

Technology addiction presentation

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It is to the point where this dependency is so strong that without having our cell phones on us at all times, we feel anxious and " disconnected". Students have actually admitted to feeling depressed, anxious and craving their devices. In a study interviewing individuals between 17-23, 1 in 5 said that they experienced feelings of withdrawal. Technology addiction is being compared to drug addiction since there are many similar symptoms for both addictions. We, the Backbone generation, are actually suffering from information withdrawal syndrome.

The same way alcoholics experience withdrawal when they stop drinking. I also read on The Telegraph, that some children as young as four year old require psychological treatment because of their addiction to smartness and 'Pads. According to helped. Org, Internet and computer addiction can cause individuals to isolate themselves from friends and family. Spending so much time online can cause your social life to suffer and can cause you to neglect the " real" people in your life. Global post explains that internet addiction has proven to weaken verbal and written skills.

Technology addiction distorts human social interactions for anyone who can't put their phone down while engaging in a conversation. If you try to have a conversation with someone who has a smartened in hand, chances are the eye contact will be zero and the listening abilities will be nonexistent. In particular, Face-to-face verbal skills in teens is also affected by technology overuse. Since teens are socializing more online, they are getting less practice speaking to people face-to-face.

Not only does this have a negative affect on ones interactions kills in a social setting, it is also a potential long-term effect that can impact these teens when they are applying and getting interviewed for universities and future lobs. Other long-term effects of technology addiction include psychological problems such as insomnia, irritability and depression. As well, watching too much TV has been associated with an increase in diabetes and obesity. According to Psychologically, video games can activate the brain's pleasure circuits and can cause rapid release of dopamine Just as cigarettes do.

This is definitely an explanation for why technology is so addictive. Also, we can develop a dopamine release for many types of addictive behaviors like checking your email. Even if you don't actually spend extended periods of time on your email, you probably think about checking it pretty often.

Another reason technology has become an addiction is because we did not have portable computers in the past, and not only portable computers but ones that fit in your pocket and could be carried around wherever you go like we have today. We are now given more opportunities to interact with information at all hours of the day.

The temptation that comes with having all that information at hand, Just sitting in your pocket often gets in the way. I am sure many of you have sat at a restaurant on your phone completely zoned out of what's happening around you. We make up so many excuses because realistically we can't not check our phones for an entire meal. All the excuses you came up with during the improve activity are a few of the thousands of excuses each of us has made for being on our phones. There will always be a tweet, backbone notification or video waiting to be watched and checked.

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