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[2]

フィードバック：プリチェック

- ・内容フィードバック (TR,CC)
- ・詳細スコアリング [6.5.6677](#)

It is sometimes said that modern technology brings people more free time. However, some people say that instead technology is making people even busier. Discuss both views and give your opinion.

コメント：模擬試験では時間が足りず、Essay を見直す時間はありませんでした。陳腐な表現が多かったので、プリチェックで時間をかけて見直し、書き直しました。フレックスタイム導入は、テクノロジーの進化というよりは働き方改革の一種なので関係ないという意見があり得るかもしれないと思いました。
word 数的にはちょうど良いですが、もっと具体的な例（日本で起きた改善の実例など）を加えるべきでしょうか？

日本語プランニング

ボディ 1：

- 忙しさを増すという人もいる。
 - ・常に会社と連絡が取れる状態になる（スマホやメールによって）→取らなくてもいいはずですが、取るのであればなぜ取ってしまうのかについても説明をした方が良さそうです。仕事とプライベートの時間の区別がつかない、働きすぎを引き起こす→日本の特殊な状況かもしれません。一般的には仕事とプライベートは分けて考えるので、プライベートの時間に「働く」という考えを伝えるのはやや難しそうです。
 - ・多くの選択肢があること (テクノロジーとのつながりは?) が、決断にかかる時間とストレスを生む。現代のマスメディアの情報量の多さ、エンタメの多様化によって、選ぶのに迷わせる。

ボディ 2：

- 自由時間を増やす（私の意見はこっち）。
 - ・テクノロジーの進化によって作業が効率的になったことで時間を節約している。（Ex.automation、AI）オンラインコミュニケーションツール（Zoom, Teams）は Remote での会議を実現させ、対面 Meeting のために移動する必要がなくなった (仕事に限って議論をするのであれば、勤務時間は一定ですので、移動が減っても勤務時間は減らないという議論になってしまいます)。
 - ・Flexible な働き方（リモートワークやフレックスタイムの導入）を実現させた (忙しさとはやや異なる議論)。このことによって個人のライフスタイルに合わせた働き方が可能になり、家族や趣味の時間を確保しやすくなった。

In today's fast-paced world, the impact of modern technology on our daily lives is a topic of considerable debate. While some argue that developments in technology provide individuals with more leisure time, others insist that it has made people busier than ever. This essay will discuss both perspectives and my opinion, which aligns with the former argument. (初めから、some people vs I と書くとスッキリします。また自分の意見がこの部分での some people の意見ですので、読み手を混乱させないように自分と異なる意見を some people とするといいでしょう)

Some people (イントロダクションの some people とは逆の立場になっているので注意しましょう) think that modern technology contributes to increased busyness. Due to the prevalence of smartphones and email systems, employees are constantly connected to other workers and relevant information. Since this tendency does not separate their time from work and life, it often leads to longer working hours (一般的には定められた勤務時間以外で労働をすることはないので、長時間労働の話にまでつなげるのはやや無理がありそうです。仕事をしていない時にも通知を見ってしまうというくらいであれば問題ありません)。Moreover, the countless pieces of information currently available cause people to take more time and be more stressed than ever (ストレスに感じてまで情報を見ようとする理由はなんでしょうか?) . People struggle to choose their options from the overwhelming amount of data sources due to the mass media and diversified entertainment.

However, I believe that cutting-edge technology (どのような最先端技術?) provides individuals with more free time. The IT innovations, such as automation and Artificial Intelligence, have significantly reduced the time needed to complete routine tasks. Utilizing online communication tools, like Zoom and Microsoft Teams, allows for remote meetings, saving travel time and improving efficiency. // Furthermore, flexible working styles are realized by the developments. (この先はまとめなので、この前のアイデアのサポートが不足しています。ただし、Ryoji さんもお気づきの通りこのアイデアが使えるかどうか、再検討をしても良さそうですね。 // Introducing remote work and flex-working time can make workers match their lifestyles, creating more opportunities for family and personal pastimes.

In conclusion, while there are valid arguments on both perspectives regarding the impact of technological advancements on free time, I lean toward the positive side. By enhancing work efficiency and allowing for greater flexibility, technology ultimately generates more time for individuals to enrich their lives.

[1] (mock test)

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In today's fast-paced world, the impact of modern technology on our daily lives is a topic of considerable debate. While some argue that developments in technology provide individuals with more leisure time, others insist that it has made people busier than ever. This essay will discuss both perspectives and my opinion, which aligns with the former argument.

Some people think that modern technology makes people busy. Due to the prevalence of smartphone and email systems, employees are always exposed to other workers and relevant information. Since this tendency does not separate their time from work and life, people tend to work too hard. Moreover, countless pieces of information cause people to be more stressed than ever. People struggle to choose the option from overwhelming information due to the mass media and diversified entertainment.

However, I believe cutting-edge technology provides individuals with more free time. The IT advancements, such as automation and Artificial Intelligence, are definitely useful to save time to do tasks. Utilizing online communication tools, like Zoom and Microsoft Teams, enables one to have meetings even if people are in different places. Furthermore, flexible working styles are realized by the developments. Introducing remote work and flex-working time can make workers match their lifestyles, which increases the time for family and hobbies.

In conclusion, there are both perspectives on technological advancements, which bring more free time, and vice versa. I lean toward the former idea because the developments of information technology generate more time for individuals by enhancing the efficiency of the work. (253)