



Is Technology Making Us Smarter or Lazier?

In a time when information is instantly accessible, it's worth considering whether our minds are genuinely growing sharper or if our cognitive abilities are quietly diminishing.

By **Heyya Tauseef** | Information Technology Student | Published: May, 2026

✉ heyyatauseef@gmail.com | Position: Student

Introduction

Technology has become an integral part of our lives; it's hard to imagine life without it. There's no doubt technology has made our lives way easier, but some people argue that "Technology makes us lazier. Is that true?" Let's find out!

Compared to the 90's, an average human today consumes about 500% more information in a single day, processing the equivalent of 34 GIGABYTES of data in just 24 hours. While this has made life easier, it has led to a psychological phenomenon called "Digital Amnesia", where we stop making an effort to store data ourselves. Is this constant access making us smarter, or is it making us lazier?

"The number one benefit of information technology is that it empowers people... It lets people learn things they didn't think they could learn before."

— Steve Ballmer.

Technology Overview

A strong point about 'Technology' making us smarter is that it helps us access tons of information easily. Before, people used to read newspapers or watch the evening news to acquire daily information. Now, we process the equivalent of 34 GIGABYTES of data—about 100,000 words—through our eyes and ears in just 24 hours.

Technology also breaks down geographical barriers. We aren't just learning from books anymore as we did before; now we are learning from experts across the world via webinars and collaborative platforms. AI and apps enable "adaptive learning," where the technology adjusts to a student's individual pace. Students can pause, rewind, do research, ask a question, solve problems again and again until they get the hang of it, *something a traditional classroom can't always do.*

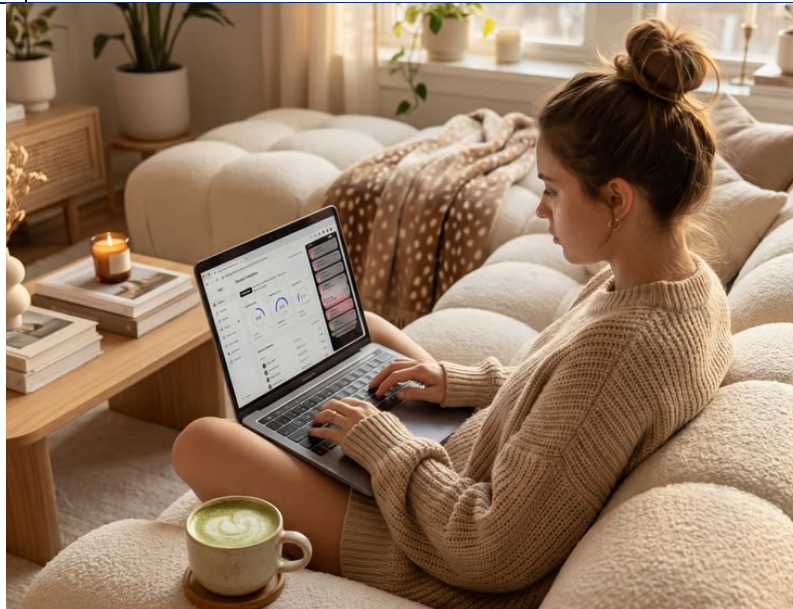


Figure 1: The shift toward digital literacy: using portable technology to access global experts and collaborative learning platforms from any environment

Key Findings & Impact

After COVID-19, there was a massive increase in online shopping because we couldn't go out; it saved us money, energy, and time. Despite the tough times, due to technology, we had access to quality education, and we were connected globally to share our daily life situations. Many people utilize social media as a source of income. Technology also helps us spark our creativity through useful apps.

On one side, people say technology makes us smarter, but on the other side, people argue that technology makes us lazier. Why's that? Well, people argue that technology makes people lose productivity, that people wouldn't even bother to do simple tasks like going outside to eat, and instead just order the food, which can lead them to having health issues due to a lack of physical activity, obese. Also, instead of buying things like clothes from shopping malls, people would just order them online instead.

People also say that AI made us rely too much on search engines, that we don't even bother thinking about a question for a second, and instead just search for it. According to recent research, it has been proven that there is a psychological phenomenon called Digital Amnesia, where we tend to forget information because we know a search engine can find it for us. It's not just that we don't think; it's that our brains have stopped making an effort to store data.

What's Next?

In conclusion, Technology is a mirror that reflects our own habits. If we utilize it to our advantage, to fuel curiosity, and use it for tasks like studying, creating things, or connecting to people, then it undeniably makes us smarter. However, if we let it replace our movement and critical thinking, we risk just watching life go by instead of truly living it.

Ultimately, the smartness of the device doesn't matter as much as the wisdom of the user. Whether technology is making us smarter or lazier depends on the person's intentions in how they choose to use it.



About the Author

Heyya Tauseef is an information technology student, focused on technical and computing fields. They can be reached at heyyatauseef@gmail.com.

Keywords: Cognitive skills; Digital Psychology; Productive struggle; Critical thinking; Information Overload; Pakistan Tech.

References

- [1] Bohn, R., & Short, J. (2009). *How Much Information?* <http://hmi.ucsd.edu/howmuchinfo.php>
- [2] Sparrow, B., Liu, J., & Wegner, D. M. (2011). Google Effects on Memory: Cognitive Consequences of Having Information at Our Fingertips. <https://www.science.org/doi/10.1126/science.1207745>