Dependency on Technology and it's Addiction

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ABSTRACT

In today's time where technology is advancing every moment , every individual is making use of technology for the slightest matter possible. Technology has made the world smaller by connecting people from farthest places to each other We now have robots which are capable of doing almost all the activities a human can do. This advancement in technology is making us humans depend on itself for the activity to be done and as process is faster when done using technology people prefer it over the old human methods In this paper we are going to research if the increasing dependency on technology a matter of worry for us humans.

KEYWORDS: Dependency on the Internet, Internet Addiction ,Effects of Internet on Mental Health.

1] INTRODUCTION

The Internet is sometimes called "the Net". It is a global system of computer networks. In other words, a network of networks. Over the Internet, users at any one computer can, if they have permission, get information from any other computer. They can also sometimes talk directly to users at other computers. The Internet has turned our lives upside down. It has transformed communication and is now our preferred medium of everyday conversations. Let's talk about the effects of the Internet on our daily life in detail.

2] BACKGROUND

Almost everything we do, we use the Internet. Before the Internet, if you wanted the latest news, you had to turn on the TV or wait until the next morning to buy a newspaper. But today, a click or two is enough to get you any news from anywhere in the world.

The Pros

The effect of the Internet on our daily life is manifold. It is an advantage as well as a

problem. Let's take a look at some of the positive effects of the Internet on our daily life.

Pros :

1. Efficient and easy communication

From children to the elderly, the internet has made an impact on everyone's lives. Apps like WhatsApp and Facebook are the most used forms of communication today. It is easy to use and hence, everyone can use it. It takes a minute to deliver even a lengthy text over these social media apps. Gone are the days of writing a letter, thanks to the Internet!

2. Easy access to education

The Internet has made learning a cakewalk. With the help of online access to thousands of study materials and video tutorials, the Internet has made the lives of students easier. You can just Google a question and there will be several answers at your fingertip in a minute. Especially during the current pandemic situation schools and universities did conduct regulae lectures over video calls on the internet

3. Connectivity

We can connect all over the world because of the Internet. From connecting you to your relative living miles apart via video call, to helping you find your childhood friend on Facebook, the Internet has made life easy. Hence, two people from two corners of the world can now connect, share, and communicate with each other easily because of the Internet.

3] DATA & RESULT

There's no doubt that the exponential growth of technology has benefited society, but there is a darker side to the rise of the machine.

Technological dependence can actually limit further technological advancement for our society as a whole, but there are a lot of personal dangers to technological dependence as well. Besides issues like addiction to technology and a general sense of impatience caused by the convenience of technology, the overuse of technology has also been linked to anxiety and depression in addition to other mental problems. Studies have shown that the excessive use of smartphones can impair your memory because our minds recognize that information we typically remember can be stored on and easily accessed from computers and mobile devices.

Technology addiction is a broad term that isn't always well defined. It can mean any type of negative behavior across video gaming, smartphone usage, and use of social media platforms like Facebook. It is medically unclear if these negative behaviors are actually addictive, and it is difficult to tell if these behaviors are due to the way the technology in question works or because we have a hard time controlling our own use of individual technologies.

Video game addiction was added by the World Health Organization (WHO) in 2018 to its International Classification of Diseases, which the organization describes as the international

standard for disease reporting. The move was welcomed by some who see video game addiction as a real disease, but it was contested by others who argued that video game addictions—and other types of technology addiction—do not meet clinical standards of addiction.

While everybody seems to agree video gaming in excess can cause harm, there is less consensus on whether or not smartphones and consumer technology have negative effects on our behavior and, if so, how to classify these effects.

Technology is essential in today's society, so those who exhibit disordered online behavior can never entirely give up use. Instead, they must learn moderation and self-control. This is why some experts suggest setting limits for how often you check your smartphone, and even leaving it at home occasionally. Some restaurants and airport lounges are making the choice for us, by implementing "no cellphone use" and "quiet zone" policies. The trend toward such practices is reminiscent of how cigarette use has been banned in many public (and private) spaces. For some, not having the distraction of a smartphone makes an evening more enjoyable; for others, it may be stressful and anxiety-inducing.

Clinical characteristics of nomophobia or technology dependence are easily noticeable in social settings. Individuals may considerably decrease face-to-face interaction with others, preferring to communicate via technology as much as possible. Because users may lean on smartphones and other technology to avoid feelings of discomfort, anguish or stress, they exhibit extreme or irrational reactions when Internet use is restricted in airports, schools, hospitals and workplaces. Signs of depression can occur when the user doesn't receive digital contact such as "likes" on a Facebook photo or replies to text messages. Attachment symptoms include the urge to sleep with a device or have it at all times. When the device becomes necessary for peace of mind and security, technology dependence could be the cause.

4] CONCLUSION

technology is a phenomenon that surrounds us all with artifacts and technical devices on a daily basis, is an element that is maintained for the length of time and we remain equally or more wrapped up in a technological world that teaches us a new way of learning, and adaptation. Technological dependence is part of our lives because nowadays no one is free of this phenomenon on the global level. An example of this are the universities which indirectly involve students in this system, the same applies to jobs or simply with the Chat, which is limiting personal relations, replacing them with virtual communication. All this becomes dependence when individuals cannot perform their daily activities without the use of some device, or better said function in society without occupying any technological tool. Historically, technology has been used to meet basic needs such as food, clothing, and housing. But also for other negative purposes such as, create weapons to persuade and dominate people. Technological activity affects the social and economic progress, but also produced the deterioration of our environment. Technologies can be used to protect the environment and prevent the growing needs cause depletion or degradation of material and energy resources of our planet. Avoiding these negative aspects is the task not only of governments, but of all the people living on the planet. Although technology has a number of disadvantages, I think the advantages of these are more favorable to mankind. In fact, one could say that without sustainable development of the technology, the humans would not be more than an ordinary living being on this planet

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