PSYCHO-SOCIAL PROBLEMS CAUSED BY TECHNOLOGY ADDICTION

Demet KARAKARTAL

Faculty Of Education, American University Of Cyprus

d.karakartal@auc.edu.tr

Orcid:0000-0001-7890-8340.

ABSTRACT

The progress of technology can cause it to become an important part of our daily life and the correct use of technology makes life much easier; However, it is noteworthy that some negative effects such as 'addiction' also occur due to long-term and uncontrolled use. When the relevant literature is examined, it is seen that the concept of addiction is used especially to express substance addiction, but in recent years, various behavioral addictions as well as substance use can also take their place among the diagnostic books, and one of these behavioral addictions can be technology addiction. Technology addiction; excessive use of the internet and technological devices, inability to satisfy the desire to use, neglecting activities due to excessive use, excessive use harming social relations, using it as an escape tool from negative emotions and daily stresses, experiencing problems in reducing and stopping use, It can be defined as being tense and nervous in situations and lying about the duration and amount of use. Related to this, technology addiction; the It can adversely affect mental health, and may also impair his profession, academic life, family relations, identity development and social relations. In this study, it is aimed to examine the psycho-social problems that occur as a result of technology addiction.

INTRODUCTION

With each passing day, technology becomes an important part of our daily life, and technology addiction concept emerges as technology starts to turn into a goal rather than a tool that will make our life easier (Young, 1999). In recent years, it is seen that substance addictions, which include various behavioral addictions as well as substance use, are evaluated within the scope of chemical addictions, but technology addiction is evaluated in the category of behavioral addictions. Technology addiction can be a group of behavioral addictions that are not substance-based but can carry the findings defined for addiction. Behavioral addiction; It can be a type of addiction that can be characterized by a certain behavioral pattern, and it can appear with both physical, psychological and social consequences (DiClemente, 2003). As a result of a research on this subject, behavioral addiction; It shows that there are similarities with substance addiction in terms of genetic, biological, relapse course and phenomenological point of view. It reveals that it can cause psychological and physical deterioration and reduce social, economic and occupational functionality (Petry,20216). In addition, technology addiction; the person; This study aims to examine the psycho-social problems that occur as a result of technology addiction.

TECHNOLOGY ADDICTION

Technology takes its place in every aspect of human life (Meral 2018; Pendergrass 2017; Anlı and Taş, 2018), innovations brought by technological developments facilitate people's daily lives and contribute to their adaptation to changing world conditions (Chayko 2008, Çakır and Oğuz 2017,. et al. 2018) but it can also bring technology addiction, which is one of the biggest problem areas of today (Pugh 2017). Technology addiction; Excessive use related to the use of the internet and technological devices, inability to satisfy the desire to use, neglecting daily activities due to excessive use, excessive use harming social relations, using it as an escape tool from negative emotions and daily stresses, experiencing problems in reducing and stopping use, possible use It can be defined as the emergence of a state of being tense and nervous when there is no use, and the emergence of lying about the duration and amount of use (DiClemente, 2003), which can manifest itself with symptoms similar to substance addiction (withdrawal, desire to reach, etc.). In order to talk about technology addiction, which is a type of behavioral addiction; Playing online or offline games is a priority in a person's life, it is more valuable than anything else, the person loses control over the behavior of playing digital games, the person cannot stay away despite the presence of negative physical, mental and social consequences, cannot go to school or work, cannot go to school or work, may have to experience problems and disrupt family life, and the specified features; It can lead to some remarkable deterioration in personal, social, familial, educational, professional and other areas of life (Turel and Serenko, 2011).

REASONS FOR TECHNOLOGY ADDICTION

When the relevant literature is examined, it can be seen that there are many studies on the causes of technology addiction. E.g; Taylan and Işık (2015) state that the most important factor in internet addiction is the duration of internet use, while Çiftçi (2018); The increase in daily internet usage time and internet time indicates that addiction to social media increases. A study on this subject reveals that the increase in the time that participants spend daily on social media is one of the determining factors on their social media addiction (Aktan, 2018). However, as a result of Taş (2918)'s research on "Internet Addiction and Psychological Symptoms in

Adolescents in terms of Various Variables"; reveals that depression and anxiety disorders can be an effective factor in the person's orientation to the Internet. Engelberg and Sjörberg (2004) stated that individuals with weak social skills and being lonely tend to use the internet more frequently, as well as people who have problems in their social relationships and who do not receive adequate social support from their environment, can develop internet addiction in order to meet their needs in the field of interpersonal relations and to create alternative social channels. they specify. Aslan and Yazıcı (2016) state that loneliness is one of the most important factors that trigger internet addiction. The results of the research conducted by Ayas and Horzum (2013) show that the children of parents who show negligent attitudes in internet use; It is revealed that parents who exhibit authoritarian, permissive and democratic attitudes in internet use are more internet addicted than their children. As it is seen, it is not possible to talk about a single reason regarding the causes of technology addiction, but it is possible to state that addiction can occur with the combination of many factors.

PSYCHO-SOCIAL PROBLEMS CAUSED BY TECHNOLOGY ADDICTION

Technology addiction can have many negative psycho-social consequences. Among these negative results; excessive and unintended use of technology devices, children; It can negatively affect their ability to take responsibility and pose a risk in terms of their emotional development, negatively affect family communication, peer communication and parent-child communication, and the use of social media outside of its intended purpose can negatively affect spouses the interaction between (Güleç, 2018). Especially on children; It can have negative effects such as delay in speech, socialization problems, sleep problems, crying, irritability, and children watching violent television programs; Although it does not lead them to violence on its own, it can encourage and increase violence. The results of a qualitative research on this subject; It has been revealed that children and young people who watch television programs on the themes of power and aggression normalize aggression and violence and use violence as a way of problem solving by trying to solve the problems they encounter through violence (Tutkun, Demirtaş, Açıkgöz, Demirel, & Teksal, 2017). In addition, smartphone addiction; It can cause attention deficit and hyperactivity disorder, depression, anxiety, and social phobia (Kuyucu, 2017). It can have negative effects such as suicidal thoughts. (Akbiyik and Kestel, 2016).

CONCLUSION

The progress of technology can cause it to become an important part of our daily life and the correct use of technology makes life much easier; However, it is noteworthy that some negative effects such as 'addiction' also occur due to long-term and uncontrolled use. When the relevant literature is examined, it is seen that technology addiction is related to the use of the internet and technological devices, excessive use, inability to satisfy the desire to use, neglect of activities due to excessive use, excessive use harming social relations, using it as an escape tool from negative emotions and daily stresses, reducing use and It can be defined as experiencing problems in stopping, being nervous and nervous when use is not possible, and lying about the duration and amount of use. Related to this, technology addiction; the person; It can adversely affect mental health, and may also impair his profession, academic life, family relations, identity development and social relations.

REFERENCES

Akbıyık, C., Kestel, M. (2016) Siber zorbalığın öğrencilerin akademik, sosyal ve duygusal durumları üzerindeki etkisinin incelenmesi. mersin Üniversitesi Eğitim Fakültesi Dergisi, 12(3)844-59

Aktan, E. (2018). Üniversite öğrencilerinin sosyal medya Bağımlılık Düzeylerinin Çeşitli Değişkenlere göre İncelenmesi. *Erciyes İletişim Dergisi*, 5(4) 405-21.

Anlı, G., Taş, İ. (2018) Ergenler için oyun bağımlılığı ölçeği kısa formunun geçerlik ve güvenirlik çalışması. *Electronic Turkish Studies,* 13(11) 189-203.

Aslan, E., Yazıcı, A.(2016).Üniversite Öğrencilerinde İnternet Bağımlılığı ve İlişkili Sosyodemografik Faktörler. Klinik Psikiyatri. 19,109-17.

Ayas, T.,Horzum,B. (2013). İlköğretim öğrencilerinin internet bağımlılığı ve aile internet tutumu. *Türk Psikolojik Danışma ve Rehberlik Dergisi*, 4(39)46-57.

Chayko, M. (2008). Portable Communities: The social dynamics of online and mobile connectedness. New York, SUNY Press.

Çakır, Ö., Oğuz, E.(2017) Lise öğrencilerinin yalnızlık düzeyleri ile akıllı telefon bağımlılığı arasındaki ilişki. *Mersin Üniversitesi Eğitim Fakültesi Dergisi,* 13, 418-429.

Çiftçi, H. (2018). Üniversite Öğrencilerinde Sosyal medya Bağımlılığı. *Sosyal Araştırmalar Dergisi,* 7(4),0-0.

DiClemente, C.C. (2003). Addiction and Change. How Addictions Develop and Addicted People Recover; Guilford Press: New York.

Engelberg, E., Sjöberg, L. (2004). Emotional intelligence, affect intensity, and social adjustment.*Personalityand Individual Differences*. 37, 533-42.

Güleç, V.(2018). Aile ilişkilerinin sosyal medyayla birlikte çöküşü. *Yeni medya Elektronik Dergisi*, 2(2)105-20. Pendergrass, WS. (2017). Phubbing: communication in the attention economy. In Proceedings of the Conference on Information Systems Applied Researc., Austin: Texas.

Kuyucu, M.(2017). Gençlerde akıllı telefon kullanımı ve akıllı telefon bağımlılığı sorunsalı: Akıllı telefon (kolik). *Üniversite Gençliği. Global Media Journal TR Edition*. 7(14)320-51.

Meral, G. (2018). Is digital addiction a reason for obesity?. *Annals of Medical Research*, 25, 472-475.

Petry, N., M. (2016). Introduction to Behavioral Addictions. In: N. M Petry(ed) Behavioral Addictions, Oxford University Press, Newyork.

Pugh, S (2017) Investigating the relationship between smartphone addiction, social anxiety, self-esteem, age & gender (BA Hons in Psychology thesis). Dublin, Dublin Business School.

Taş İ. Ergenlerde İnternet Bağımlılığı ve Psikolojik Belirtilerin Çeşitli Değişkenler Açısından İncelenmesi *Anemonmuş Alparslan Üniversitesi Sosyal Bilimler Dergisi*, 6(1) 31-41.

Turel, O., Serenko, A. (2011). Integrating technology addiction and use: An empirical investigation of online auction users. *mIS Quarterly,* 35(4) 1043-106.

Tutkun, Ö., Demirtaş, Z., Açıkgöz, T., Demirel, T. S.(2017). Televizyon ve dijital oyunların ortaokul öğrencilerinin şiddete eğilimine etkisi. *PESA Uluslararası Sosyal Araştırmalar Dergisi*, 3(2)83-91.

Young, K. (1999). "Internet Addiction: Symptoms, Evaluation, AndTreatment" Book chapter published in L. Vande Creek ve T. Jackson (Eds.). Innovations in Clinical Practice: A Source Book. Sarasota, Professional Resource Press.