

Technology addiction



Technological Device Addiction Technology has become a great benefit to us but many people have taken it too far. According to researcher and surveys taken all over the world shows that a large number of people may have become addicted to their technological devices and are not able to make it through a day without their cell phones or other technological devices. Many have concerns that people would rather use these devices than to have a face to face conversation. The addictions of technological devices are on the rise.

Although these devices were meant to make our lives easier there have been many problems to arise ranging from health risk, relationship problems, classroom, church, and work interferences. Statistics show that cell phones and GPS systems related accidents are at an all-time high. In today's society cell phones have made it dangerous to drive. Nine times out of ten when someone drifting into another lane while driving they are either analyzing their GPS, texting or talking on their cell phone. The advancement and use of technological devices has become an addiction and brought forth unhealthy changes in health and interpersonal relationships.

Is there such a thing as “ Technology Addiction? ” Some experts say that constant use of Technological Devices has not been diagnosed as an addiction yet. Others however, aren't convinced and researchers argue that Technology Addition does exist as an addiction or even detrimental to most people's quality of life and continues to rise (Tanaka & Terry, 2008). In a few short years technology has changed the way we interact, especially young teenagers. Television watching and going to the movies are at an all time low.

Teenagers would rather be playing video games, talking or texting on their cell phone, or on the computer social networking on my space or face book. According to a study, about three-fourth of American Teens have cell phone or computers. A research team surveyed a group of students and concluded that 75% of the internet activity occurs in the late night hours. (Columbus Dispatch, 2005) Astonishingly, there are some parents that don't make the connection that children can use a cell phone to get on the internet and it poses the same exact danger as if they were using the internet from a home computer (Columbus Dispatch, 2005).

The younger generation thinks that the wireless technology is normal because that's what they grow up with and they can deal with cell phones, texting, computers, internet and e-mails, whereas some older people are annoyed and discourage about these devices. Some people may be as addicted to Blackberries and other Technological Devices as junkies are to drugs, according to John O'Neil director of addictions services for the Menninger Clinic in Huston. Some experts object to labeling the techo - savvy as addicts without verifying that they meet the precise psychological definition of addiction (Moskowitz, 2008).

Clara Moskowitz a writer for Live science classified people who display the following characteristics as possessing addiction behaviors, which is the inability to discontinue, cut down, or decrease use of their technological device. They are in a constant state of alert and have to be connected or they will start to feel signs of withdrawal. 1. They are so focused on their gadgets they neglect relationships with other people. 2. Text and e-mail to avoid face to face conversations. 3. Can't sit through a movie without

checking their cell. 4. Can't make it through dinner without looking at their blackberries 5.

You become irritable when you can't use it. 6. The internet goes down and you lose your mind. 7. Check your computer for emails as soon as you walk in the door. 8. Turn on your GPS system even when you know the directions. 9. Panic if you think you've misplaced it. 10. Return home to retrieve it if you forgot to grab it on your way out. If any of these sound familiar you won't be surprised to know that you are not alone and you may want to re-evaluate how technology is affecting you. A large number of people no longer own a house phone. People have traded in their house phone for a cell phone and wireless internet.

Many people communicate through My Space, Face Book or Twitter.

According to the wireless industry association CTIA the growth of cell phone subscriptions are on the rise. (News week health, 2007) Cell phone subscriptions rose from 34 million to 225 million in 2 years. There has been research that shows that long term wireless use may be associated with health risk. Sitting in front of a computer for too many hours can be a health hazard with can lead to weight gain which causes cardiovascular disease and diabetics. A person shouldn't talk on their phone continuously for more than one hour a day.

Cell phones health risks are greater if someone used a cell phone have continuous excessive use more than 10 years. Risk involves minor ear warming, ringing in the ears or effects as severe as brain tumors. Newsweek reports that radiation is produced when cell phones communicate with the

towers. Wireless phones transmit via radio frequency (RF), a low-frequency form of radiation is also used in microwave ovens and AM/FM radios. While high-frequency radiation (the kind used in X-rays) is known to cause cancer at high doses, the risks of this milder form remain unclear.

A cell phone's main source of RF is its antenna from which it sends a signal to the nearest base-station antenna. The further a cell phone is from the base station, the more RF it needs to establish and maintain a connection. So, the theory is that any risks posed by RF would be greater from people who live and work in areas with fewer base stations. Many researchers believe younger cell-phone users may face a higher risk of developing tumors because their nervous systems are not fully developed and their skulls are not as thick as those of adults (Interlandi, 2007). When Technology Addiction takes over life, it can be harmful.

A survey taken showed over 60% of 11 to 18 year olds admitted that they feel that they were addicted to the internet and over 50% said they were addicted to their cell phone. Also texting has been proven to damage the quality of their written English over 39.3%. On average teenagers spend two to three hours a day on social network sites which decrease physical activities among teens in an already overweight – teen population To help with the problem of feelings of Technology Addiction try disconnecting yourself. Try to experiment with short periods of inaccessibility. Sit through dinner without checking your cell phone or laptop.

Like most alcoholics and drug abusers, people are unaware of this addiction with Technology and will deny it until the battery goes dead (Gyorki, 2000).

A twelve step program Gyorki, (2000) has been designed to help you if personal technology use is interfering with the normal activities of life. 1. Honesty - admit that we are powerless over the urge to use cell phones, and that we have no self-control. 2. Hope - believe that a Power greater than us can help us keep our phones in our pockets. 3. Trust - can decide to turn our egotistical lives over to the care of a Higher Power as we understand Him. . Truth - promise to make a searching and fearless inventory of the times we really didn't need to place that call. 5. Integrity - admit to a Higher Power, ourselves, and another human being the high we experience from making a cell-phone call. 6. Chang of Heart - be entirely ready to have a Higher Power remove this defect of character. 7. Humility - humbly ask Him to remind us to mute and stow our phones while in churches, seminars, restaurants, grocery store checkout lines, cars, buses, trains, libraries, and most of all -- at the airport. 8.

Brotherly Love - will make a list of all persons we have annoyed, and be willing to make amends to them all. 9. Restitution and Reconciliation - will make direct amends to such people whenever possible, except when to do so would further annoy or injure them, others, or ourselves. 10.

Accountability - will continue taking personal inventory, and when we are especially annoying, promptly admit it. 11. Perseverance - through prayer and meditation, will seek to improve our self-restraint, praying for the power to use our cell phones only in secluded places where we are not within earshot of others. 2. Service and Spirituality - having had a spiritual awakening as a result of these steps, we will try to share this message with others with others who excessively us technology. If one finds themselves

unable to sit through a movie or dinner without fidgeting with their phone, checking the messages or turning on the computer as soon as they walk into the door to check their e-mail, researchers argue that they may have become a victim of Technology Addition. The cell phone should not be used to avoid interpersonal face to face interaction.

The internet and the World Wide Web has become the largest source of information when used constructively one could benefit from the wealth of knowledge it has but when used excessively it can be a deterrent to society. The advancement and use of technological devices has become an addiction and brought forth unhealthy changes in health and interpersonal relationships. Remember excesses use can cause health problems as serve a as brain tumor. No one is safe from cell-phone radio towers and the radiation it emits (Interlandi, 2007).

Do not text while driving; this is seriously unsafe and could lead to a serious accident or even death. Use caution when using your GPS system so that you don't become distracted and lose focus and end up making an abrupt move. Always pull over to adjust the GPS. Don't become over confident in the GPS. If the GPS tells you to turn down a one way street, would you? These devices are supposed to make our live less complicated instead some have been so addicted that it has cause problems at school, work and home.

There is help to get over this addiction just remember to follow the step that have been mentioned above in this paper. Remember, life did exist before these devices were introduced into our lives. References Gyorki, J. R. (2000). Alcohol, Drug, and Cell-Phone Addiction: Twelve steps to recovery. Machine

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