Final Project

[Name of the Writer]

[Name of the Institution]

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Technology has become an integral part of our lives. One cannot imagine living without it. Owing to significant technological developments, today's youth is using multiple gadgets that serve specific purposes. The youth is mired in technology in a way that they cannot perform simple everyday tasks without them. For instance, one can see many individuals performing basic arithmetic calculations on their mobile phones. Dependence on social media platforms has grown so far among the youth that they do not consider sharing their feelings with their parents or other family members (Mkono, 2018). Instead, they resort to sharing their emotions on these social media platforms (Mkono, 2018). This act has serious complications attached to it; the youth often experience trolling, hate speech, and harassment (Mkono, 2018). I have always thought about what life would be without social media. Sometimes, I think what people did when there was no technology. To experience this, I decided to go a day without access to any of the social media platforms.

During my normal routine, whenever I go to bed, a significant chunk of my time was consumed using social media applications. However, last Saturday night, I decided to go to bed timely and switch off my mobile for the next 24 hours. The next 24 hours taught me that there is more to life than wasting it on social media applications. I woke up early the next Sunday morning. It was about 6 am. I saw the time from the clock hanging on a wall in my room. I took a quick shower. After the shower, I ate my breakfast. It was around 6.30 am, I set off for a walk in the park with my dog. On my way to the park, I noticed the hustle and bustle of the city, which I would have never noticed otherwise. For the next two hours, till 8.30 am, I ran for about half an hour and exercised for another half hour. I walked my dog for about an hour and reached home at 8.30 am. After reaching home, I took a shower again. At about 9 am, I took out a novel to read from my bookshelf. The novel had so much dust on it only because I never touched it since buying it. The novel is named "The Dutch House". This novel describes the painful tale of two siblings who were exiled from their family estate and how they fought poverty (Patchett, 2019). The novel was so compelling that I finished it in one go. The novel took just 5 hours. So it was about 2 pm now. I described my day's agenda with my family. They were quite astonished by my commitment so far. I took them on board and decided to go on a picnic by the lake. We packed up stuff and made lunch in the next two hours. I also lent a hand to help my mother in making lunch. We left our home at 4 pm to go to the lake. I was accompanied by my parents and siblings for this trip. We set up a small table and placed the lunch on top of it. We talked about so much with each other. We also joked about an incident when I stuffed dates in my younger brother's throat. Though my brother did not enjoy us joking about him one bit. In the meanwhile, the sun was setting. I watched the sun setting and captured the moment; in my eyes and memory. So it was around 8 pm when we returned home. I had my dinner at about 9 pm. After that, I went to bed. Before sleeping, I documented the entire day within a notepad. So it was about 10 pm when I fell asleep.

Although I never thought that I could go an entire day without using any of the social media applications especially SnapChat, the day went by with relative ease. Taking my family on board with my decision helped and motivated me further to go an entire day without using my mobile.

**References**

Mkono, M. (2018). ‘Troll alert!’: Provocation and harassment in tourism and hospitality social media. *Current Issues in Tourism*, *21*(7), 791-804.

Patchett, A. (2019). The Dutch House.