



Funded by  
the European Union



# TECHNOLOGY ADDICTION



- ❖ Excessive use of technology is dangerous because it distracts students from communication with real people, the areas of interest decrease, it becomes more difficult for students to control their emotions, and their health deteriorates.
- ❖ Students who are involved in social networking communication and browsing, the likelihood of encountering psychologically harmful content, unfriendly adults or peer bullying increases.
- ❖ Those who play computer games are more likely to engage in gambling.



The goal is to find out how important smart technologies are for students and what impact is on their health and well-being.

231 is the total number of students aged 15-17 who participated in the survey.

- *43 from Joniskis Ausros gymnasium, Joniskis*
- *47 from Yasemin Erman Balsu Anadolu Lisesi, Turkey*
- *104 from ITIS Polo Technico E.Fermi-C.E. Gadda, Italy*
- *37 from Liceul Gheorghe Tatarescu, Romania*

# CONCLUSION



- ❖ Most of the students claim that they often lose control of time while surfing the Internet and spend more time than they have planned.
- ❖ The majority say that they are making efforts to reduce the time they spend online.
- ❖ Surfing the Internet is chosen by most students as one of the ways to reduce stress and anxiety, escape from problems or boredom.
- ❖ A large part of the respondents state that despite the problems related to the use of the Internet, they still spend a lot of time surfing, but this does not interfere with their social life, hobbies and activities. A third of the respondents say that it affects the learning results the most.