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| A picture of a winding road and trees  Technology Addiction  Technology Addiction (work/life balance, monitoring family choices) Is tech addiction (IAD) real? Is there medical evidence? | Abstract  The more people will realize that Tech addiction is real, the more people can be protected from it.  Frolova, Tatiana |

Technology is way ahead and is widely developed these days. Technology plays a big role in our everyday life and became a tight part of our routine. Technology is all around us, they are everywhere, they make our life so continent and easy that it is difficult to imagine how life would be without laptops, smartphones, computers, apps, navigation systems, smart speakers, and the internet. They are available 24/7; Because Technology is widely sprayed and available to everyone, some people have claimed that technology is addictive and can have a harmful effect on people’s life who overuse it, and some people believe that Technology addiction is not real because it does not really qualify as a medical disorder, and they do not see any danger.

According to the article “Internet and Technology Addiction - Causes, Signs, and Tips to Stop”, Types of Technological Addiction and technology dependency lead to behavioral addictions outside the internet, such as video or computer games, social media addiction, and Nomophobia, in other words, smartphone dependency is another dependency more common among children and teenagers, Internet dependency, computer addiction, compulsive internet use, online gambling, online shopping, virtual sex addiction, pornography, texting, online auctions, online betting, Tech addiction includes, Consumption Addiction is also known as feeling the urge to constantly read the news or check the weather forecast.

Let’s look at the main pros. “The progress is moving forward progress” in other words the more people are addicted to technology the more technologies would be created, which would lead to constant progress in information technology. If we would not have people abscess with apple products we would not have a new iPhone model every year, or if people would not be abscess with the environment and technology there would not be electric cars. If there would be no inters or even abuse of information technology and information devices, wide information technology progress would not be developing that fast, because demand creates supply, the more people addicted the more improved technology devices will be created.

The internet is almost on everyone’s cellphone and constant notifications are just filling the whole screen, it forces people frequently check their email and notifications overall. It also positively impacts work email response as well as the quick and more efficient flow of information.

Technology addiction has a negative effect on the interpersonal relationship between friends, and family, by making relationships less meaningful. Social media platforms can be addicting, and it is easy to fall into the habit of using them excessively, which replaces real-life communication. People who use Facebook more than once per hour are more likely to experience conflicts with their partners. Facebook is now one of the main causes of divorces. Social media can make depression worse, as well as the more people, use social media the more they feel depressed or [anxious](https://www.healthline.com/health/anxiety-symptoms), increased narcissism or lower self-esteem.

Video gaming addiction is the problem with addictive behavior, when people use technology to escape from reality, this escape can be dangerous. It can lead people to do things they would not ordinarily do because they are using their technology. Shooting or aggressive gaming is one of the most effective examples of that problem. According to statistics posted on [www.comparecamp.com](http://www.comparecamp.com) author suggests that 6 in 10 American adults believe that violent video games contribute to the country’s gun violence problem.

The main cons of Technology addiction are that some people believe that tech addiction is not real. Completely ignore the problem, by seeing only positive things in it, and keep swiping the screen of their cellphone or allow to their kids spend 24/7 playing video games. However, there are people who understand that Technology addiction is a real problem. That they are people who are suffering from digital addiction are all around us as well. It can be a neighbor or a coworker, just a stranger in Walmart, or the son of a person who is well known. That problem is obvious, or hidden, but it will not disappear. Let’s look at some particular cases of technology addiction that had tragic ends.

An article on www.heartrhythmcasereports.com found that researchers examined two cases where children experienced heart issues after playing online video games. These 2 cases highlight potentially life-threatening ventricular arrhythmias provoked by emotional surges while playing violent video games. The strong emotional, stress, and adrenaline-inducing effects of these games can cause dangerous health effects.

In the article “Social Media Use Causes Depression And Suicide? It's A Surprisingly Difficult Question To Answer” by English Cameron. “Their teenage children died by suicide. Now, these families want to hold social media companies accountable” reported tragic several cases of tech addiction and death consequences of social media overuse. Smartphone addiction is the most prevailing type of technology addiction, so much so that the inability to use the gadget has spruced up its own phobia (nomophobia).

Christopher James Dawley was 17. Police found a suicide note written on the envelope of a college acceptance letter. According to his mother Donna Dawley: "He was so addicted to it that even the last moments of his life were about posting on social media."

Jennifer Mitchell, who said her 16-year-old son Ian died of a self-inflicted gunshot while on Snapchat. "After trying to get into some of his social media accounts, we found video of him [taken] on Snapchat that looked like he was playing Russian roulette with the gun," Mitchell said.

Even though technology addiction is not recognized as an independent diagnosis, and some people do not see the threat of technology overuse, meanwhile hundreds of adults and teenagers are dying every year from that tech overuse. Lawsuits against social media companies every year keep growing, because of suicide rates due to technology addiction to social media.

Technology addiction is a worldwide “pandemic”, which only some people want to admit and take responsibility for their actions. There is only one way to solve the problem that being proactive and bringing media attention to the public, publishing more statistics, and reporting about more tragic cases would bring a difference in the world, in order to make the public to others understand that technology overuse can be dangerous when it grows into addiction, therefore can have a tragic end.

The law, legislation, and regulation are usually slow to catch up. In 2022, the United States has not been lounging any Technology addiction, regulation, and law. Let’s look at The National Highway Traffic Safety Administration lists of mobile phone use data. According to an article posted on thomasjhenrylaw.com the author suggest that approximately ten percent of all fatal [motor vehicle accidents](https://thomasjhenrylaw.com/personal-injury/car-accident-lawyers/) are caused by distracted driving. Laws prohibiting cell phone use while driving are implemented to protect drivers, other motorists, and pedestrians. Talking on a hand-held cellphone while driving is banned in 15 states and the District of Columbia. Texting and driving is banned for all drivers in 47 states and the District of Columbia. According to the [National Highway Traffic Safety Administration](https://www.nhtsa.gov/risky-driving/distracted-driving), approximately ten percent of all fatal [motor vehicle accidents](https://thomasjhenrylaw.com/personal-injury/car-accident-lawyers/) are caused by distracted driving.

According to an article posted on [www.hawley.senate.gov](http://www.hawley.senate.gov) the author suggest that “July 30, 2019, Today Senator Josh Hawley Missouri state. introduced legislation to curb addictive and deceptive techniques that tech giants use to exploit users. The Social Media Addiction Reduction Technology (SMART) Act would ban certain features that are designed to be addictive.”

Many countries around the world recognize video game addiction as a danger to mental health, as well as many people who play games do so as a way of relaxing or escaping from the real world. In the article “How a South Korean Law Made Minecraft an Adults-Only Game” the authors suggests that “South Korea presented Cinderella Law which helps with perceived threats of internet and video game addiction. In 2011, the South Korean government introduced legislation as a means of preventing minors from playing online games after midnight, locking them out of the services until 6 am. [China introduced its own legislation](https://www.bbc.com/news/world-asia-50315960) that prevents gamers under 18 from playing online between 10 pm and 8 am, and limiting children from playing video games for more than 90 minutes on weekdays and three hours on weekends.”

In the article “Technology regulation – the what, when and how of upcoming changes ” the authors report that “EU and UK, right now, the regulation of technology is high on the agenda for government. A series of legislative initiatives across the EU and UK are aimed at making the laws that apply to technology fit for purpose for the digital age.” www.coe.int posts that “The Council of Europe commissioned to the Swiss Institute of Comparative Law a comparative study in respect of filtering, blocking and take-down of illegal content on the internet in the 47 member states of the Organization.”

One of the possible solutions and actions to resolve technology addiction is Self-control is one of the important approaches because it does not need any prescription or extra investments. For example, during dinner time or conversation keep the cell phone away, therefore, engage into meaningful conversation with family or friends, turn off all notifications, delete harmful and rarely used apps, browse social media on the phone, do not use the apps for it.

Activity-replacement, for example, instead social media and video games replace it with physical activities like exercise, sports, or any fun recreational activity, cleaning the room or walking around the community, metro park, or mall. Hiking, jogging, walking a dog. Physical activities increase the body’s dopamine production, which allows a person’s mind to derive pleasure from them. Limiting or quitting the use of cell phone games.

Technological addiction is real; it is there and moving forward with giant steps with affecting more and more people whether we give that proper definition or not, people believe that technology addiction is real or not, whether insurance pays for treatment or not, It is important to start to take actions and take life control.

Dealing with Tech addiction is very similar to how a person would deal with any other addiction. First of all, it is important to admit that addiction is happening, and it is time to start to take action. 3 approaches in order to help; psychological and psychosocial by utilizing professional help, self-control, and activity replacement. It is important to find other distractions to divert attention away from social media, video games, and the smartphone, for example, hiking, jogging, gym, family time, a meal with friends, cooking classes, college, walking with a pet, another physical activity that’s equally engaging etc.

Even though the technology itself does not hurt anyone, only overuse can be harmful, it is important to admit that technology addiction is real and can be dangerous for mental health or even life. A segment of the global population is pushing themselves into a corner misusing technology to hurt themselves, their families, friends, and the collective society. They comprise only a minuscule number, but it will reflect badly on the people around them if nothing is done to help them out of their predicament. Those people need measures and resources that could be used to help them to back to regulating life routines.

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