

Addiction among youth today

[Technology](#), [Internet](#)



Addiction among youth is becoming an alarming problem today. This is because they might face many problems in life or having a great tension. These can make them to be drug or non-drug addiction. Besides, these also can vary them from smoking, gambling or overeating which effect their health. Habits that dominates life are powerless to stop and addiction is so active. To avoid them from having stress or other problems, youth nowadays are addicted to smart phones, internet and other things. Most of us having bad times during teenage. Life is full of problems which these are normal for us.

Some if us having hard time with family, friends or relatives. Most of us having hard time in study, money, discipline or public. To overcome these situation, part of our surrounding involves in drugs, smoking, eating and many more. Once it started, it is difficult to end and the results are bad bad which they are mostly in jail or rehabilitation centre. One of the significant reasons of teenage drug use is peer pressure, particularly from the social influences among friends, acquaintances, school, and the community. Depending on the person's experiences and choices, circumstances and consequences may vary.

If a teenager's social main group is using drugs, then there may be a strong pressure due to the fact that drugs are present and can easily be offered. Also, the person might get convinced to think that there is nothing wrong with trying drugs because "everybody else is doing it." In the effect that teenagers will try drugs just to fit in the social norms, they might do it to impress their buddies to be considered "cool" as part of being in the group

and gain acceptance by friends. Most teenagers today would believe that the first use of drugs is safe.

Although there is no instant addiction with the first try, young persons can tend to experiment further and in a matter of time, anyone can have the euphoric effects of the drugs and may keep seeking it in order to function adequately. The accessibility of the drugs and the curiosity and experimentation of the person are high risk factors that can result in a drug addiction among teenagers. In short, the cause of using drugs can have a great effect on the person and in the society. Depression and suicide, mainly from substance abuse, are now the common problems among the younger population.

In the high-tech world, the mobile phones are equipped with all necessary functions. Youth can chat together for hours whenever they have time. They talk together from hour to hour, from day to day. As a result, using mobile phone for a long time affects our health. A recent study tells that our brain is seriously damaged when using mobile phone too much. Mobile phone has become crucial part of our life. One of the most important functions of the phone is that it helps the communication become easier and quicker. However it also causes a lot of problem in communicating.

Firstly, cell phone use has effects on the direct human to human interaction. Talking on the cell phones are gradually replacing the communication face to face between people. There was a time when the purpose of a telephone was to convey the important messages and not many people owned telephones. Thus, to talk together about something, they often met directly. Today owning a cell phone is held as a necessity and anyone including youth have

their cell phone . Therefore , the communication face to face between people is limited.

Mobile phone is really necessary for our life because of many convenient functions of it . However, sometimes mobile phone can cause us many problem. The advantages or disadvantages of using mobile phones depend on the way how we can use it in right ways or in wrong ways. Next , youth are very addicted to internet nowadays. Lifestyle without well-organized schedule is considered one of major effects result from being obsessed with surfing the Internet. For example, some of the teenagers spend too much time on the internet uncontrollably. Time originally spent on studying turn into surfing on the Internet.

Therefore , they don't have time to study well, such as preview, review the courses and finish assignments. Besides, because of staying up all night on the net and thus they cannot concentrate in class on the following day. Finally, grades must fall drastically. Additionally, addicts also lead meaningless life. They do nothing but escaping from responsibilities. Although dispirited and feeling kind of guilty, they still grasp no goals and lose sense of direction in the future. Consequently, some people are more addicted on the net and thus drop into a vicious circle.

Another apparent effect to those who are addicted to the Internet is suffering from illness physically. If we spent less time on the Internet, then more can be accomplished and less will be blown into thin air. To jump into the conclusion , the invention of the net have been changing our life significantly and even become a new medium for interacting with others. At the same time, it is followed by several problems, such as Internet and mobile

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addiction. Addicts have abnormal body clock or forget to do important jobs at schools which will influence our performance.

As for healthy aspect, because of staying up day and night in front of the computer, it will result in illness and discomfort. Last, declining social skills and isolating themselves from the real world are also serious consequences for addicts. The Internet let our life become extremely convenient and bring us plentiful benefits, on the other hand, it may cause problems to society. It depends on how you use it and how much time you spend on the net. Youth need to seek advice and guide on how to use them wisely.