

Without a doubt, ~~the~~ change could have both merits and demerits. However, when the rate of these changes exceeds our capabilities, it eventually becomes destructive. ~~In~~ from my point of view, quick changes make our people less satisfied and happy. I feel this way because of two reasons, which I will explain in the following essay.

To begin with, generally, people need to have stability in their life. ~~I am not saying this is not~~ to say that the change is harmful. I am just proposing that, when its acceleration gets out of control, eventually, people tend to lose their ability to adapt themselves to it. As a result, this conflict would move our society to depression and dissatisfaction. For instance, in the current decade, humanity has ~~overcomes~~ so many problems and ~~bring~~ brought lots of innovation literally in all the fields of science. Despite these developments, statistics show us that the rate (degree) of happiness among ~~in~~ our society is intensely decreasing. We could ~~count~~ cite the huge suicide rates and depression rates as strong evidence.

Secondly, without considering the general effect of quick changes in people, ~~which~~ is mentioned in the previous paragraph, most of the changes that we are facing Nowadays are often destructive. Namely, the environmental changes that are threatening humanity's existence or sudden economic changes which generally present us with ~~the~~ new crises. It is really hard to think of a person, region, or country ~~which~~ that are not affected by these catastrophic changes. For instance, my country ~~had been~~ still is under these unpleasant changes. ~~In~~ over the past decade, we have been facing so many crises in ~~the~~ economy, society, and ~~the~~ environment. In many cities, people have been struggling / fighting ~~with~~ poverty because of recent economic issues. Unfortunately, it is not the worst problem my country is facing. There are lots of people who do not have access to clean water. In my opinion, the sudden disasters would be more fitting to call these events than quick changes.

To conclude, I am not against ~~the~~ change, I just think it could be counted as a danger if the pace of changes goes out of control, and nowadays we are seeing fast changes in lots of aspects which lead us to a less satisfied society.