

Is Technology Addiction Real Addiction?

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Abstract: Throughout this century there have been witnessed to considerable changes in people's lives. One conspicuous example of this can be seen escalation of technology. According to perspectives of vast majority technology is a tool and it is utilized as a matter of putting down the gaming system, tablet, or phone while others claim that technology addiction is real and it demands medical treatment. As per my opinion this dependency have some negative influence too.

Introduction

To begin with, in this rapidly changing world, an overwhelming number of people find it extremely difficult to get through working day without using technology. It is a common phenomenon and indisputable fact that in future, there will be even more usage of technology. Furthermore, to make their life easier, more sophisticated technology tools will be innovated.

Additionally, out of all the reasons, the foremost one, with the help of technology there can be seen increased production efficiency and time saving ability. What is more, today day to day communication devices such as emails, video conferencing, virtual meetings, efficient cell phones are improving. People accepted that technology simply as a tool which can be made everything in their lives easier. Moreover, the further medical discoveries would save many lives with the help of laptops, computers or the other tools of technology.

Real Addiction

On the other hand, there is a fear that people tend to use technology every moment of their lives which is called a real addiction. If technology encircle all over the world as a web, consequently, people will know each other only virtually. Furthermore, due to this addiction people may unconsciously lose social interaction." *While some forms of technology may have made positive changes in the world, there is evidence for the negative effects of technology and its overuse, as well. Social media and mobile devices may lead to psychological and physical issues, such as eyestrain and difficulty focusing on important tasks. They may also contribute to more serious health conditions, such as depression. The overuse of technology may have a more significant impact on developing children and teenagers.*" (*Negative What to know effects of technology*)

Medically reviewed by Timothy J. Legg, PhD, PsyD — Written by Jon Johnson on February 25, 2020).

When technology use becomes an addiction, there can be both social and cognitive changes that alter the person's life. Engaging in some technologic activities can create an increase in the release of dopamine, a neurotransmitter that helps regulate emotional responses, producing a feeling of enjoyment. When the person stops engaging in the activity, he or she needs another "fix" to get a release of dopamine. For this reason, the person continues to increase the use of the technology to ensure a feeling of pleasure. Research has shown that prolonged Internet use can decrease the number of dopamine transporters, which results in more available dopamine, thus increasing euphoria.

Although Internet addiction isn't a formal psychiatric diagnosis in the *Diagnostic and Statistical Manual of Mental Disorders, 5th edition*, it's listed as a condition for further research to possibly be included in the next version of the manual. Symptoms of Internet addiction include a preoccupation with Internet games or activities, withdrawal symptoms when not engaging in these activities, attempts to stop engaging in these activities, lying to others about the amount of Internet usage, interference with a person's activities of daily life such as work or relationships, and using the activities to relieve anxiety. One study found that social anxiety increases when individuals are addicted to the Internet. Most of these symptoms also occur with

other addictive disorders; treatment for Internet addiction may include those that are therapeutic for other addictions.

Technology And Health

Another bad impact on Humankind is that technology addiction may lead to the laziness. Also, Being addicted to technology may be the main harmful effect to the health of people, in this case they may come across endless health problems. Some people think that this negative phenomenon should be dealt by medical treatment so as to prevent its catastrophic results. There is no doubt that technologies will make mankind disabled in terms of individual thinking, creativity and analyzing.

In one UCLA study, experienced web users displayed fundamentally different neural structures in the prefrontal cortex. When Internet use or gaming becomes excessive, studies indicate atrophy in the frontal lobe where executive functions, such as planning, prioritizing, organizing, and impulse control, occur. There may also be damage in the insula—the part of the brain that involves the capacity to develop empathy and compassion for others. And volume loss of gray matter has been seen in the striatum, which is involved in the suppression of socially unacceptable impulses.

Technology can have a large impact on users' mental and physical health. Being overly connected can cause psychological issues such as distraction, narcissism, expectation of instant gratification, and even depression. Beside affecting users' mental health, use of technology can also have negative repercussions on physical health causing vision problems, hearing loss, and neck strain. Fortunately, there are steps that can be taken to help alleviate these health issues.

Technology and Psychological Issues

An introduction to technology and psychological issues

Distraction caused by technology

Expectation of instant gratification

Narcissism

Cognitive losses

Psychological health problems from electronics usage

Social Issues

Deficits in social skills

Sense of isolation

The social impact of technology on children

Technology and depression

Health Issues

Vision problems

Hearing loss

Neck strain

Sitting too much

General suggestions for healthy technology use

THE PROS AND CONS OF TEENAGERS AND TECHNOLOGY

It must be claimed that technology is getting dominate people's lives which is really fearful. Especially among young people using technological gadgets are getting spread out and it may lead to having some health problems as well as wasting time for playing games and watching prohibited violence movies.

PRO: Technology opens the entire world to your children/teens. There is almost no question that he or she cannot find an answer to on the Internet. Certainly, there is no harm in gaining knowledge. After all, the more knowledge one possesses our "learning" drive increases.

CON: Studies show that using media devices at any time during the day stimulates cortisol, the "stress" hormone, and limits the production of melatonin, the "sleep" hormone. Experts recommend that no one is actively engaged with technology within two hours of bedtime.

PRO/CON: A 2013 study found that viewing one's own Facebook profile may boost self-esteem. Another study found that large amounts of time spent on social media lowers girls' self-esteem and body image. Collectively, most researchers reiterate that the way teens and kids use technology and social media can affect self-esteem – positively or negatively. “Liking” a content page that holds similar views to your own does have the impact of increasing self-esteem as you find a community of individuals who “get you.” While contributing to a posting where your opinion is markedly distinct from others may provide you some backlash that could have mixed results.

PRO/CON: Many wonder whether or not technology and social media use isolates their teens or further connects them with past and present friend groups. Although most research indicates that Americans are less social than they were 30 years ago, recent studies have suggested that this is not necessarily due to technology use. In fact, a few studies have concluded that technology has improved social relations. A 2009 PEW Internet Survey found that owning a cell phone and participating in a variety of internet activities likely helps people cultivate more diverse social networks. PEW's Amanda Lenhart found that kids who text most often are most likely to spend time with friends in person.

Conclusion

Taking everything into consideration it can be concluded that technology is a boon for mankind now and it can become more useful in future. Nevertheless, in my way of thinking is that mankind should not become the slave of it and lose their happiness, creativity and health.

Reference:

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