Technology Addiction Among Students

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Abstract

This research paper is primarily concerned with the technological addiction among human being and its impact on the health of individual. Technological advancement is not only having significant impact on the mental health of the students but also has significant impact on the physical health of the students. Students day-by-day become less attentive towards their study and get addicted to technological devices (Muduli, 2014). Among total population of the world, youth is most vulnerable groups; youth or students are in charge of taking responsibility of country's future. If they do not work, then it is utterly impossible for them to get new dimension. The study is designed in such a way to understand what types of tech devices are used by youth. Time spent with the gadgets has noteworthy impact on the mental health and lifestyle of students. Reason behind technological addiction and impact of this on the society has been understood clearly with the help of this study.

Nevertheless, in the era of technological development, human beings are completely driven by technological implements. It has covered the entire human community; people have depended on the technological implements& internet is increasing continuously. People do not like loose the compliment like tech savvy and in order to retain their image in group, teenagers are completely engrossed with the technological advancement.For better analysis of the paper, research has chosen Primary Quantitative Data Analysis Process. Simple Random Sampling has been chosen for analysis; 100 respondents have been chosen among them 40 parents and 60 students of different age groups. With the help of graphs and charts data has been analyzed.

BACKGROUND

Technology addiction, means people have severe addiction towards technology as they can able to find entire world in those small devices. Along with that, information of entire world can be gathered in in today's massive technology.

Technology addictions affects the teenagers, specially the students in many ways; first, it causes stress because being on your technology devise and being constantly connected to it can cause stress. Nevertheless, technology addiction causes lack of sleep, which can cause the students to have low concentration level, which can unfortunately cause them to have bad performance at school (Hosale, 2013). For example, when a student's stays all night on his/her iPhone or laptop, he/she won't have enough sleep; thus, when will be sleepy at school so they won't concentrate, and they won't understand what the teacher is saying. Being addicted to technology can also cause some health problem for the teenagers/students, such as; being socially isolated (Placeholder1) (Hosale, 2013). For instance, when a teenager/student is on his/her technical devise all the time they won't have time to socialize with other; thus, they won't have any friends, which may lead them to be isolated from the society.

LITERATURE REVIEW

Literature review is considered as the inevitable part of every research paper. With the help of literature review, every aspect of the research can be determined. Literature review is the secondary research, in which data is collected through analysis of several journals, articles and magazines. It is not just the summary of the paper; rather it is systematic analysis of the paper presented in synthesized manner.Literature has been collected on the addiction of students towards technological gadgets and how it is impacted on the mind of students.

Addiction to technological gadgets: every alternative day, information technology is introducing new gadgets for making life easier than ever.Olsen & Pace (2015) have stated that lucrative gadgets are developed in order to drag the attention of youth. Technological advancement is making life easier and they can able to communicate with everyone and collect news of world from internet. For accessing internet, they do not need to use computers anymore. Just by using mobile devices and tablets can do this.As per stated by Board, (2005), as the vulnerable groups, youth becomes the largest consumers of these electronic devices. Parents have given those gadgets in their hand to maintain communication. Both parents are working; therefore, they do not have much time to give to their family. To keep their children busy, they have to take help of technology.In accordance with Ash, (2013), overuse of technological gadgets is making them addictive towards gadgets. Addiction toward something is like continuous repetition of activity independent upon the negative impact of the same. On the other hand, it is considered as the neurological impairments, which are leading to such behaviour in human being. Addiction towards technology is a habitual compulsion in which one is using technology to address life problem. Posting problems of life is the major drawback; they choose this as platform for sharing issues.Studentsare mainly using these for coping with mechanism and it is also helping in avoiding conflict.By the virtue of Swingle, (2016), it can be stated that long term compulsion may lead to psychological disturbance like depression, irritability and insomnia. They are completely engrossed in the virtual; therefore, they have no attention towards the world, in which they are residing. Due to technological addiction, contact is growing. Teens come closer to the people whom they even do not know properly. Attitude of teenagers are changing, sudden love for virtual world has another negative impact on technological addiction. Teens are losing self-confidence and self-esteem; in addition, they cannot able to pay attention to their study. These are the symptoms of internet addiction.

Mental health: In accordance with Kardaras, (2016) Mental Health's concept comes from the concept of mental hygiene. The term has gained popularity by the creation of National Commission of Mental Hygiene in 1919. Absence of mental illness is not considered as mental health, it is defined at the state of human well-being, in which, and one behaves properly. Mentally healthy is someone, who can understand potentiality and can adapt with ordinary stresses of life. One should be worked fruitfully and productively as well as can able to contribute in the welfare of the society.Mental health is something is which one feels about others and how demand of life can be met.

Mental illness refers to usual mental illness, one can experience in certain stressful circumstances. For example, use of technological gadgets from day to night increases poor concentration, mood swings and insomnia.As per stated by World Health Organization. (2002), all these problems are common among students and temporary in nature. Such temporary issues are not prominent in mental illness; though everyone is suffering from mental illness at times but people do not have to think much on that. Parents have to show concern regarding mental health of their children. They have to be attentive while giving permission of using technological gadgets. However, mentally unhealthy affects potentiality of human and this may lead to serious illness. On the other hand, Muduli, (2014) opined that mental illness has been identified as experiencing distressing psychological symptoms. Distressing psychological symptoms are actually hampering normal functioning of brain. These kinds of symptoms include anxiety, obsessive thinking, depression, hallucinations and delusions.Olsen, & Pace, (2015) depicted that Parents have to be cautious when they find out that their children are using technology in excessive amount.In order to get rid of this situation, it is necessary for the parents to take help of professionals or psychologists.Treatment process may include lifestyle changes, drug treatment, counseling and psychotherapy. Addiction to technology has significant impact on the mental health of the individual.

Lifestyle:according to Board, (2005), lifestyle is another aspect of technology addiction and this is quite visible. While understanding addiction to technological gadgets, choices and time are two main factors. Lifestyle is nothing other than way of living of society as whole or individual. From the lifestyle of the individual, attitude and values of somebody can be understood. So, pathof life has try to understanding the self & making some social images which has reflected the nature of a man. By the virtue of Ash (2013), it has been opined that every one is the part of life which has connected with the public grounds & that can be encompassan essential part in making the decisions of personal life .

Tech gadgets and services

Tech gadgets: Mobile Phone: Mobile Phone has been devised to make and receive calls while moving around in different geographical location. Previously, it is used for calling purpose only; later, people carry entire world with the help of phones in their grasp of hand (Ash, 2013). Recently, it is severing different purposes like texting, messaging, playing music, gaming, email, internet access. With the help of

several messaging facilities Hike, Facebook Messenger, Whats App and Hangout are apps though which they can communicate with each other. Bluetooth, Share It and Xenderare allowing teenagers to share videos and photos within few seconds. Business application and shopping application can be accessed through mobile phone. From 2011, the use of mobile phone worldwide is increased up to 12.4 million to 6 billion (Swingle, (2016).

Computer and laptop: Computer is general purpose device which has been programmed in such a way to operate erythematic and logical operations. At a time, computers can able to solve different problems. Using internet through computer is allowing students to get access of entire world.

Smart Phone: This is the application of digital mobile phones, which has built on operating system with the more advanced connectivity and computing capabilities. In recent era, the sale of smart phones is increased and exceeded previous cellular phones. 90% consumers are in search of android phones and smart phones.

Negative impact of technology: Despite the fact the utilization of tech-contraptions and administrations has explored various types of positive effects, they have short lived. In the case of long run it affects the people. Digital activities are making youth strong in technical skills but in practical life, they become weak. It takes away young masses from the reality to the imagery world (Kardaras, 2016). Due to spending excess time on internet, it is actually refraining them from outside activities. Their attraction towards violent games creates noteworthy impact in their mind. The more they use gadgets, they more becomes crazy about those gadgets and distracting themselves from study.

PURPOSE OF THE STUDY

Aims

Aim of this research paper is to understand negative impact of overuse of technology on the health of students. Students are future of society; therefore, they have significant impact on the society itself. They should have understood that technology can affect their both physical and mental growth.

Objective:

Objectives of this research paper are:

- ➢ To observe the causes of technological addiction
- ➢ To understand behavioral correlates of students, teenagers and adolescents
- ➢ To evaluate psychological effects of using internet
- ➢ To depict addiction of technological gadgets and impact of it on the life-style
- ➢ To examine the time spent by youth with electronic gadgets

IMPORTANCE OF THE STUDY

Importance of this study is actually understating the reason behind conducting this research. in the era of technological advancement, people are getting addicted to technology especially youth. Youth or students are mainly affected by the overuse of technological gadgets. As per stated by World Health Organization. (2002), Using smartphone, tabloids and laptops are increasing addiction continuously. They are less concerned with their studies and career. On the other hand, Swingle, (2016) observed that discharged rays from smartphone are actually human brains and eyes. Over talking through phones can hamper listening ability of human being.Fromanother perspective, it is seen that using smart phones is prohibiting them from going to field and play with others. Physically they become disabling as well as mentally. Due to lack of participation, they are unaware of team work and cooperation. They become easily irritated and they have no patience on anything. Both physically and mentally, they become deformed.

RESEARCH QUESTIONS

While conducting this research, researcher has faced several suppositions and in form of research question, researcher has tried to sum up all those suppositions. Research question is:

- ❖ Does technology addiction affect mental health of students?
- ❖ How technology addictions can affect society?
- ❖ What are the reasons behind technological addiction?

RESEARCH LIMITATION

At the time of carrying out the research, researcher has to abide by certain policies and procedures. These procedures are basically known as the research limitations and those limitations are:

- ✕ Research cannot able to ask any personal questions to the respondents
- ✕ Personal data of respondent must not be disclosed in front of anyone

✖ Research should ask for permission before asking any kind of question to the participants.

✖ Research has to be conducted within allocated money and time

✖ Collected data have to authentic

✖ Questionnaire has to concrete and less time consuming

✖ Emotion of respondents should not be hurt

TERMS

No such difficult term is used in this research paper. Terms used in this research paper are:

- **Technological addiction**: It means people have severe addiction towards technology as they can able to find entire world in this small device. Along with that, information of entire world can be gathered through

- **Behavioral correlates:** The term behavioral correlate id related with several other aspects and depending on those aspects, behavioral correlates are varying. Here, this is related to anxiety. Over use of mobile phones is generating anxiety within students.

DATA COLLECTING METHODOLOGY

To make a good research process the researcher has toconcentrate on their research methodology section. By the help of effective methodology section the researcher have to find details of analysis regarding this particular research and the researcher could find the fruitful outcomes of this research. Addiction in the technology like gadgets and Smartphone could affect the mental and physical health problem for the individuals and it could also make some negative impact of health and lifestyle of the individuals. In this section initially the researchers have to define the proper philosophy, design and strategy of research. By the help of effective data collection procedure the researcher has to find the proper outcomes regarding this subject matter (Jha, 2008). In the methodology section, the researcher has concentrated on the findings and the information collection procedure from the market survey and research. Data analysis is one of the crucial partin this methodology part. Due to help of different type of methods the researcher of the particular topic needs to keep monitoring on the importance of technology in the daily life as well as its negative impact for the people's mental and physical health due to help of analytical surveys the researcher have to could examine the structure of the research and

proper monitoring could make them effective research process in this particular subject matter. Analyzing of this thesis process, the researchers have to get correct data analysis through this thesis process. In this data analysis part data analysis is important instrument for the researchers to discover the right method of the thesis procedure.

Research Philosophy

The research philosophy is most vital parts regarding the research philosophy chapter. Due to help of effective research philosophy the researcher could find the proper way of research in an effective manner. In this thesis paper researchers, have personified the proper research philosophy in this context (Kumar, 2005). To get an effective outcome of the research the researcher has obtained positivism research philosophy. Due to help of positivism research philosophy, the researchers have to find out the correct & appropriate response regarding the particular topic. At first, positivism idea of philosophy is the crucial logic examination process of to measurement the primary consideration regarding the objectivism (Jha, 2008). In the positivism research philosophy, the researcher usually means to assess the lack of biasness of innovation method, as opposed to expose the chapter of the learning.

Research Design

On the other hand, to maintain the proper knowledge regarding the research process the researcher has to obtain proper research design process for the better outcomes in the particular subject (Ben-Yehuda, *et al,* 2016). To make an effective move towards the technological adoption in the society the researcher needs to concentrate on the gadget freak people and their mental and health condition. Due to the addiction in the technological gadgets the researcher could find students are more involved with the electronic gadgets and Smartphone which affect their health-related problem in the society (Ketchen, and Bergh, 2004). To make an effective research programme regarding this thesis topic the researchershave to concentrate on the research design factors. To choose the appropriate thesis design regarding this topic, it is the primary liability of a researcher to appreciate the importance of it in the methodology section. In this particular research learning, the researchers have chosen descriptive thesis design as an alternative of inductive thesis research design method.

Data Collection Process

In this effective research process, every researcher has to concentrate on the relevant data collections procedures in their projected work (Khang, *et al,* 2013). Due to help of effective data collection process

the researchers have to find the in depth analysis of the research process. In the data collection process the researcher workers has to focus on the primary quantitative data collection process. The major thinking of this topic is to get idea & knowledge regarding technological addiction among the students (Methodology. 2007). To assemble data from the market the researcher wants to learn well in two categories of process. First thing is qualitative data collection process & another is quantitative data collection method. According to this topicthe data collection has separated in more types. Those are:

- ❖ Quantitative data Collection(Primary)

- ❖ Quantitative   Data Collection(secondary)

In this thesis paper, have to get effective outcomes in the overall research the researchers have to choose primary quantitative data collection process.

Sampling

Sampling is another vital aspect in methodology part. Due to help of effective sampling techniques, the researchers have to find the suitable and appropriate research outcomes of their business process. Sampling procedure or process is one of the essential for obtaining suitable data in the investigate study. To acquire the effective conclusions in the research methodology section, sampling method is one of the pivotal factors in the research progression (Tarski, and Tarski, 1994). According to the marketing thesis paper, it has observed that there are two styles of sampling method in the thesis practice. There is one type of sampling techniques, which isprobability sampling, and the other sampling technique is the non –probability data sampling technique (American Society for Addiction Medicine 2012). To make an effective move in the research process the researcher has obtained non probability sampling techniques. All the answers are taken from different age group students who are tech savvy (Gruverman, *et al,* 1974). To conduct the data analysis part in this research the researcher has selected 100 respondents to give some feedback regarding the particular subject matter. Among these respondents 60 students are from different age group and 40 parents are considered in this research.

QUESTIONNAIRE RESULTS

To make the research fruitful the researcher has used close ended questions for the effective research results. According to these all questions and given

feedbacks by the respondents the researcher has drawn a conclusion regarding this particular research process.

Do you think that technological addiction could affect the mental and physical health for the students?

- ➢ *Strongly Agree*
- ➢ *Agree*
- ➢ *Neutral*
- ➢ *Disagree*

Do you think that due to use to many gadgets and Smartphone you feel asleep?

- ➢ *Strongly Agree*
- ➢ *Agree*
- ➢ *Neutral*
- ➢ *Disagree*
- ➢ *Strongly Disagree*

Do you think that due to technological addiction you feel pain in your neck, shoulder?

- ➢ *Strongly Agree*
- ➢ *Agree*
- ➢ *Neutral*
- ➢ *Disagree*
- ➢ *Strongly Disagree*

*Do you think that, due to technological addiction you worry excessively regarding any kind of silly matters?*

- ➢ *Strongly Agree*
- ➢ *Agree*
- ➢ *Neutral*
- ➢ *Disagree*
- ➢ *Strongly Disagree*

Do you think that, due to the technological addiction often you check your mobiles or gadgets for notification?

- ➢ *Strongly Agree*
- ➢ *Agree*
- ➢ *Neuter*
- ➢ *Strongly Disagree*

RESULTS ANALYSIS

Do you think that technological addiction could affect the mental and physical health for the students?
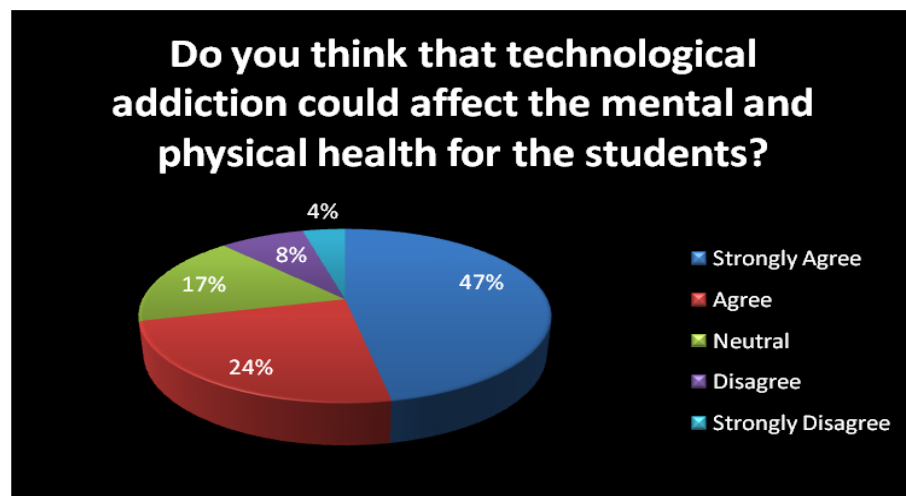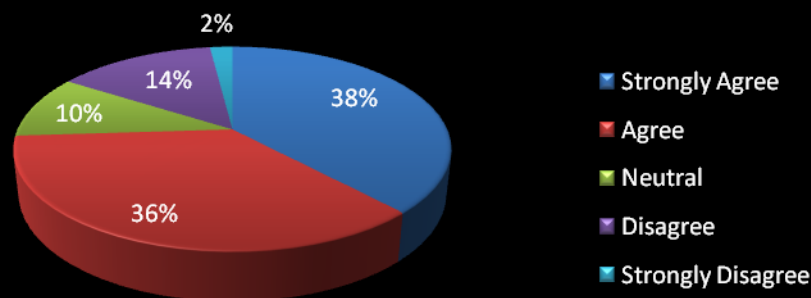

In the data analysis part of this particular subject matter the researcher has considered this pie chart representation as a useful tool for evaluating the data regarding this topic. From the above pie chart analysis it can be observed that among the 100 respondents 47% respondents are strongly agreed and 24% respondents are agreed with the fact that technological addiction could affect the mental and physical health for the students in various aspects. From this graphical analysis it can be stated that 8% respondents are disagree and 4% respondents are strongly disagree with the facts. On the other hand, from the above analysis rest of the respondent means 17% respondents did not provide positive or negative answer regarding this question and they stayed neutral about the fact.

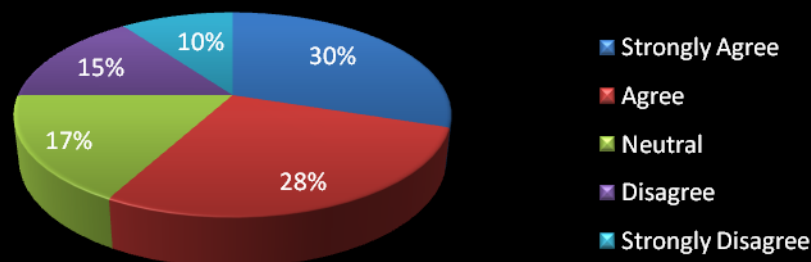*Do you think that due to use to many gadgets and Smartphone you feel asleep?*

In the data analysis part of this particular subject matter the researcher has considered this pie chart representation as a useful tool for evaluating the data regarding this topic. From the above pie chart analysis it can be observed that among the 100 respondents 38% respondents are strongly agreed and 36% respondents are agreed with the fact that due to use to many gadgets and Smartphone they feel asleep. From this graphical analysis it can be stated that 14% respondents are disagree and 2% respondents are strongly disagree with the facts. On the other hand, from the above analysis rest of the respondent means 10% respondents did not provide positive or negative answer regarding this question and they stayed neutral about the fact.

Do you think that due to technological addiction you feel pain in your neck, shoulder?
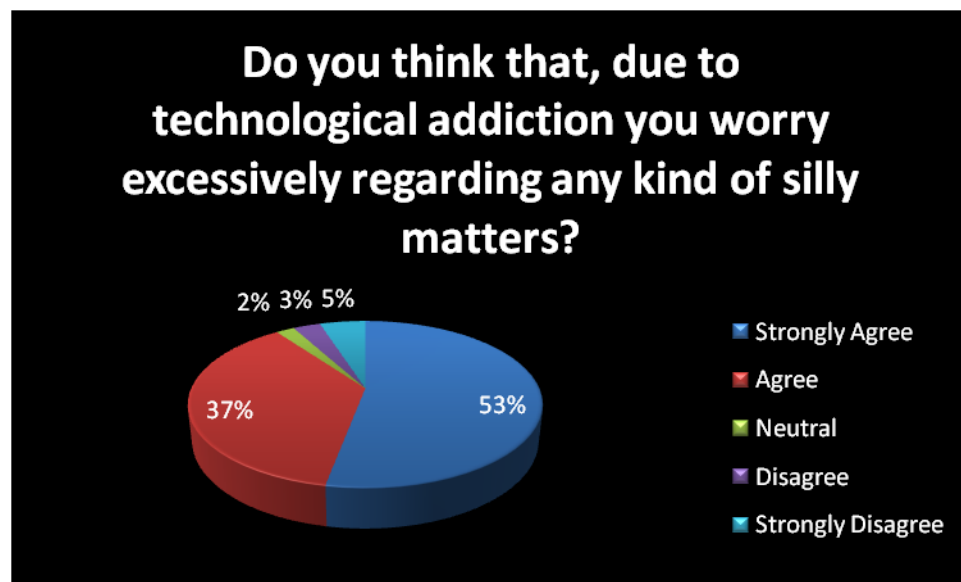

In the data analysis part of this particular subject matter the researcher has considered this pie chart representation as a useful tool for evaluating the data regarding this topic. From the above pie chart analysis it can be observed that among the 100 respondents

30% respondents are strongly agreed and 28% respondents are agreed with the fact that due to technological addiction they feel pain in their neck, shoulder. From this graphical analysis it can be stated that 15% respondents are disagree & 10% respondents are dedicatedly disagree with the facts. On the other hand, from the above analysis rest of the respondent means 17% respondents did not provide positive or negative answer regarding this question and they stayed neutral about the fact.
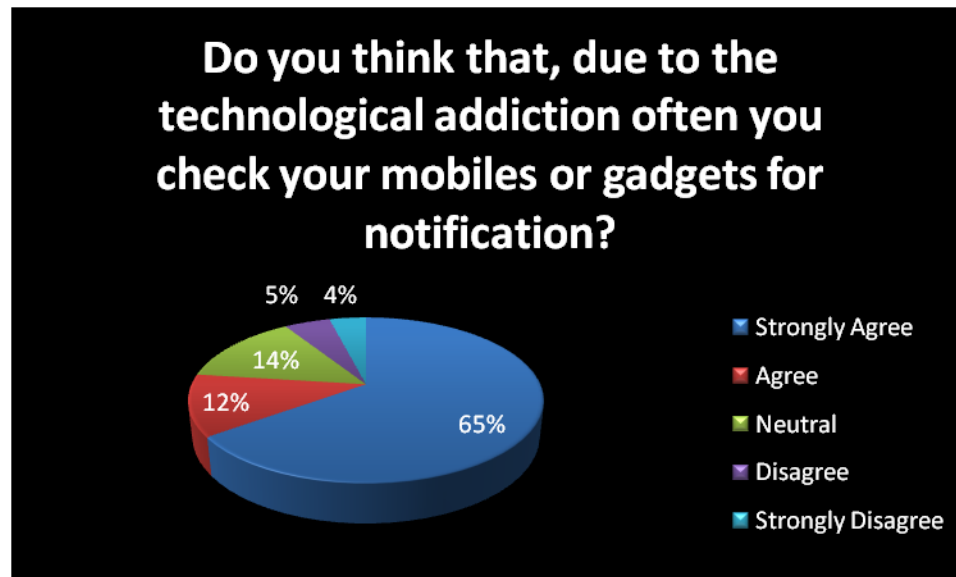
Do you think that, due to technological addiction you worry excessively regarding any kind of silly matters?

In the data analysis part of this particular subject matter the researcher has considered this pie chart representation as a useful tool for evaluating the data regarding this topic. From the above pie chart analysis it can be observed that among the 100 respondents 53% respondents are strongly agreed and 37% respondents are agreed with the fact that due to technological addiction they worry excessively regarding any kind of silly matters. From this graphical analysis it can be stated that 3% respondents are disagree and 5% respondents are strongly disagree with the facts. On the other hand, from the above analysis rest of the respondent means 2% respondents did not provide positive or negative answer regarding this question and they stayed neutral about the fact.

Do you think that, due to the technological addiction often you check your mobiles or gadgets for notification?

In the data analysis part of this particular subject matter the researcher has considered this pie chart representation as a useful tool for evaluating the data regarding this topic. From the above pie chart analysis it can be observed that among the 100 respondents 65% respondents are strongly agreed and 12% respondents are agreed with the fact that due to the technological addiction often they check their mobiles or gadgets for notification. From this graphical analysis it can be stated that 5% respondents are disagree and 4% respondents are strongly disagree with the facts. On the other hand, from the above analysis rest of the respondent means 14% respondents did not provide positive or negative answer regarding this question and they stayed neutral about the fact.

CONCLUSION AND RECOMMENDATION

From the above analysis of the paper the research has to concentrate on theabove-mentionedfactors. Due to help of effective research procedure, the researchers have to find the lagging areas & negative impacts of the technological addiction for the students in their mental and physical health context. Due to the fast-movingworld, the people are changing accordingly thus the technological impacts grab more students in their business. From the researchanalysis, the researcher has recommended that the parents must aware about the technological importance for the children. By providing all kind of electronic gadgets for the children, it could harm their physical presence and it also increase the mental and physical health diseases for them. Knowledge and time management is necessary for the parents to improve the student's health condition. According to the priorities the researcher has to provide the electronic gadgets and technology for their children. Last but not the least, utilize any kind of product needs to be necessity driven rather than luxury obsessed, thus the individuals can derive maximum enjoyment and happiness.

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