

A Study on the Technology Addiction and its Impacts among Adolescent

A Libina Rachel¹

DMI. St. Eugene University, Chibombo, Zambia.

Abstract

Tech Addiction is a plethora of different kind of addiction involves mobile phone addiction, social media addiction, internet addiction, game addiction, web series and chat addiction. These are the some kind of addictions that attracts the adolescent peoples around the world. Other than this there are some of the addictions that create massive variations in the brain activity which include drug and alcohol addiction. Due to this the adolescent people most often prone into the stressful situation. They think these addictions provide pleasure and releases stress temporarily. However it creates the impacts on the human brain and its functions.

Keywords: Plethora, Massive, Adolescent, Stressful, Pleasure, Prone.

Introduction

Technology is around throughout the world. Our everyday activities are totally depends upon the technology. We are performing many activities with the help of technology. Using the technology we can able to save the time, money, material.

For sending the message to a distance person, study purpose and the lot of processes can be achieved easily by technology. The adolescent can easily seek the education materials with the help of the technology. It supports them to build their knowledge and gift them to live with the problem solving skills, improve self-esteem and gives power to accomplish in this ambitious and combative world. In the communication side there is a good impact around the world that helps the person for the easy way of idea sharing.

But there is a negative side to technology-it can be addictive and it may affect our peaceful life by creating health ramifications like depression, anxiety, insomnia, eye disorders, hearing loss, neck stain and dementia. Using the technology by adolescent is not an issue but the way of using is taking an important role among the adolescents.

Adolescent can always concentrate over their mobile phones, laptop and live in their own world instead of observing the pleasant event around them. It is very rare by seeing binary adolescents placed together and talk. Nowadays they are texting sluggishly on their mobile phone rather than talking to one another. The truth is that adolescents are fully focused only

on technology but it may also lead to negative impacts. So it will lead the healthy adolescent to stuck into unhealthy life style.

Definition

TechAddiction is a compulsive psychological need for seeking the technology and incompetence to stop using it, though it causes physical and psychological harm which leads to unhealthy electrical stimulus changes in the brain.

Causes

Genetics: Genetics is an important major cause for the technology addiction. This addiction is transmitted by gene when the fetus is inside the mother womb. The technology addiction from the mother to the child is transmitted via neural pathways. Because the brain is act as a major transmitter for all human activity. So it is very easy to pass these activities from mother to child.

Environmental Factors: Adolescent are expecting to prone into internet game advertisements as a major environmental factor. These internet game advertisements stimulate the adolescent to drown into game addiction. There is no measuring scale to measure the exposure to the game addiction.

Shyness and Social Anxiety: The adolescent who are feeling very shy to communicate with other peoples in the society have a slope to fall into technology addiction easier than other factors. This people will use the social media to get rid of from the society. Shy adolescent peoples can express themselves very well in the online world. So they would like to mingle with the internet accessories than human.

Depression: The adolescent people use the internet to forget their sorrows and worries temporarily. They will spend more times with the internet and technology to avoid certain life problems. These activities automatically turn into technology addiction.

Friends Effect: A friend is important in adolescent life circle. They sometimes play as a role model in their life. Most of the adolescent follows their friend's life circle. Once the particular friend is affected with the technology addiction most probably the other one also easily can fall into that. Because the adolescent trying to show himself to society among with his / her friends.

Warning Signs of Technology Addiction

Negative Repercussions: The addictive behavior continues in spite of hostile impacts such as social separation, argument, fatigue, problem at school or college, lack of achievement.

Excessive Use: Unruly usage of technology will bring the adolescent to the wastage of time management and ignore for vital needs such as hunger and sleep.

Withdrawal Symptoms: The technology addict creates the feelings of moodiness, depression, irritability, restlessness.

Neglecting Friends and Family: When you find adolescent is avoiding friends and close relatives and he/she spending the whole time with the internet technology is considering as a warning sign for technology addiction.

Dishonesty about usage: The adolescent will be liked to use the technology as an inequality way.

A sense of euphoria while plugged in: The adolescent will be in excited or happy mood while using internet technology and he/she desire to use that technology continuously. In that way he/she thinks that it is a good method of relaxation for the body as well as for the soul.

Clinical Manifestation of Technology Addiction

Physical Symptoms of Technology Addiction

Increase and Decrease in Weight: Adolescent who are having technology addiction are most prone to get the weight loss because they would like to spend the whole times with the internet, due to that they ignore their basic activities like food and sleep. So the nutrition deficit will lead to weight loss.

Weight gain due to while using the internet technology they enjoy by eating some of the snacks cookies, potato chips, etc. by spend more time they would like to eat a lot.

Carpal Tunnel Syndrome: It is a condition of weakness in your hand. It occurs due to the compulsion on the nerve in the hand. This nerve is passing through a pathway in your wrist named the carpal tunnel, and finishes in your hand.

Prolong usage of internet technology creates the pressure over the hand which lead the way to the carpal tunnel syndrome.

Headache: Headache is a common sign of technology addiction. Continuous usage of internet create the pain develop from the tissues and structures that around the skull or the brain.

So the brain automatically will pass the pain impulses

Neck or Backaches: The continue usage of technology/social media create back and neck ache by create the pressure over the nerve fibers which passes the pain stimulus to the brain.

Dry or Red Eye: Due to the ultra-violet illumination from the electronic device create the problem in the eye canal because of this the eyes will be affected soon. The retinal of the eye will be suffered more and will shows the symptom's like changes in eye site (myopia, hyperopia), dry and red eye.

Insomnia: Pressure on using the internet devices and unwanted usage of technology in the night time leads to alteration in the sleep pattern which create the insomnia (lack of sleep)

Digestive Problem: Changes in food cycle (e.g.) drown in to the internet technology and forgetting about the food pattern will automatically leads to skipping the food which force you to fall on the digestive problem.

Fatigue: Prolong usage of technology will break the energy storage of the body which make the person feels tired.

Mental Symptoms of Technology Addiction

Poor Concentration Capability: Can be caused by technology addiction because the alteration in sleep pattern will affect the intellectual skills of the brain. Due to this the brain cognitive skill will be affected.

Trouble distinguishing reality from fantasy: It is a confusion state in which the person unable to centralize with the neighborhood. The person feels inability to determine whether an event or experience occurred during the waking state because of full over the technology makes the adolescent to forget about their surroundings and live in their own world.

Memory Impairment: Memory loss (amnesia) is unusual forgetfulness. The adolescent who have a history of technology addiction may not be capable to recollect new events and remember one or more memories of the previous event. The memory loss may be for a little period and then comes to normal. Depends upon the cause; the memory impairment can turn as a bad event.

Social Symptoms of Technology Addiction

Irritable Mood: The technological addicted people are very much interested in spending their whole time by using the internet technology. Once they get interacted with the peoples they will approach them in an irritable mood because the addicted people interested with a machines more than humans.

Social Isolation: As we known as well those addicted people are not interested to mingle with the community so they like to isolate themselves away from the community.

Strained interpersonal relationships: Adolescent may experience difficulty in interpersonal relationship due to technology addiction. Because they will spend their whole time in

technology world without communicate with other peoples. These behaviors can cause strained in interpersonal relationship.

Academic difficulty: Adolescents couldn't able to concentrate over their studies and academic achievement due to the technology addiction. This influence may force to jump into academic failure.

Prevention of Technology Addiction

Nowadays the adolescent peoples are principally affected by technology addiction.

These addictions are a major cause for the unhealthy lifestyle of adolescents. There are many rehabilitation center helps the adolescent for the rapid recovery from technology addiction. However the parent and teacher are playing vital role to bring out the adolescent peoples from those kinds of addictions.

There are several ways to help our current and future generation becoming technology addicts, and some are quite simple:

- Should not allow the adolescent to spend hours on their technological devices. Be very specific and control their exposure on the technological devices.
- Educate the adolescent in your family, schools and colleges have times to mingle with their friends and parents without any kind of technology. Consider the “unplugged” moments.
- Stop using technology when you are around your children, except when it is need.
- Avoid playing the technology games. Eliminate the game folders from your mobile phone, computer and tablets.
- Avoid using technology in every place, such a method will help the person to avoid stop from seeking to technology at all the times.
- Take a pleasant trip where you don't have any technology accessibilities. This will helps you to focus on your main task for the trip.

Conclusion

The Technology addiction is the one of the major problem faced by different communities. Nowadays the technology is one of the top speed developing technologies. There is lot of advantage which adolescents can able to retain time, cash and material in everyday activities. The addiction to the technology can be just a habit. It can destroy the adolescent and create some psychological, physical and social problems.

In current world everyone is addicted to the technology but adolescent are more victims of the technology addiction. Due to the technology addiction students can't focus on their studies.

Our main focus is to prevent the adolescent from this addiction and encourage them enter into the healthy life styles without any difficulties.

References

1. Claudio Cepeda, M. D. 2010, Clinical Manual for the Psychiatric Interview of Children and Adolescents, American Psychiatric publishing inc.
2. MR. Lingaraju G. 2011, De- Addiction Counselling Manual. TRED A Publication-2.
3. Egger. D. (1996). Internet and Addiction.
4. Thompson. S. (1996). Internet Addiction Survey.
5. Loytsker. J & Aiello. J. R. (1997). Internet Addiction and its personality correlates. Poster presented at the annual meeting of the Eastern Psychological Association.
6. Young. K. S. (1996a). Internet Addiction: The emergence of a new clinical disorder. Paper presented at the 104th annual meeting of the American Psychological Association, August 11. 1996. Toronto, Canada.
7. Young. K. S. (1996b). Pathological Internet Use: A case that breaks the stereotype. Psychological Reports.
8. Griffiths. M. (1997). Does internet and computer addiction exist? Some case study evidence. Paper presented at the 105th annual meeting of the American Psychological association, August 15, 1997. Chicago.
9. Shotton.M. (1991). The costs and benefits of “Computer Addiction”. Behaviour and Information Technology.
10. Angres. D. H & Bettinardi Angres. (2008). the disease of addiction: Origins, treatment and recovery. Disease-a-month, 54, 696-721.
11. Cardak, M. (2013). Psychological well-being and Internet Addiction among university students. Turkish Online Journal of Educational Technology.