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Dimensions of Technology Addiction

"Tech with Care, Mind Aware."

Technology addiction is defined as the uncontrolled use of digital devices, the internet, social media, video games, or other technological tools, leading to negative consequences on daily life, relationships, and academic or professional performance. This phenomenon reflects an individual's intense psychological and physiological dependence on technology, often accompanied by addiction-related symptoms.

Technology addiction is a multifaceted issue influenced by psychological, social, biological, and environmental factors. Understanding these dimensions can provide insight into how and why individuals develop compulsive behaviors related to technology use.

1. Psychological Dimension

- **Compulsive Use:** Excessive engagement with technological devices beyond planned limits, with difficulty in controlling usage.
- **Tolerance:** Increasing time spent on technology to achieve the same level of satisfaction.
- **Withdrawal Symptoms:** Experiencing physiological stress responses when access to technology is restricted.
- **Shifting Priorities:** Neglecting responsibilities (e.g., work, school, relationships) due to excessive technology use.
- **Emotional Regulation:** Using technology as a coping mechanism for stress, loneliness, or boredom. When unable to access technology, individuals may feel anxious, irritable, or restless.
- **Co-occurring Addictions:** Digital addiction may facilitate or coexist with other compulsive behaviors, such as excessive shopping, pornography consumption, or gambling.

2. Social Dimension

- **Social Isolation:** Reduced face-to-face interactions and excessive reliance on virtual connections. Individuals may increasingly use technology to escape real-life stressors or challenges.
- **Interpersonal Conflicts:** Prioritizing technology over personal relationships, leading to neglect or conflicts.
- **Validation and Achievement:** Seeking approval, recognition, or a sense of accomplishment through online platforms (e.g., gaming, social media likes). The instant gratification provided by technology may be preferred over long-term benefits.
- **FOMO (Fear of Missing Out):** A constant need to stay updated due to the fear of being left out of online interactions or trends.
- **Accessibility:** The widespread availability of devices and the internet increases usage frequency. The social acceptance of constant connectivity and peer pressure to participate in popular apps, games, or platforms further drives technology engagement.

3. Neurobiological Dimensions

- **Activation of the Reward System:** Technology, particularly social media and gaming, triggers dopamine release, reinforcing addictive behaviors.
- **Changes in Brain Plasticity:** Prolonged use of technology can alter brain regions responsible for attention, impulse control, and decision-making. The constant influx of information may lead to difficulties in processing and retaining information, while digital distractions can impair sound decision-making skills.
- **Developmental Issues:** Adolescents and young adults are particularly vulnerable due to ongoing brain development and peer influence. Excessive technology use in children may hinder social, emotional, and cognitive growth. Additionally, prolonged screen time can lead to physical health issues, such as eye strain, sleep disturbances, and a sedentary lifestyle.

Technology addiction affects individuals psychologically, socially, and neurologically, leading to compulsive use, social isolation, and brain function changes. Understanding technology addiction is key to building healthier digital habits. Contact us to learn more and support this initiative!



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