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TOPIC: Technology and Mental Health: Positive and Negative Impacts

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TECHNOLOGY AND MENTAL HEALTH: POSITIVE AND NEGATIVE IMPACTS

Technology is affecting mental health day by day as uses of technology is increasing in human life, it also affects their mental health . Technology is an integral part of our daily lives. We use it at work, at home and when we work from home. Balancing the need for technology connection and the negative effects of excessive screen time can be so challenging.

❖ Effects of Technology on Mental Health

The use of technology has been linked to a range of mental health issues, including anxiety, depression and sleep disorders. The constant barrage of workload and the pressure to stay connected can lead us to feel overwhelmed and burned out it may get huge pressure on mental health and excessive screentime can make mentally unstable like people can't see or can't walk properly.

Social media use has also been associated with a higher risk of developing depression and anxiety, as well as decreased self-confidence and body image issues. Spending more time on social media interactions and less time on in-person connections can lead to feelings of isolation, which can impact mental well-being.

TECHNOLOGY AFFECTS MENTAL HEALTH

Does technology affects mental health?

Yes! Prolonged technology use can lead to mental health problems such as anxiety, depression, and social isolation. Heavy use of social media has been linked to decreased self-esteem and an increased risk of developing mental health issues. Studies have also found that individuals who spend more time on social media are more likely to experience symptoms of anxiety and depression. Additionally, poor sleep caused by technology use can exacerbate any mental health issues that are already present.

How & Why Heavy Technology Use Impacts Mental Health?

Social media use has been linked to increased symptoms of anxiety and depression. When individuals use social media, they are often exposed to images of people living seemingly perfect lives, which can make them feel inadequate or insecure. This can make worst feelings of anxiety and depression, as individuals may feel like they are not living up to the standards set by others on social media

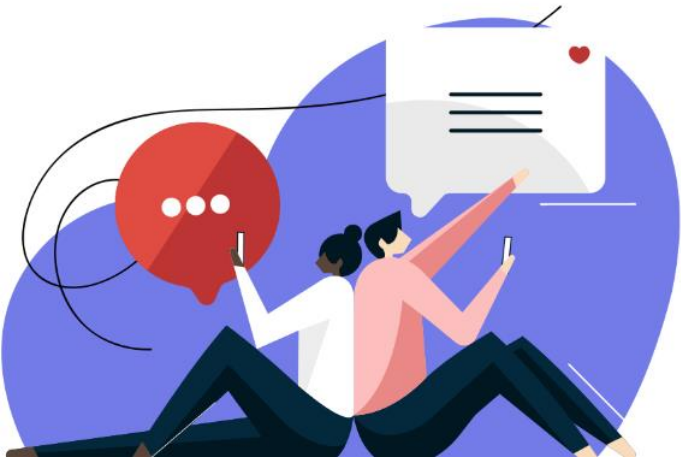


Positive impact

Technology can also have positive effects on mental health. It can provide a sense of community and social support, particularly for those who may not have access to it otherwise. Teletherapy has been an important resource for individuals seeking mental health support during the pandemic, and has allowed for greater access to mental health services in rural areas.

Technology have connected peoples who are far away and can't meet daily also, for those who are surviving From mental health problem many council and helpline numbers are available through technology and can overcome through it.

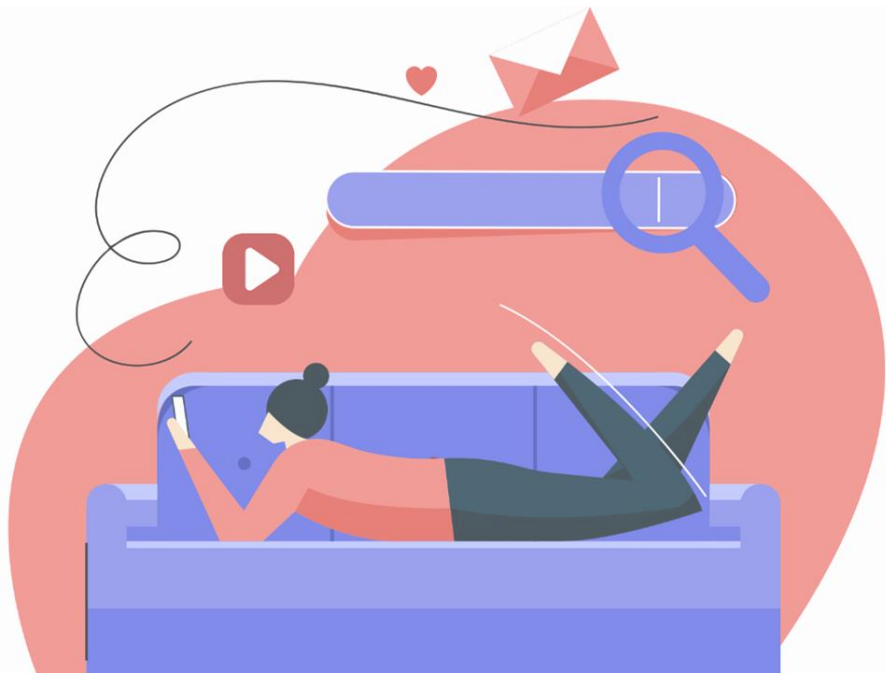
The assumption that technology can be bad for our mental health. Only 5% of adults think that it's only positive, while benefit exists, so though negative impacts.



Negative impact

Prolonged technology use can also lead to physical health problems—and since physical challenges can have a significant impact on your overall well-being and mood, it's important to consider how they might affect your mental health by proxy. Common physical side-effects from heavy tech use include Back pain, Neck pain , Headaches , Eye strain , Dry eyes , etc.

Some of these problems are caused by poor posture and excessive screen time, while others result from looking at screens for extended periods of time. The blue light emitted by screens can also interfere with our circadian rhythm and make it difficult to fall asleep, which can result in insomnia and poor sleep quality.



Increase isolation and decreased social interactions: higher use of social media makes people 3 times to perceived social isolation 73% of social media users reports to feel lonely.

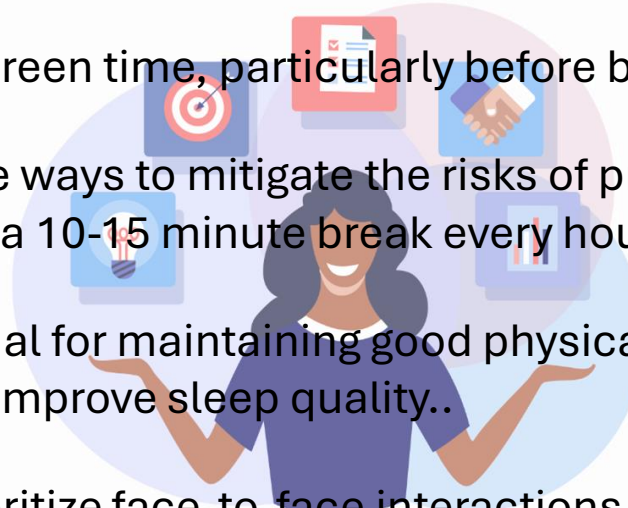
Frequent online negative experiences: those who perceived more negative experiences, 59% of peoples faced cyberbullying that increases risk of depression by 20%.

Causes patterns of addiction: 70% of participant feels depressed, panicked and helpless while their phone gone missing this is addiction of technology.

CONCLUSION OF TECHNOLOGY AND MENTAL HEALTH

The key to managing the impact of technology on mental health is striking a balance between the positive and negative effects. Here are some tips to help:

1. **Set Boundaries:** Establish limits on screen time, particularly before bed, to improve sleep quality.
2. **Take Breaks:** One of the most effective ways to mitigate the risks of prolonged technology use is to take frequent breaks. We recommend taking a 10-15 minute break every hour to stretch, stand up and walk around.
3. **Exercise Regularly:** Exercise is essential for maintaining good physical and mental health. Regular exercise can help reduce stress and anxiety and improve sleep quality..
4. **Seek Out In-Person Connections:** Prioritize face-to-face interactions with friends, family and colleagues. Engage in social activities that do not involve technology.
5. **Seek Help When Needed:** If technology use is impacting your mental health, seek support from a mental health professional.





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