Teach addiction

**Types of tech addiction**

1. Gaming addiction :

people prefer to spend more and more time playing computer games, forgetting about real life

2.Social media:

is it compatible to gaming addiction. Nowadays people more prefer communicating in social media . For example Instagram .

3. Smartphone addiction:

people are constantly worried about their phone, or rather what they can write to them and they always check it

4: Casino:

today the casino has become online and now a lot of people are spending time and money in it.

**Problems**

1. Physical Health Issues: Excessive use of technology and the Internet can lead to sedentary behavior, which increases the risk of obesity,

2. Mental Health Disorders: Tech and Internet addictions have been linked to various mental health issues such as anxiety, depression, loneliness, and social isolation.

3. Poor Academic/Work Performance: Excessive time spent on technology and the Internet can negatively impact academic or work performance due to distractions and reduced productivity.

4. Relationship Problems: Heavy reliance on technology can strain personal relationships, leading to conflicts, neglect, and decreased social interaction.

5. Cyberbullying and Online Harassment: there are a lot of unhappy people on the internet who can take out their stress on you

6. Financial Consequences: Tech and Internet addictions can result in financial problems due to excessive spending on gadgets, online gaming, or online shopping.

7. Privacy and Security Risks:

after a while they will try to steal your data

8. Impaired Social Skills:

When you communicating a lot of time in social media you can forgot about real life

**Reason for becoming**

1. Easy Access and Availability:

2. Escapism and Instant Gratification:

In the internet you can any

3. Social Connection: The Internet offers a platform for social interaction, allowing individuals to connect with others, form online communities, and seek validation and acceptance.

4. Gaming and Online Entertainment:

Many interesting games are located in Internet.

5. Fear of Missing Out (FOMO):

Missing some message or call

6. Peer Influence: The influence of friends, family, or social circles who heavily use technology and the Internet can contribute to the development of addictive behaviors.

**Positive and negative sides of the Internet and technology:**

Positive :

1. Access to information: The Internet provides instant access to a vast amount of information. 2. Communication and connectivity: Technology enables people to connect and communicate with others around the world through platforms like social media, email, and video calls, fostering relationships and collaboration.

3. Convenience and efficiency: The Internet makes it possible to shop from home.

4. Economic opportunities: Technology has opened new sphere for economic, business e.t.c.

5. Education and learning: Online platforms when you can study sitting at home.

Negative:

1. Time: People spend a lot of their free time in Internet

2.Health: It’s have a bad include to our health

3. Сybersecurity: you may be exposed to hacker attacks or data leaks.

4. Information overload: There is a lot of unnecessary and false information on the web

**How to avoid addiction**

1. Set time limits: Limit the amount of time you spend in front of screens.
2. Create screen-free zones: It’s zone where you not use device
3. Write some rules for yourself: For example:

Don’t use phone when you eat.

1. OFF notifications