "good" or "bad" grounded on the way it is used. The invention has headed to unbelievably disparaging, world-altering armaments with nuclear, fissile, and hydrogen bombs. No doubt that technology has improved the lives of the people in a lot of ways. It has made their lives easier and smoother. Fast communication, conveyance, and to fetch data, technology plays a very important role and that cannot be denied. The use of technology is not wholly be taken as wrong. If we eradicate it from our life, we can no longer enjoy the facilities that it has provided to us.

 Technology has its advantages as well as disadvantages but the excessive use of it has turned the people into technological zombies. People have become more social online and more lonely in real life. The quality family time has reduced and the face to face interaction of people has reduced. To keep a balance in our lives we need to decide the time that we want to spend with our tech-toys (PCs, Mobile phones), and with nature. Only the balance can prevent us from turning into tech-zombies.

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