



Blog Post #7

Promoting Conscious Digital Use for a Healthier Future

Merve SABAK,
Project Manager in Governorship of İstanbul



"Tech with Care, Mind Aware."

In today's world, technology has become an integral part of our lives. Our phones, tablets and computers are indispensable tools in every field from communication to entertainment, from education to business. However, this situation can cause the time spent in front of screens to get out of control and gradually turn into an addiction. Especially among young people, this situation has become a threat to both physical and mental health.

The aim of this project is to raise awareness on the need for individuals to use the digital world more consciously, and to encourage them to engage in social interactions and healthy lifestyles. The project is carried out in a multicultural cooperation with stakeholders from different countries. With the participation of academics, experts and youth groups, the project aims to be effective both locally and internationally.

A research shows that excessive screen use can lead not only to eye strain and postural disorders, but also to stress, anxiety and social isolation. Especially in young people, long hours in front of a screen can negatively affect academic achievement and physical activity. Therefore, it is critical for the future well-being of young people to be able to participate more consciously in this digital world.

Dopamine Fasting 2.0 is an evidence-based technique that regulates addictive behaviours by restricting them to specific time intervals and imposing a form of fasting against impulsive engagement with them, to restore a person's behavioural flexibility. Interestingly, the Chinese government has implemented a practice along the lines of Dopamine Fasting 2.0 as a mandatory law for those under the age of 18. Using both fasting and feasting programmes, they have developed a feature for gaming companies that prevents use between 10pm and 8am and allows 1.5 hours of use per day on weekdays and 3 hours on weekends and holidays. While it is best for parents to do this, it is safe to say that the Chinese are ahead of us in this regard, as they have seen how internet addiction is devastating their youth.

The 'Tech Well' project is currently under preparation. The project team is conducting a comprehensive planning process to raise awareness on this important issue. With the support of the Governorship of İstanbul, we continue to work in collaboration with our partners to realise this initiative that will benefit society.

Would you like to join the journey to reduce screen time and lead a more balanced life? Contact us to learn more about Erasmus projects and support this important initiative!

Remember, the digital world is important, but the real world is indispensable.



<https://techwell.itu.edu.tr/>



techwell_project



@TechwellProject



Techwell Project



Techwell Project