IELTS WRITING- Discuss both views

Topic: You should spend about 40 minutes on this task.

Nowadays people depend on technology in their free time. Is this a positive or negative development? Give reasons for your answers and include any relevant examples from your own knowledge or experience. **Write at least 250 words.**

MARK THE FOLLOWING SAMPLES

SAMPLE 1:

When technology comes to the position that it has been indispensable in human demand so it is sometimes argued that technology has dominated most citizens' spare time. However, in this case, I affirm that there can be both drawbacks and positive aspects due to the purpose of using. In this essay, I explore these aspects in more depth.

On one hand, using technology devices is beneficial in certain cases that can be seen to clarify. Properly, it can bridge the gap of human communication ability in far distances and revolutionize contacts. For instance, it seems to be that a majority of apps or platforms are released to support the socialization between people by allowing them to contact through video cam, or message as Messenger, Instagram, Twitter, etc. At the same time, individuals can upload photos or update their daily life in social media in order to keep interacting without meeting directly. Those actions can help people to boost their mood and facilitate them to live in social conditions. Another reason to clarify that people are being better is that technology has innovated people's recreational activities in different ways through its development. For example, people can watch TV, play online games or do exercise through media content uploaded on youtube... Due to some points carried out, technology can support people to develop their life positively in both mental and physical health.

On the other hand, technology can obviously impact life if it is not used at a particular time or time-limited. Experts have figured out that abusing smart devices can lead to addictions because their use exceeds 6 hours per day in a period of time. In fact, adolescents are so involved in playing games that they concentrate for a long time without resting and eating . Despite the benefits that we can get, keeping in touch with high energy visible, individuals can face refractive error or optic problems. At the same time, it may come to some other health issues such as obesity, mind-absent or sleep hard.

In conclusion, technology or modern devices can bring advantages,however they can pull out negative outcomes when people keep abusing them. To handle and lighten the load of

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negative aspects, individuals should manage their time of use and try to entertain themselves with outdoor exercise instead of using smart devices.

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SAMPLE 2

With the advancement of technology, more and more people spend their spare time using technological systems. In my opinion, I believe that this tendency has both positive and negative consequences in equal measures.

On the one hand, the increase in using technology has some negative effects. Firstly, people may minimize their time for socializing or communicating with others. If a person allocates more time to utilising technology, he can separate himself from other people and prefer being alone, which is the main reason for being depressed. Secondly, they can get more illness about their mental health. For example, a game player who spends more than 3 hours each day playing video games may have a higher rate of becoming obese and some problems with their eyes. Thus, the average fitness score of humans can decrease gradually if more individuals have the same routine.

On the other hand, technology brings many advantages to people in their daily life. The first benefit would be to bring more entertaining and relaxing hours for users. While there is lack of entertainment areas for citizens due to overpopulation and becoming busy with people's work and study, using up-to-date technological devices can help them to kill time and rise the proportion of happiness. For instance, instead of going to theatres at the weekends, people can watch their favourite movies at home through Netflix, which also can reduce their monthly expenses. Another beneficial aspect would be to acquire knowledge through technical systems. Many individuals have a common habit to use their smartphones, TVs and computers to gain news from the Internet in their spare time. Thus, this activity can make them become more knowledgeable and understand rising trends over the world via using their devices.

In conclusion, while allocating free time to use technology has some drawbacks such as minimizing socialization and communication, and getting more diseases, this habit can bring some positive aspects like entertaining and acquiring more information.

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SAMPLE 3

With the advancement of technology, many individuals now spend much of their free time in front of screens rather than engaging in outside activities. During the course of this essay, I would elaborate on both the positive and negative impacts of such a phenomenon before drawing a rational conclusion.

Obviously, using technology to enjoy people's leisure time seems to have numerous advantages. To begin with, the availability of technology entertainment continues to be the key driver of increased interest in them. Simply said, thanks to technological advancements, recreational material is now available not just on computers but also on mobile phones and smart TVs. In addition, young people have recently developed workaholism, which leaves them with little time for other pursuits. As a result, adults now spend their leisure time playing video games, for instance, on their computers or laptops which can be considered time and effort-saving activities.

Nevertheless, spending too much time on these activities brings about many consequences to users both mentally and physically. Regarding the former point, most individuals were more likely to spend their time interacting, communicating, and being further productive before games and other forms of virtual entertainment ruined their lifestyles with persistent habits. Furthermore, staring at the screen for hours can cause eye irritation, energy drain, memory impairment, and focus ability. Last but not least, since people are unable to spend much time with their family, it would fail to close the distance between family members.

To conclude, most adults are definitely in favour of using technology to entertain and enjoy adventurous experiences these days. However, it should be considered a negative development as drawbacks would surely outweigh the benefits if people are addicted to such virtual forms of recreation.

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