

# [Technology addiction](https://assignbuster.com/technology-addiction-essay-samples/)

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The state of being enslaved to a habit or practice or to something that is psychologically or physically habit-forming, as narcotics, to such an extent that its cessation causes severe trauma. Addiction to Technology. Technology allows us to feel like we are never alone. Technology is an instant source of news (Personal&World) Technology prevents us from ever being " Bored"

It allows us to make our lives look better than what it really is Seek attention from " likes" " shares" People get addicted to technology because It serves as an escape from reality. Being online allows you to alter your Identity. People alter their Identity online by setting up personal profiles on social media sites Like Backbone, Mainstream, and Twitter. On these social media sites, people usually only post the positive aspects of their lives, leaving out any negative events or flaws in their lives. This makes people preserve them as better than they really are.

People post pictures of their new cars, fancy dinners and the expensive concert tickets they got but people rarely post pictures of anything negative that happens to them. Keeping up this preserve perfect life can become addictive because people feel that they constantly have to post about how amazing their lives are so that they continue to get attention.