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Social impact of technology addictions in the lives of youths

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ABSTRACT :

Technology addiction has become a prevalent topic in today's society, as our interactions increasingly occur in virtual spaces. Despite the undeniable benefits technology brings, such as simplifying our lives, there exists a darker side to its omnipresence. The exponential rise in technology usage has led to addictive behaviors, particularly among teenagers and students, resulting in weakened social bonds, increased lethargy, and health concerns. While the flow of technological advancement is Unstoppable, efforts can be made to Mitigate its adverse effects on our Social lives through targeted Interventions. This research explores The impact of technology addiction on Social dynamics and proposes primary Strategies to alleviate its consequences.

Introduction :

The pervasive influence of technology Addiction on the lives of young people Has become a focal point of concern in Contemporary society. As digital Platforms increasingly permeate daily Routines, the social repercussions of Excessive screen time and device Dependency on youth are profound and Multifaceted. From altered interpersonal Dynamics to mental health implications, Examining the social impact of Technology addictions offers critical Insights into the evolving landscape of Adolescent development in the digital Age.

In an age characterized by rapid technological advancements, the pervasive presence of digital devices has transformed the way youth engage with the world around them. With the proliferation of smartphones, social media platforms, and online gaming, concerns about technology addiction among youth have garnered significant attention from researchers and policymakers alike. As noted by Kuss and Griffiths (2017), technology addiction, also referred to as problematic internet use or internet addiction disorder, encompasses excessive and compulsive engagement with digital technologies, leading to negative consequences in various aspects of individuals' lives. Moreover, the ubiquity of digital devices has made it easier for youth to immerse themselves in virtual environments, often at the expense of real-world interactions and activities (Twenge, 2017).

The addictive nature of technology, characterized by features such as instant gratification, social validation, and constant connectivity, poses unique challenges for young individuals whose cognitive and emotional development is still underway (Shaffer et al., 2019). The allure of digital escapism coupled with the increasing integration of technology into daily routines raises concerns about its impact on youth well-being, including mental health issues such as depression, anxiety, and sleep disturbances (Przybylski & Weinstein, 2017).

Literature Review :

- Griffiths, M. D. (2000). Internet addiction –This seminal paper discusses the concept of internet addiction and its potential impact on various aspects of life, including social relationships, among youth.
- Kuss, D. J., & Griffiths, M. D. (2012). This review synthesizes existing empirical research on internet gaming addiction and its social consequences, particularly among young people.
- Twenge, J. M., & Campbell, W. K. (2018). Associations between screen time and lower psychological well-being among children and adolescents: Evidence from a population-based study. This study explores the association between screen time (including smartphone and social media use) and psychological well-being among youth, shedding light on the social implications of technology addiction.
- O'Reilly, M. (2018). Adolescents' experiences of smartphone separation anxiety and its impact on well-being. This qualitative study investigates the phenomenon of smartphone separation anxiety among adolescents and its effects on their social interactions and well-being.
- Livingstone, S., & Smith, P. K. (2014). Annual research review: Harms experienced by child users of online and mobile technologies: The nature, prevalence and management of sexual and aggressive risks in the digital age. This review examines the potential harms experienced by children and adolescents due to their online and mobile technology use, including the impact on their social lives and relationships.
- Lam, L. T. (2014). Risk factors of internet addiction and the health effect of internet addiction on adolescents: A systematic review of longitudinal and prospective studies. This systematic review identifies risk factors associated with internet addiction among adolescents and discusses the health effects, including social consequences, of excessive internet use.
- Odaci, H., & Çikrikci, Ö. (2014). Problematic internet use in terms of gender, attachment styles and subjective well-being in university students. This study investigates problematic internet use among university students, considering its association with attachment styles and subjective well-being, which are crucial for understanding the social implications of technology addiction.

- Strittmatter, E., Kaess, M., Parzer, P., Fischer, G., Carli, V., Hoven, C. W., … & Resch, F. (2015). Pathological internet use among adolescents: Comparing gamers and non-gamers. This comparative study examines the prevalence and correlates of pathological internet use among adolescent gamers and non-gamers, shedding light on the social impact of excessive gaming and internet use on youth.

3. Statement of the problems:

- The rise of technology addiction among youth raises concerns about its impact on social behavior.
- Excessive technology use among youth may hinder social skills and relationships.
- Understanding the factors behind technology addiction in youth is crucial to assess its effects on social lives.
- Limited research exists on the long-term effects of technology addiction on youth development and social interactions.
- Technology addiction in youth may contribute to feelings of loneliness and disconnection from peers and family.

Objectives of the study :

- To investigate the prevalence and patterns of technology addiction among youth.
- To examine the relationship between excessive technology use and social behavior.
- To identify the underlying factors contributing to technology addiction in youth.

Impact of internet addiction :

Internet addiction can have adverse effects on both the individual and their close relationships. It can impact one's health, social life, and hinder participation in real-world social activities, leading to a more virtual existence.

Health effects

Excessive technology use among young people can have detrimental effects on their health. Physically, it often leads to sedentary behavior, increasing the risk of obesity and musculoskeletal issues. Mentally, it's associated with heightened levels of anxiety, depression, and sleep disturbances due to disrupted sleep patterns.

Cognitive development may suffer as essential skills like problem-solving and critical thinking are hindered by constant screen time. Socially, technology addiction can lead to isolation and difficulties in forming meaningful relationship.

Social impact for technology addictions

Technology addiction, as Carl Jung Famously stated, is detrimental regardless of the form it takes, whether it be alcohol, morphine, or the internet. While technology offers numerous benefits such as access to information, news, education, and business opportunities, excessive use or addiction to it can have profound social impacts and may even be classified as a mental disorder according to the DSM.

Conclusion :

Technology is incredibly beneficial and Accessible worldwide, greatly Simplifying our lives. However, Excessive reliance on it poses Significant risks, potentially harming our Society, relationships, well-being, and Finances. It's crucial to acknowledge And address the negative impacts of Technology addiction to prevent further Harm. While technology has propelled Societal advancement, it also has the Potential to manipulate and control population in ways previously Unimaginable. It's imperative to take Decisive action to mitigate technology Addiction before it spirals out of control. It's Important for people to recognize the first signs of their technology addiction and try to combat it. Technology in our new world can be a powerful tool, but it shouldn't bring any negative impact on people's lives.

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3. Kuss, D. J., & Griffiths, M. D. (2012). Internet gaming addiction: A Systematic review of empirical research. International Journal of Mental Health and Addiction, 10(2), 278-296.