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**LOG IN BACK THE REAL LIFE**

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**DON'T LIVE DEPENDENT ON TECHNOLOGY!**



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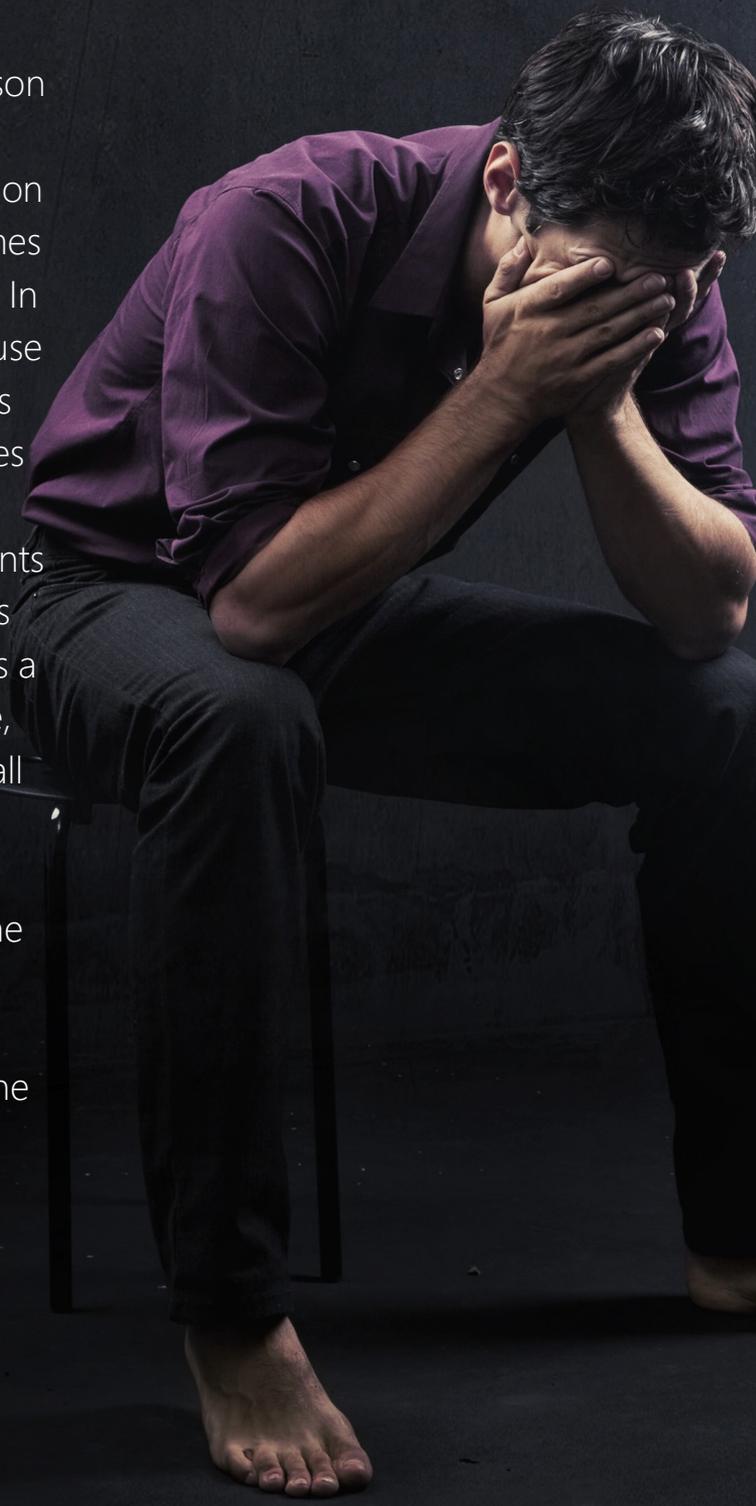


**Unfortunately...**

**While technology makes our lives easier,  
it can also take us hostage.**

# WHAT IS ADDICTION?

Addiction is when a person loses control over an object he uses or an action he performs and becomes unable to live without it. In other words, the will in use and behavior disappears and the person continues the addicted use or behavior whether he wants to or not. In addition, this use and behavior covers a significant part of his life, and the person invests all his time and physical energy, except for the work and relationships he has to do, on the substance or action to which he is addicted. One of the most common addictions today is technology addiction.



## SYMPTOMS OF TECHNOLOGY ADDICTION

We can understand that technology addiction has started or is about to start from the following behaviors:

- Increasing time spent in front of technology (computer / tablet / phone / internet / virtual game)
- Emergence of withdrawal symptoms such as restlessness, insomnia, and anger when away from technology
- Continuing to use technology despite causing a mental, social, legal or physical problem
- Loss of control over time spent in front of technology
- Being exposed to more technology than planned
- Spending most of your time physically or mentally with technology
- Technology prevents the fulfillment of responsibilities (such as work, school, family, personal cleaning)

## WHAT MAY BE THE CAUSES?

- Lack of information on what uncontrolled and excessive use is
- Not knowing or not caring about the consequences of addiction
- Not being able to control curiosity
- Being in a circle of addicted friends
- Boredom and not having anything better to do
- Accepting whatever your friends want for fear of being ostracized
- Not knowing how to solve problems and turning to technology instead of solving problems
- Not being able to establish social relationships or having difficulty establishing them
- Trying to achieve things in the virtual world that cannot be achieved in the real world
- Difficulty controlling one's impulses
- excessive introversion
- Fear of not being liked by the environment
- Pessimistic mindset
- The person cannot find a correct goal in life
- Low self esteem
- Disliking life, lack of life energy
- Having difficulty establishing social relationships
- not knowing yourself well enough
- Not knowing what can be done in real life

## WHAT DOES TECHNOLOGY ADDICTION INCLUDE?

- Television
- Phone
- Tablet
- PC games
- gaming consoles
- Internet
- Social media

## IS SOCIAL MEDIA ADDICTIVE?

- If it's the first option that comes to your mind when you're bored,
- If it gets in the way of your real life,
- If it causes you to disrupt your daily life and responsibilities,
- If the posts of the people you follow have become more important to you, rather than their real lives,
- If real friendships are replaced by virtual friendships and followers,
- If it takes too much time and creates unrest when not reachable,
- If you constantly feel the need to share something, you may be addicted to social media.

# STEP BY STEP TECHNOLOGY ADDICTION

There is no doubt that a person does not reach the point of addiction all at once, this process progresses step by step. These steps are serious and important signs that addiction is developing. Therefore, following and controlling these steps is very important to prevent and prevent addiction before it starts.

✓ ✓ **The first step** is experimental use. One can access a site, a game, an application, etc. in any way. He hears it and wonders about it. To satisfy his curiosity, he visits that site, plays that game or uses that application. Step one is no problem. It's been tried, it's over. Curiosity has been satisfied.

✓ ✓ **The second step** is social use. If a person has a group of friends around him who play a certain game, visit a certain site, or use a certain application constantly and regularly, he himself enters that site, plays that game, and uses that application in order to enter that group or stay in that group. Because if he acts other than this, he will be out of the agenda of the group he is in. Therefore, experimental use is followed by social use, which today is generally seen as the reason that initiates or maintains addiction.

✓ ✓ **The third step** is purposeful use. The first of these purposes is to enjoy, the other is to escape from problems. People who cannot find many activities to do in their spare time and do not have an active social environment generally prefer to use technology to get rid of boredom. On the other hand, because a person cannot solve problems arising from work, school or himself, does not want to solve them or is not able to solve them, he turns to the use of technology in order to forget his problems even for a while. Thus, he escapes from the world where he has problems. Although it may seem like a solution in the short term, problems that cannot be solved in the long term continue to exist and often grow.

✓ ✓ **The fourth step** is dependent use. When it comes to this step, the person no longer needs any reason to use it. Whether he is curious or not, whether his social circle is addicted or not, whether he has problems in his life or not, the person will now use the technology tool he is addicted to. If there is nothing to worry about, he will search and find it. If there are no users in his social circle, he will acquire a social circle of users. He will not be bored because he will spend all his time using it.



# GAMING ADDICTION



## Symptoms of gaming addiction::

- Spending more and more time in-game
- Preferring to play games instead of spending time with family or friends
- Giving importance to achievements and progress in games more than achievements in real life
- Moving away from family, having arguments about time spent playing
- Being restless and angry when you cannot be in front of the computer
- Decrease in grades, absenteeism problems, deterioration of friendship relations, insomnia as a result of too much time spent in the game

## Suggestions for Getting Rid of Addiction::

- Reduce slowly but steadily of game playing
- Fill in the place of play (Sport, hobby, etc.)
- Think! Are success and reputation more valuable in the virtual environment or in real life?
- Evaluate the losses they receive from you.
- Get expert help if necessary.

# MOBILE PHONE ADDICTION



**You can say that you are a mobile phone addict if you agree with at least 5 of the following statements:**

- When I sleep, my cell phone is within reach.
- I always carry my mobile phone with me.
- I check my mobile phone frequently.
- I cannot spare time for my daily work because I use my mobile phone.
- It is good for me to use my mobile phone when I feel bad.
- I use my mobile phone frequently, even when chatting or eating with others.
- I feel bad when I don't use my mobile phone.

## **WHAT SHOULD WE DO TO DEAL WITH MOBILE PHONE ADDICTION?**

- When you wake up in the morning, do not pick up your mobile phone until you feel ready (getting dressed, having breakfast, etc.). Start your day with positive and healthy things and keep it that way.
- Check your phone 30 minutes before going to bed. If you have messages or missed calls, wait until the next day to return them. Prioritize maintaining your sleep pattern.
- Start by reducing the least important activity you do on your cell phone.
- Agree with yourself to put your cell phone away or turn it off when communicating with a person face to face.
- Do not use your mobile phones while eating, walking with friends, or studying.

## ARE YOU E-SOCIAL OR ASNOICIAL?

### HOW DO WE MAKE THE USE OF TECHNOLOGY HARMFUL?

- Uncontrolled, unlimited and aimless,
- In a way that disrupts daily life and responsibilities,
- Long-term,
- With inappropriate content,
- The use of technology becomes harmful to us when we use it in a way that negatively affects physical, social, psychological and mental development.

# WHAT ARE THE DAMAGES?



There are countless benefits that technology brings to human life. However, losing control over one's use of technology and using technology excessively and unlimitedly can cause serious harm.

For example, as the duration of technology use increases, thought processes in children and young people deteriorate. The person's sensitivity decreases and his general health level decreases. Obsessive, depressive, anxious, hostile, fearful and suspicious thoughts may increase in these people.

The social development of young people who use the internet extensively and spend their time with computer games is significantly retarded. Their self-confidence decreases, their social anxiety levels and aggression increase.

Research has revealed that children and young people who spend too much time on the internet become increasingly lonely and have difficulty establishing face-to-face relationships. Computer games, on the other hand, are as harmful as the internet if used addictively. Experts think that computer games cause deterioration in mental functions.

# DON'T SHARE!

What do we gain or lose when we share this information on social media? Think about each of the items below and briefly write down your ideas.

**My date of birth**

**A cool photo of me**

**My greatest dream**

**My favorite song**

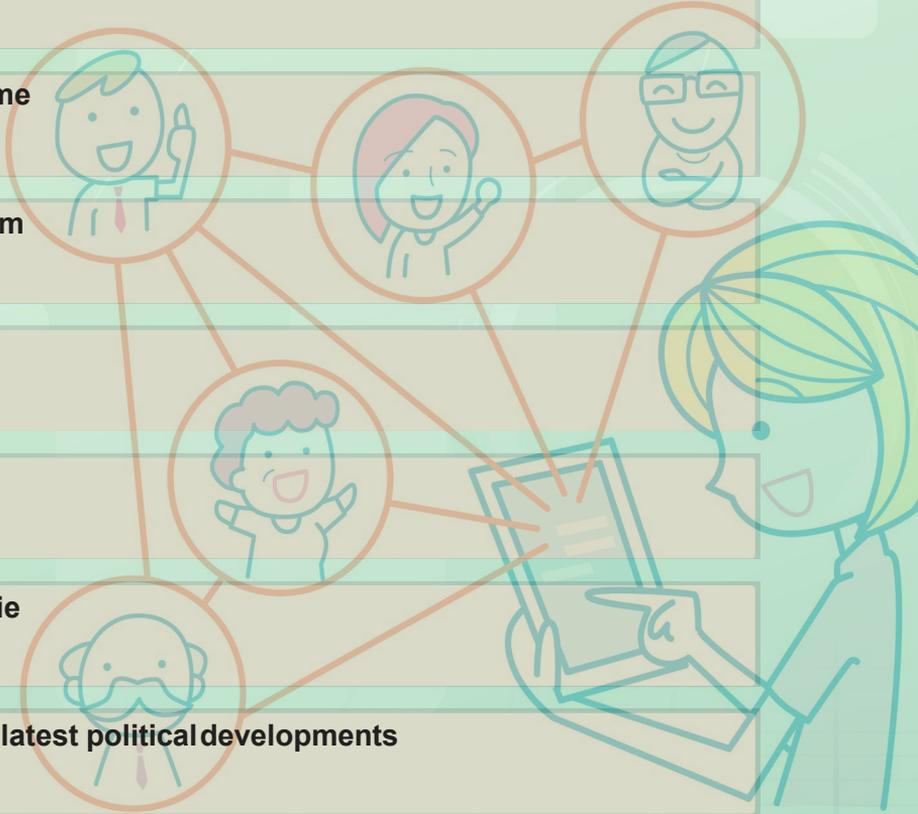
**My favorite book**

**My favorite movie**

**My views on the latest political developments**

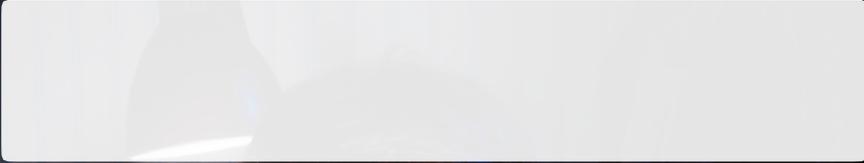
**Photo of the food I'm eating right now**

**Where I am now**



# HIKIKOMORI

- Examine the photo below and note your opinions about what is happening here.



- Do a little research about hikikomori disease and reinterpret the photo within the framework of this information.





# TECHNOLOGY ADDICTION AND OTHER PSYCHOLOGICAL DISORDERS

Research on internet addiction reveals that this disease can be seen together with other psychological diseases. Another psychiatric disorder is observed in 50% of internet addicts. The most common psychiatric disorders associated with internet addiction can be listed as follows:

- Anxiety disorder 10%
- Psychotic (schizophrenia etc.) disorder 14%
- Depression 25%
- Substance use 38%

In addition, risky internet use can be seen in cases of attention deficit, hyperactivity disorder, social phobia, mild depression or if there is a tendency to addiction in the family.

## WHO ARE AT RISK?

- Those who stay away from sports and prefer a sedentary life
- Those who have negative and addicted friends
- Those who have persistently low academic success or who are unwilling to engage in extracurricular activities
- Those who have low skills in making friends, communicating and maintaining communication
- Family members who experience family conflicts and lack healthy communication
- Those who do not have activities in their lives where they can spend quality time
- Those who have difficulty expressing themselves in social relationships
- Individuals whose families use technology negatively and unconsciously

# HOW DOES THE PROCESS PROCEED?

Research on internet addiction reveals that this disease can be seen together with other psychological diseases.

- ➔ **Tolerance develops.** Usage increases day by day. After a while, a person reaches a point where he spends all his time in front of technological devices, except for the work he has to do (sleeping, eating, toilet, etc.). Sometimes he may even neglect his basic needs.
- ➔ **Withdrawal syndrome is experienced.** When an addict does not use the technological device he is addicted to, he feels psychologically weak, helpless, anxious, stressed and angry. Physically, headache, sweating, insomnia, etc. can feel..
- ➔ **Control efforts fail.** When the addict wants to control himself, he fails in the steps he takes and the promises he makes to reduce..
- ➔ **A lot of time is wasted.** Using technological tools is at the center of the addict's life. All activities are organized accordingly. Everything that prevents you from using technology can be given up..
- ➔ **The addict's life becomes poorer and poorer.** The addict no longer enjoys and does not want to do activities that he used to enjoy. If he is doing sports, he stops doing sports and reduces meeting with friends. The addict's relationship with his family deteriorates, and his academic success declines significantly.
- ➔ **Control disappears.** The addict never uses the technological product in question as much as he planned. He always spends longer than he thought and planned. That's why he experiences problems in his work and relationships.
- ➔ **The body is damaged.** Damage to the skeletal and muscular systems occurs due to long periods of immobile use of technology, and posture disorders occur. Excessive use of technology can cause vision problems, risks to creative and mental development, decline in language skills, and the emergence of epileptic seizures in some individuals..
- ➔ **It hurts psychological development.** Technology addiction, internet etc. It increases the risk of encountering content that is not suitable for development and personality in environments. It may cause the sense of empathy to dull, evil to become commonplace, the use of violence as a problem-solving skill, the emergence or increase of attention deficit, and the weakening of patience and tolerance..

- **Conflict occurs.** When the relatives of a technology addict want to help the addict, conflicts and fights occur. The addicted person does not accept any help or support.
- **Functionality is impaired.** A person who is addicted to technology does not do the work he needs to do and does not fulfill his responsibilities. Therefore, he/she fails academically or economically and goes backwards.
- **Mind gets locked.** Technology addicts lock their minds by thinking about when to use the technology and what to do when they cannot use the technology they are addicted to. For this reason, they stay out of life even when they are not using technology.
- **Lying begins.** Technology addicts hide how much time they spend with the technological device they are addicted to and lie about it to those around them. These lies create anxiety in the addict until they are revealed, and cause problems after they are revealed.
- **Mood deteriorates.** As technology addicts see the harms of addiction, they feel bad about their use and experience intense regret.
- **Sleep patterns are disrupted.** Technology addicts sacrifice sleep to spend long periods of time with the device they are addicted to, and sleep much less than they need.

To avoid falling asleep, they consume excessive amounts of caffeine and sugary foods and drinks. The day-night balance is disrupted in the lives of these people. Physiological and psychological balance and health are disrupted as a result of disrupted sleep patterns and insufficient sleep.
- **Eating routine is disrupted.** Technology addicts now either eat in front of the vehicle they use or delay their meals in order to stay longer in front of the technological device they are addicted to. They usually eat fast food in moderation. Healthy nutrition, both in terms of the content and quantity of food, disappears and related problems arise.

# Club Practice

Plan a school-wide campaign that encourages balanced technology use within the scope of Philosophy, Science, Science and Technology Club activities at your school. Use the form below for campaign planning

**Name of the Campaign::**

**Objective:** (What do we want to achieve at the end of the campaign?)

**Target Audience:** (Who do we want to reach and make our voice heard with this campaign?)

**Campaign Date and Duration::**

**Activities to be Held within the Scope of the Campaign::**

**Persons who will take part in the campaign and their responsibilities:**

**Slogans to be used during the campaign:**

# Value of Time

1. Fill out the form below at the end of every hour for a day. Continue this process for a week, using a new form every day.

Date: ..../..../.....

## Technology Usage Monitoring Form

Start	Finish	Total time (minutes)	Technology Used Tool/ Platform
08.00	09.00		
10.00	11.00		
12.00	13.00		
14.00	15.00		
16.00	17.00		
18.00	19.00		
20.00	21.00		
22.00	23.00		
24.00	01.00		
02.00	03.00		
04.00	05.00		
06.00	07.00		
Total Time			

2. Now calculate the total weekly time.

Total time I spent on the 1st day	
The total time I spent on the 2nd day	
Total time I spent on the 3rd day	
The total time I spent on the 4th day	
The total time I spent on the 5th day	
The total time I spent on the 6th day	
Total time I spent on the 7th day	

3. If you spend this much time using technology in a week, calculate how much time you spend in a year.

Time spent in a week x 52 weeks = Time spent in a year

4. Now think: Are you satisfied with the result? Why?

# INTERNET ADDICTION TEST

How will you know if you're addicted to technology or heading down that path? Although there is no test prepared for technology addiction, there is an Internet Addiction Test that can serve the same purpose.

Internet Addiction Test, Dr. Developed by Kimberly Young.

This 20-question test measures whether internet addiction is mild, moderate or severe. This test can help you decide whether you are facing internet addiction.

Answer the test by thinking about the times you use the internet outside of work or class.

After your answers, you can calculate your total score by counting the points for each answer. The higher your total score, the greater your addiction level and internet usage problem. Below you will find general metrics to measure your total score::

- Between 20 and 49 points: You are an average internet user. Sometimes you may spend a little too long on the internet, but you can generally control your usage.
- Between 50-79 points: You occasionally or frequently experience problems with the internet. You should seriously consider the full impact of Internet use on your life.
- Between 80-100 points: Your internet use causes serious problems in your life. You should evaluate the impact of the internet on your life and identify the problems that cause your internet use.

	Never (1 point)	Rarely (2 point)	Sometimes (3 points)	Often (4 points)	Always (5 points)
How often do you find that when you go online you spend longer than you thought?					
How often do you neglect your responsibilities at home to spend more time on the internet?					
How often do you prefer the excitement of the Internet to the closeness of your friends?					
How often do you make friends with someone new online?					
How often do people in your life complain about the time you spend online?					
How often do you have problems with your classes because of the time you spend on the internet?					
How often do you check your email before doing something?					
How often does your performance or productivity in class suffer due to the internet?					
How often do you become aggressive or secretive when asked what you do online?					
How often do you remove disturbing thoughts about your life from your mind by using the internet?					
How often do you find yourself wondering when you'll be online again?					
How often do you think that life without the internet would be empty, joyless and boring?					
How often do you yell, get angry, or get angry when you are interrupted while online?					
How often do you lose sleep because you stay up late on the internet?					
How often do you worry about when you'll get back to the internet when you're not on it, or how often do you dream that you're on the internet?					
How often do you find yourself yelling "Just a few more minutes!" while on the internet?					
How often do you try to reduce the time you spend on the Internet but fail?					
How often do you try to hide how long you spend online?					
How often do you choose to stay online instead of going out with your friends?					
How often do you feel depressed, grumpy and anxious when you don't use the internet, and feel it goes away when you use the internet?					

# WHAT SHOULD BE DONE TO GET RID OF TECHNOLOGY ADDICTION?

An individual who is addicted to technology or has doubts about it should develop some applications that will take control in use.

## Shifting technology use to opposite hours

Addiction has occurred because the places and times where technology is used on a daily basis are suitable for long periods of time to cause addiction. In this sense, shifting the times when technology is used to opposite hours and changing the location may be beneficial as a first step. For example, if a person uses technology mostly in the evenings, they can start using it in the morning, or if they use it in their room, they can start using it in the living room when everyone else is there

## Using external stops

After the time arrangement, it may be useful to plan a mandatory task to be done immediately after use in order to prevent addiction in the new time order.

## Setting goals regarding technology use

An open-ended use will trigger addiction in any case. Therefore, it is essential to impose a reasonable time limit on use. This time limit starts with taking frequent but short breaks, and then a daily limit is determined and followed

## Avoiding certain frequently used functions

Trying to stay away from certain functions that are the reason why technology is used the most is an important step. If you can't stay away, putting a number and duration may help. For example, I will enter twice a day and stay for half an hour.

## Using reminder cards

It may be useful to hang reminder cards in certain places in the house that express what is lost by addicted use of technology or what would be gained without addicted use.

## Creating a personal notebook

Another method that can be applied is to write down the activities that the technology addict has always wanted to do but cannot find the time to do, one by one, and start doing them one by one.

## Applying for family therapy

The deterioration of family relationships can be either the cause or the result of technology addiction. In any case, healthy family relationships are a very important element in the treatment of addiction.

## Setting goals

Setting regular goals to stay away from technology is one of the methods that strengthens the person and supports the treatment.

## Using addicted technological devices as a family

More than one television, computer, etc. at home. If there are devices that are addictive, reducing them and using a single device in a common area by sharing it with other members of the house will also help the solution.

## Do sport

Exercising is one of the most suitable activities to release the energy accumulated in the body in a healthy way. Introducing regular exercise into life will facilitate the treatment process of addiction.

## Asking for help

Asking for help without hiding the problem from family members and close friends is an important method that should be used both in terms of finding a continuous support mechanism and in continuing the treatment process.

## Control thoughts

Examining the automatic thoughts that cause or increase technology addiction and evaluating them in real life is also a method that should be emphasized.

## Acquiring new social skills

Lack of social skills can also occur as a cause or consequence of technology addiction. At this point, acquiring new social skills can be very useful in the treatment of technology addiction.

