

Some people believe that technology has made people's lives easier, while others argue that it has made life more complicated. Although modern technology can create new challenges, I believe it has generally made everyday life more convenient.

Those who consider technology complicated point to the increasing number of devices and digital services people must manage. Individuals may need to remember numerous passwords, understand unfamiliar software and constantly adapt to technological changes. Furthermore, smartphones and workplace applications can make people feel that they are always available, creating pressure to respond to messages and emails outside working hours.

Nevertheless, technology has simplified many aspects of daily life. People can now complete tasks such as banking, shopping and paying bills from home within minutes. Navigation applications also make travelling easier by providing directions and real-time information. In addition, online education allows students to access lectures, books and learning materials without travelling to a physical institution.

Technology has also improved communication. People can communicate instantly with relatives, colleagues and friends regardless of geographical distance. This has been particularly valuable for families and businesses whose members live in different cities or countries.

In my opinion, the benefits of technology outweigh its disadvantages. The complexity it creates is often the result of having too many digital tools or using them inefficiently rather than technology itself being inherently harmful. People can reduce these problems by limiting unnecessary notifications and learning to use essential tools effectively.

In conclusion, although technology can sometimes increase stress and complexity, it has significantly simplified communication, travel, education and everyday tasks. Therefore, I believe its overall impact on people's lives is positive.