Abstract: Technology Addiction – Too Connected?

In recent times technology is moving so quickly that in order for some to stay up to date or ‘feel’ up to date is to have a phone on their person all day long. We can see that people are becoming more reliant on technology and becoming worse at differentiating between reality and what is on our screens. Technology is addicting. There is always something new to see or play. The new generation is becoming increasingly addicted to technology where research has started seeing a similarity from technology usage to drug usage. In this paper issues around technology addiction will be discussed and will cover risks, consequences, and prevention techniques. Nick Siclair will also give an insight to affects in the professional work environment.

Introduction

Modern technology is evolving faster than we truly understand. What we need to know is what it is, how did it start, what is the cause, and how can we fix or reduce the occurrence. What makes technology so addicting that it gets to a point that it can be diagnosed as a problem and has the ability to change the mentality of the user. Technology has the power to condition our mind and happens without realizing. Is there a single cause to technology addiction or does it stem from different sources?