

TECHNOLOGY & SOCIAL MEDIA ADDICTION Facts

Why is it that some of us can't seem to stay away from our tech devices even for a few minutes?

Technology Addiction

Research shows that there are approximately **9,000,000 US citizens** facing technology addiction.

40% of young adults and 21% of adults admit to using social media even while in the bathroom.

Technology Addiction includes

- Game addiction (computer / internet)
- Social Media addiction (Facebook, Twitter, etc.)
- Cell Phone dependency (texting, emailing, calling)
- Internet dependency (constant surfing)

Signs of Addiction include

- Spending hours in front of the screen vs. "just a few minutes"
- Lying about time spent in front of the screen
- Complaining about physical problems from using devices for a long time
- Preferring to talk over the internet rather than face to face
- Interference with sleep, family time and job performance
- Compromising meals, courses or appointments for screen time
- Feeling nervous, anxious or frustrated when away from tech devices
- Wavering between feeling guilty for spending too much time on tech and feeling great pleasure from it

Everyone seems to have a reason to use technology, such as a "need" of instant access to the world with apps such as Uber, OfferUp, or Yelp. Furthermore, according to a survey of university students, more are attached to their devices due to their strong need of "**staying connected.**"

When separated, deprivation was determined in 74.5% of the dependent students and 10.5% of the non-dependent students.

Telling lies to hide time spent on the Internet was 38% of those dependent. 33% of dependent students showed **feelings of guilt** while on the internet.

The good news is that very few people are genuinely addicted to social media. However, many people's tech use is addictive and can spill over into other areas of their lives and be problematic and dangerous, such as checking social media while driving.

Other behaviors may be annoying rather than dangerous, but may be **indicative of problematic tech use**, such as checking social media while eating out with friends or constantly texting on your smartphone while watching a movie at the cinema.

Social Media Addiction

Others may snub social contact with their loved ones or friends and rather check social media on their smartphone instead (or **'phubbing'**).

If you want to check if you may be at risk of developing an addiction to social media, ask yourselves these six simple questions:

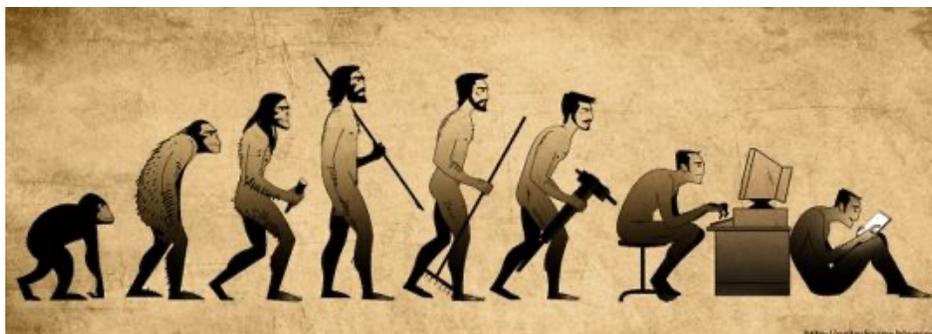
Addicted to Social Media?

- Do you spend a lot of time thinking about or planning to use social media?
- Do you feel urges to use social media more & more?
- Do you use social media to forget about personal problems?
- Do you become restless or troubled if unable to use social media?
- Do you often try to reduce your use of social media without success?
- Do you use social media so much it has a negative impact on your "in-person" life (work, relationships, health)?

If the answer to all six of these questions is "yes" then you may have or be developing an **addiction to social media use**. We say "may" because the only way this can be confirmed is through a diagnosis from a clinical psychologist or a psychiatrist.

If you answered "yes" to a few of these questions, it is more likely that you're a **habitual social media user** and you might need to reduce the amount of time spent on social media.

Some **simple "digital detox" steps** can include turning off sound notifications and only allowing yourself to check your smartphone every 30 minutes or once an hour. Other simple steps include having periods in the day with self-imposed non-screen time (like during meal times) and leaving your smartphone in a separate room from when you sleep.



<https://addictionresource.com/addiction/technology-addiction/>