

# **Exploring the Pervasiveness of Technology Addiction: A Comprehensive Research Framework**

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**Abstract:** *Technology addiction has become a growing concern in today's digital age. With the widespread use of smartphones, tablets, and other devices, individuals, especially young people, can easily become hooked on technology*

**Keywords:** Technology, addiction, digital

## **I. INTRODUCTION**

This addiction can have several drawbacks on various aspects of life. Firstly, excessive screen time can lead to physical health issues such as poor posture, eye strain, and sleep disturbances. Secondly, technology addiction can negatively impact mental health, contributing to increased stress, anxiety, and even depression. Lastly, it can also have detrimental effects on social relationships, as excessive device usage can lead to decreased face-to-face interactions and a lack of meaningful connections.

It is crucial to address and understand the consequences of technology addiction to promote a healthy and balanced digital lifestyle.

Technology addictions, also commonly known as digital addictions or internet addictions, are often overlooked due to the acceptance that society has placed on using digital devices.

Technology addictions often go unnoticed by loved ones because the addicted individual may appear as though they are tending to something important such as work-related tasks on their digital device, when in reality hiding behind the screen is something

extraneous. When a technological problem does develop and is noticed it is often not viewed as being an imminent risk akin to an addiction to alcohol or drugs because not only is it more acceptable, but it is also not viewed as being acute or deadly.

Despite these beliefs, pathological technology use can indeed be pervasive and detrimental to one's health and wellbeing. In a growing digital age there is a rapid expansion of digital use and subsequent potential for problematic pathological technology use to ensue.

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Contrary to popular belief, technology addictions can be extremely dangerous and contribute to various neurological, psychological and social problems. In extreme cases digital addictions can even be fatal. Although fatality resulting from a digital addiction is rare, it does happen. Most commonly fatal cases result from individuals engaging in digital usage during high-risk behaviors such as driving a motor vehicle or taking pictures/video for social media content on cliffs, bridges, or other threatening places that can result in death with one wrong step. There have also been extremely rare instances of individuals engaging with technology use for long durations of time without eating, drinking or sleeping for days on end that resulted in death.

More commonly, digital addictions effect individuals and families in other destructive and dangerous ways. For example, digital addictions can have detrimental effects on individual's career or education as they spend their time engaging in digital usage rather than focusing on school- or work-related tasks. Digital addiction can lead to procrastination and avoidance of work. Digital addictions can also impede on relationships as the individual loses interest in socializing or communication at the expense of their digital device. Technology is a breeding ground for isolation.

Technology addictions can have a severe impact on one's mental health, exacerbating or contributing to anxiety, depression, attention deficit hyperactivity disorder (ADHD) as well as other disorders. Technology addiction also can lead to restlessness, irritability, agitation, and anger. Furthermore, technology addiction can impact the brain's ability to produce natural feel-good neurotransmitters such as dopamine, as well as lead to increased impulsivity.

Some signs of a technology addiction include:

- Inability to moderate or abstain from technology or a specific digital medium.
- Preoccupation with thinking about using technological devices.
- Compulsive technological use or experiencing cravings and urges to use digital devices.
- Neglecting important life areas such as work, school or relationships at the expense of technology.
- Continuing to use digital devices despite it contributing to consequences in your life.
- Losing interest in social and leisure activities that you once enjoyed at the expense of technology.
- Using digital devices in dangerous situations such as while driving a car or walking across a city street.
- Experiencing unwanted mental health symptoms such as depression, anxiety, stress or irritability at the expense of technological usage.
- Using digital devices to induce pleasure or experience gratification
- Lying or hiding digital usage from family, friends or colleagues as a result of guilt or shame.
- Using digital devices for longer durations than intended or finding yourself using digital devices with increased frequency over time.
- approach that works for each respective individual, and tailor it to meet their needs. It will be important to address the contributing factors that led a digital addiction such as neurological imbalances, underlying mental health issues, and environmental stressors.
- Some common modalities of treatment for digital addiction include Motivational Interviewing, Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Reality Therapy (RT), Acceptance and Commitment Therapy (ACT), experiential adventure based therapy, mindfulness based relapse prevention, and behavioral modification. Therapy may be carried out as individual therapy, family therapy, group therapy or a combination of the three using a multimodal treatment approach. Pharmacological interventions may also be used to address underlying mental health issues. Holistic and wellness-based treatments are often encouraged focusing on meditation, nutrition, physical exercise, nature, and other natural remedies. Although there are inpatient residential treatment options available for digital addictions, treatment is generally done on an outpatient basis.

In the digital world we find ourselves in total abstinence from technology is unrealistic, nor is it an effective means of correction of the problem. There is consensus that abstinence from digital devices should not be the goal of treatment, but rather the goal should be moderation and balance. However, abstinence from digital devices, or at least abstinence from the source of the problem (ex: social media, gaming, porn, and other digital sources that are not at the root of the individual's addiction), may be encouraged for the initiation of treatment for up to 45 to 90 days until the individual is able to work towards moderation if moderation is the goal.

For more information on New York City addiction treatment and to find the best addiction counselor in NYC, or for general therapy and mental health

The use of technology has brought about significant changes in various aspects of our lives, both positive and negative. Here are some advantages and disadvantages of using technology:

**Advantages of using technology:**

- Increased efficiency and productivity: Technology automates tasks and processes, allowing businesses and individuals to accomplish more in less time. This leads to higher productivity and improved efficiency.
- Access to information: The internet has made vast amounts of information readily available to people worldwide. This accessibility enhances education, research, and problem-solving capabilities.
- Communication: Technology has revolutionized communication, enabling people to connect instantly across vast distances through emails, messaging apps, social media, etc.
- Innovation and creativity: Technology encourages innovation and creativity by providing tools and platforms for individuals and businesses to develop new ideas and products.
- Improved healthcare: Technology has led to significant advancements in medical equipment, treatments, and healthcare systems, ultimately improving patient care and outcomes.
- Enhanced education: E-learning platforms, online courses, and educational apps make learning more accessible and interactive, catering to different learning styles.
- Automation and robotics: Technology has automated various industries, leading to increased precision, reduced labor costs, and safer working conditions.
- Disadvantages of using technology: Over-reliance and addiction: Excessive use of technology can lead to addiction and dependency, affecting social interactions, physical health, and mental well-being.
- Security and privacy concerns: The digital world brings about security risks, such as hacking, data breaches, and identity theft, compromising personal and financial information.
- Job displacement: Automation and artificial intelligence can lead to job losses, as machines replace certain human tasks and roles.
- Environmental impact: The production and disposal of technology often contribute to environmental pollution and electronic waste, posing a threat to the planet.
- Social isolation: Increased use of technology can lead to a decline in face-to-face interactions, potentially resulting in social isolation and loneliness.
- Health issues: Excessive screen time and sedentary behavior can lead to various health problems, including eye strain, sleep disturbances, and obesity.
- Information overload and misinformation: While technology provides access to vast information, it also leads to information overload and the spread of misinformation or “fake news.”

**II. RESEARCH METHODOLOGY**

The study is based on secondary data collected from various sources like books, journal and internet, etc

**III. CONCLUSION**

Overall, technology is a powerful tool that has transformed society and provided numerous benefits. However, its use should be balanced and mindful of its potential drawbacks to ensure that it serves as a force for good. Striking the right balance between the benefits and drawbacks is crucial to harness technology’s potential while mitigating its negative impact.

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