

EXAMINATION OF PRIMARY STUDENTS' OPINIONS ON DIGITAL ADDICTION

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SUMMARY

Examination of primary school students' views on digital addiction

Today's children grow up in an environment where the internet and interactive technologies are widely used from an early age. Therefore, children cannot be removed from this world, children are introduced to the digital world from an early age and live a connected life with this world. In this case, it is the responsibility of families and teachers to ensure that children are present in the digital environment in a safe and conscious way. Working with teachers

It was aimed to determine the knowledge of digital addiction and to reveal the solutions they suggested to 90 students who developed digital addiction.

Keywords: internet, education, student, teknology.

Introduction

Ever since the human being has existed, he has needed to communicate in order to meet his communication needs and thus to maintain his existence in the social environment he is in. This need has led to the development of digital tools day by day. As the goals and needs of the individual change, the means to meet these individual goals have constantly changed and evolved. With the development of information technologies with the industrial age, individuals have had the opportunity to use technology in all areas of life and unlimitedly. Society has been able to obtain clothes, kitchen materials and all their needs more easily through technology (Ritzer, 2016).

One of the most important factors in the use of technology by individuals is that all events in the real life of individuals produce reactions in the environment as technological addictions. The student, who watches a movie and uses it on time, is not interested in the idea of the world, but is generally interested in how these events are organized and in the control of his mind (Postman, 2006).

This connection gradually turns into an addiction, as people spend most of their time mindlessly due to the convenience and unnecessary use of technology. The developments and innovations brought by the age of technology to individuals have gradually become accessible to everything they want, whenever they want. It has been concluded that this unlimited development has benefits as well as harm (Fazlıoğlu, 2016).

With the change of technology, individuals are faced with many different ideas in the virtual environment that they cannot cope with in real life. Technology, with the opportunities it offers, allows individuals to travel to another environment by leaving their bodies behind wherever they are, and to travel via the screen and a button, with just the touch of a button. (Cakir 2017).

According to the theory, group members have a meaning for the individual that causes social identity to replace personal identity (Hazar, 2018). With the increasing use of technology, social identities take the place of individuals' personal identities; Thus, the person becomes the consumer of his personal identities, whether material or not. It is obligatory for people to engage in consumption behavior in order to maintain their biological existence; however, in addition to the basic consumption activities that are necessary for a person to maintain his biological personality under normal conditions, there are other consumption activities that can be considered completely normal for a certain percentage of people. (Citizen, 2015)

Literature Review

1. Digital

Represents two different numbers. If we dig a little deeper, digital is a collection of data and transactions from 1

to 0. This is a set of binary numbers that form the core of digital machines such as computers and smart devices. The 1s and 0s we often see in science fiction movies are actually the main working principle of our computers and other digital components (Aydın,2017).

There are numbers that relate only to the digital operating system, and these numbers help make up the other things we see. So most of the time, when you download music to listen to from the internet, your computer will download other numbers via numbers and display and present them to you. The opposite of digital is analog systems. The analog system is a simple controllable system, but lags far behind digital in terms of usability.

2. Student

A person who receives education by attending classes in a school or course. Basic education is compulsory in most of the world's countries. Therefore, most of the people legally spend part of their lives as students in the formal education system.

3. Addiction Concept

Although the concept of addiction is the subject of many scientific fields, it maintains its importance as a controversial concept. The fact that the addictive factor cannot be fully defined leads to further discussion of this concept. In addition to substance addictions such as alcohol and drugs, there are non-physical addictions such as behavioral food addiction, gambling addiction, computer addiction, television addiction, sex addiction, shopping addiction, internet addiction (Oğuz, 2019).

Addiction is defined as an image that develops as a result of continuation of use of a substance or technology in increasing amounts, even if it causes problems, and shows withdrawal symptoms after it is reduced (Uğurlu et al, 2012). If the user cannot quit a substance that he or she uses repeatedly, the frequency of use of the substance increases despite wanting to quit, if he experiences withdrawal symptoms in the absence of the substance, if the substance use continues and he continues to use it despite knowing the harms, this situation has turned into a disease (Ercan 2013).

2.3. technology addiction

Technology brings together individuals living in different geographies, regardless of time and place, with the opportunities it offers to make people's lives easier. On the other hand, technology is starting to affect not only individuals but the whole world with all the opportunities it offers to individuals. Perceptions of time, space and daily life realities of the time we live in and internet technology, especially social media, have changed/transformed the perception to a great extent and corresponds to the meaning of existence for the life of every individual and society. (Babacan 2016)

Purpose Of The Study

The aim of this study is to determine the views of primary school students on digital addiction. In order to make this determination, the views of primary school students on digital addiction are asked. The results of these views are analyzed.

The purpose of this research is to identify the following situations:

1. How does the digital addiction of students in primary education occur.
2. What is the effect of parents on digital addiction of primary school students?

In order to analyze the research, we sought answers to the following questions.

1. What are the students' views on digital addiction in primary education?
2. Do primary school students have an impact on the environment of digital addiction?

Importance Of Research

It can be said that the diseases seen in children have changed a lot with the development of digital. Technological devices and the internet, which are at the center of human life, affect many areas of life, from the social structure of the society to the family and the education system. In addition to the benefits that digital provides to individuals in many areas, it can cause emotional and behavioral problems, especially in children. One of these problems is internet addiction in children. This situation, which takes the form of losing control of internet and computer use in primary education and starting to use it excessively, is a very serious issue that should be considered for the healthy development of the child and may require psychological treatment. One of the important factors causing this problem is the bad attitude of the parents. A kid who doesn't bother his parents by putting a screen lock on a tech device attracts many parents. However, it should not be forgotten that a child

who does not disturb his parents is a child who has closed himself to his development and sought the attention of his parents elsewhere (Çakır 2017).

The purpose of this study is to determine the examination of primary school students' views on digital addiction.

Research Method And Model

Qualitative research approach was used in this study. Qualitative data collection techniques such as observation, interview, document and speech analysis are generally used in qualitative research. In addition, qualitative research, in which perceptions and events related to human beings are examined in depth in social reality and natural environment, also has a holistic perspective that combines different disciplines (Hatch, 2002).

In addition, qualitative research examines the problematic in its own context, with an interpretative approach; While interpreting events and facts, it focuses on the meanings that people ascribe to them. The exploratory mental processes of a researcher who turns to qualitative research become functional and he perceives the different relations between events with a sharper comprehension (Eysenbach & Köhler, 2002)

The Universe And Sample Of The Research

The universe of this study was formed on the basis of the research problem and the sample represented. Our sample is 90 students studying at Canbulat Freedom Secondary School, which is affiliated to the General Secondary Education Department of the Turkish Republic of Northern Cyprus.

Data Collection Tool

In this study, an interview form was created depending on the research problem. The interview form consists of two parts. In the first part, personal information (age, gender) is given. In the second part, research questions are included.

Research Questions:

1. Does digital addiction affect your lessons?
2. How do you think digital addiction starts?
3. Is your digital addiction beneficial? From where?

Findings And Comment

Demographic information of the participants is given in the table below:

Table 1: demographic information of the participants

SEX	NUMBER OF PARTICIPANTS	AGE	NUMBER OF PARTICIPANTS
FEMALE	50 (%55)	12 YAŞ	54 (%60)
MALE	40 (45)	13 YAŞ	36 (%40)

According to the demographic information of the participants given in Table 1, the total of the students participating in the research is 90. Of the people participating in the research, 50 (55%) students are female and 40 (45%) are male students. The average age group of the students participating in the research is 54 (60%) aged 12 and 36 (40%) aged 13.

Table 2: Analysis of the distribution of questions about "What are the causes of digital addiction of primary school students?"

CATEGORY	THEME	Female	Male	FREQUENCY (F)	(PERCENTAGE%)
WHAT ARE THE CAUSES OF DIGITAL ADDICTION OF PRIMARY STUDENTS	To socialize	7	5	12	13,33
	To be popular	6	6	12	13,33
	Entertainment	5	7	12	13,33
	To spend free time	6	5	11	12,22
	To releive boredom	7	4	11	12,22
	To love	6	4	10	11,11
	To be happy	5	3	8	8,88
	To communicate	4	4	8	8,88
	Being educational	4	2	6	6,66
TOTAL		50	40	90	%100

According to the data given in Table 2, the answers to the question "What are the causes of digital addiction of primary school students?" and the analysis distribution according to these answers are given. 7 of the people who gave the answer to socialize were female and 5 were male, and the frequency distribution was 12 23%33.

The people who gave the answer to be popular are 6 women and 6 men, and the frequency distribution is 12 23%33. According to this, the frequency distribution of 12 is 23%33, 5 of them are female and 7 are male. The frequency distribution of 6 women and 5 men who gave the answer to spend leisure time is 11 12'22%. The people who gave the answer to relieve boredom, on the other hand, are 7 women and 4 men, and the frequency distribution is 11 12'22%. According to this, the frequency distribution of 6 women and 4 men who gave the answer to love is 10 11'11%. The people who answered to be happy were 5 women and 3 men, and the frequency distribution was 18, 8,88%. The people who gave the answer to communicate, on the other hand, are 4 women and 4 men, and the frequency distribution is 18, 8,88%. The people who answered that they should be trainers, on the other hand, are 4 women and 2 men, and the frequency distribution is 6 6.66%.

Table 3: Analysis of the distribution of questions about 'What are the effects of primary school students' digital addiction on education?'

CATEGORY	THEME	Female	Male	FREQUENCY (F)	(PERCENTAGE%)
WHAT ARE THE EFFECTS OF PRIMARY SCHOOL STUDENTS' DIGITAL ADDICTION ON EDUCATION?	Since it takes a lot of time, it affects the school life too much.	11	7	18	20,00
	It contributes to education as they can reach everything they want easily and quickly.	7	9	16	17,77
	They are positive as they provide self-confidence, motivation and relaxation.	7	9	16	17,77
	It pushes them to laziness because they can easily and quickly reach everything they want.	10	5	15	16,66
	Contributes in areas such as science, mathematics, language learning, problem solving	7	7	14	15,55
	Negatively affects brain development	8	3	11	12,22
TOTAL		50	40	90	%100

According to the data given in Table 3, the answers to the question "What are the effects of digital addiction of primary school students on education?" and the analysis distribution according to these answers are given. People who give the answer that it affects their school life too much because it takes too much time. Frequency distribution of 11 females and 7 males is 18 (20.00%). The frequency distribution of 7 women and 9 men is 16 (17.77%). The frequency distribution of 7 females and 9 males is 16 (17.77%) because they provide self-confidence, motivation and relaxation. The frequency distribution of 10 females and 5 males is 14 (15.55%) of the people who give the answer that they push them into laziness because they can easily and quickly reach everything they want. The frequency distribution of 7 females and 7 males is 15 (16.66%). The frequency distribution of 9 women and 8 men who gave the answer that it affects brain development negatively is 11 (12.22%).

Conclusion

The aim of this study is to examine the views of primary school students on digital addiction. Students who are digitally addicted are asked to do this review. As a result of these questions, he explores how digital tools contribute to students. In this context, 90 students who continue their education at Canbulat Freedom Secondary School affiliated to the Ministry of National Education of the Turkish Republic of Northern Cyprus were interviewed. As a result of the research, as seen in Table 1, the total of the students participating in the research is 90. The participants in the research consisted of 50 female students and 40 male students. The average age group of the students participating in the research is 54 (60%) aged 12 and 36 (40%) aged 13.

As can be seen in Table 2, in the study, it was determined that the majority of the participants were girls and they were almost one and a half times more than boys compared to boys. This shows that female students are a little more interested in using digital tools. This is due to the fact that women easily see online shopping and stores. As a matter of fact, it is easier for them to do things such as studying and taking notes with a digital device.

As seen in Table 3 in the research, answers are sought for the question of "What are the effects of digital addiction of primary school students on education?", and it is mainly stated that students can listen to the lessons that they are easier in this situation when they miss it. As a matter of fact, the tone of voice of some teachers and their unwillingness to tell at that moment naturally affect the students. For this reason, the students stated that when they explained the lecturers in front of the camera more seriously, at least when they did not understand, they could retract the video and watch it again. This provides convenience for students.

Research And Results On The Examination Of Primary Students' Opinions On Digital Addiction

1: In the pandemic process, in which 25 classroom teachers participated, teachers stated that according to the findings of the study titled "Teachers' views on digital addiction of primary school students", it was necessary to work on students, and according to the results of the research, it was concluded that social awareness should be created and necessary guidance should be given to students in order to prevent digital addiction (Akbaş, 2021).

2: In the study titled digital game addiction and aggression in secondary school students attended by 279 secondary school students, according to the findings, it was determined that the participants were in the risky group according to the average values of the digital game addiction scale. In this context, when the average scores of the participants in the risky group are examined, it can be said that they tend to exhibit aggressive behaviors (Guvendi, et al, 2019).

3: The relationship between digital game addiction and social skills of children aged 10-14, attended by 419 secondary school students, was investigated. As a result of the examination, it was determined that the majority of the children between the ages of 10-14, who were examined as a result of the findings related to the levels of digital game addiction, were in the low-risk group, and it was concluded that the high-risk group was less (Atak, 2020).

Suggestions

Presenting digital devices as an important threat to children shows that this issue needs to be addressed in more detail and in depth. Children should be supported in the fields of sociology, psychology and education.

In order to raise awareness of children who do not have enough information about digital addiction and are not aware of its harm, it is necessary to warn families and ensure the controlled use of digital tools.

While examining the reasons for children's addiction, parental addiction should also be examined.

Since all age groups prefer digital games, informing the general public about the addiction that develops with such games can create more effective results.

Since it is not possible for children to get rid of the tempting effect of technology, the formation of game addiction can be prevented by making the right directions about digital tools and applications.

Teachers need to direct students to sites that support the education system and make the digital world a productive area for students.

Source

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