# Connect T@ The Life (CALL)
# ERASMUS+, KA210 SCH
# 2023-1-ES01-KA210-SCH-000155140

# E-BOOK
# ON DIGITAL ADDICTION

During TurkiyeMobility, the project students

- were given presentations on digital addiction,
- were given interactive questionnaires on this topic and
- were led in multinational teams to create comic strips about 'Concepts of Digital Addiction'.

IN THIS E BOOK YOU WILL FIND;

- THE PRESENTATION,
- SURVEY RESULTS OF THE STUDENTS,
- CARTOON STRIPS,
- STUDENTS PHOTOS.

# Digital Addiction: Understanding the Modern Epidemic

Digital addiction is a growing concern, impacting individuals of all ages. Excessive use of technology can have serious consequences for mental and physical well-being.

by ayse urkel

boz

# What is Digital Addiction?

**1** **Compulsive Behavior**

An overwhelming urge to use digital devices despite negative consequences.

**2** **Withdrawal Symptoms**

Anxiety, irritability, and restlessness when not using devices.

**3** **Impaired Functioning**

Digital addiction can interfere with daily activities, relationships, and work.

# Recognizing the WarningSigns

**1**

## Neglecting  Responsibilities

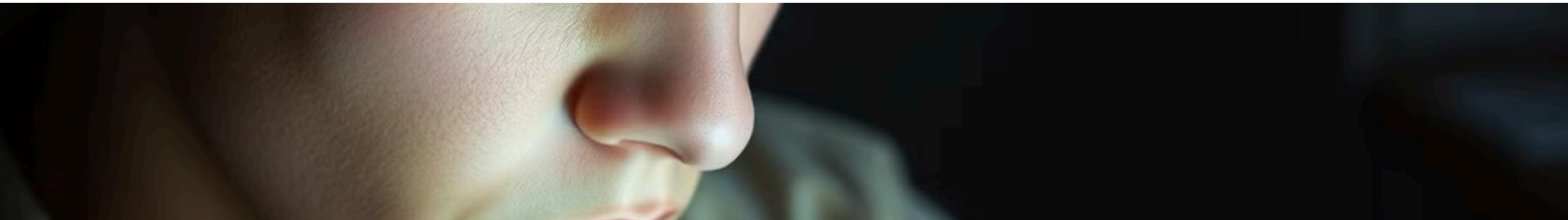Prioritizing digital activities over work, school, or family.

**2**

## Social Isolation

Spending more time online and less time with real-world interactions.

**3**

## Sleep   Disturbances

Difficulty falling asleep or staying asleep due to screen time.

# The Impact of Digital Addiction on Mental Health

| | |
|---|---|
| Increased Anxiety | Depression |
| Low Self-Esteem | Stress |
| Insomnia | Burnout |

# The difference between conscious use of technology and digital addiction

| Conscious Use | Digital Addiction |
|---|---|
| Technology enhances life and productivity | Technology controls and disrupts life |
| Ability to set limits and disconnect | Inability to control usage and withdrawal symptoms |
| Balanced lifestyle with social interactions | Isolation and neglect of real-life relationships |

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# How digital addiction affects academic performance

### Distractions

Social media, games, and other online activities can easily distract students from their studies, leading to lower concentration and focus.

### Sleep Deprivation

Excessive screen time before bed can disrupt sleep, resulting in tiredness and difficulty concentrating in class.

### Procrastination

Students may find it easier to spend time online than to work on assignments, leading to missed deadlines and poor academic performance.

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# Describe digital addiction with three words.

55 responses



mental health destroying
unbearable     not healthy
vídeo games     brainwashing     time
negativity     scary     social media     withdrawal     sadness
internet     bad     waste     me     burnout
usual     harmful     brain rotting
time waste     loss     dangerous
problem     unhealthy     delaying
negative     socialmedia     issue     anxiety     phone     obsessive     video games
tiring     procrastinating     ruining     games     computer
expanding     asocialization
getting lazy

11
19

# Strategies for Healthy Digital Habits

**1** **Mindful Usage**

Be aware of how much time you spend online and set limits.

**2** **Digital Detox**

Take breaks from devices to reconnect with the real world.

**3** **Seek Support**

Talk to a therapist or counselor if you are struggling with digital addiction.

# Setting healthy technology boundaries

**1** **Designated Tech-Free Zones**

Create specific areas in your home, such as bedrooms and dining areas, where digital devices are not allowed.

**2** **Tech-Free Time**

Schedule regular tech-free periods, like before bed, during meals, or on weekends, to prioritize real-life connections.

**3** **Mindful Usage**

Be conscious of your digital habits and make a conscious effort to reduce mindless scrolling and aimless browsing.

# Building a Digitally Healthy Society

**Education**

Promote awareness about digital addiction and healthy digital habits.

**Regulation**

Develop policies to protect users from harmful digital content.

**Community Support**

Create resources and programs for individuals struggling with digital addiction.

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Or
go to : https://www.menti.com/
Type this code : **7957 4421**

# How much time do you spend on your phone or computer each day?

less than 2 hours

**1.8**

between 2 - 3 hours

**2.4**

far more than 3 hours

**3.6**

Strongly disagree

Strongly agree

13

20
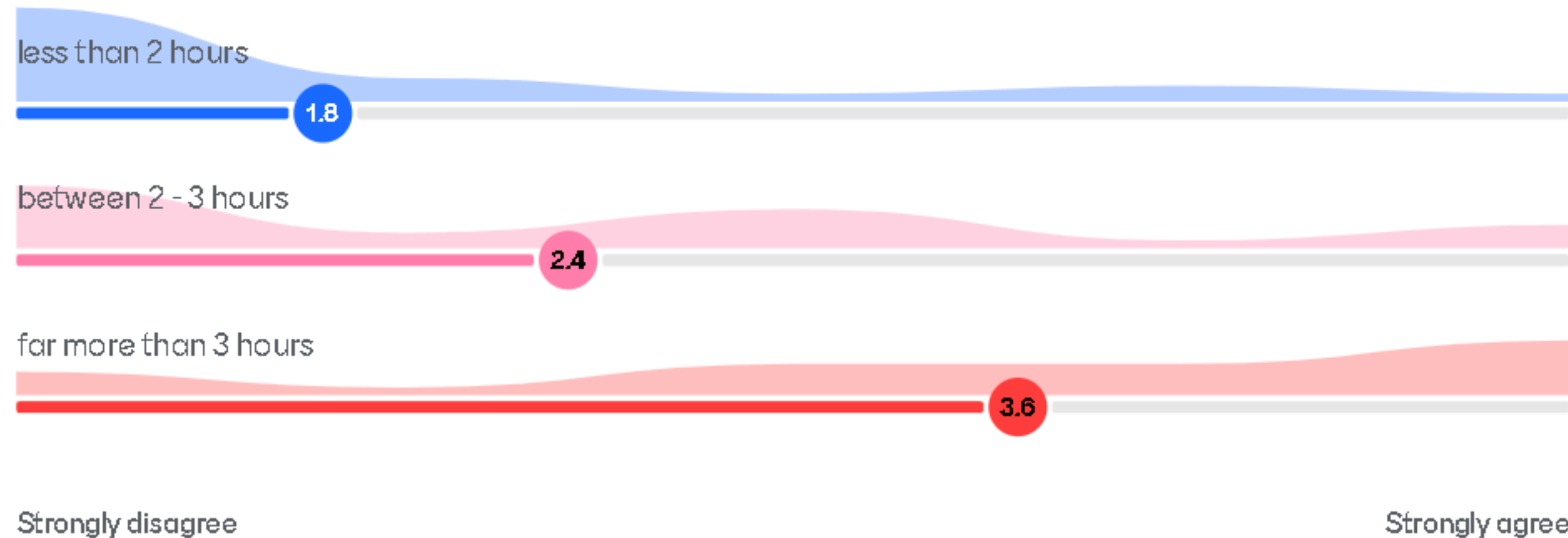
# On which platforms are you most spending your time when you are online?



1st — Social Media Platforms

2nd — Online Gaming Platforms

3rd — Other

4th — Shopping Platforms

Mentimeter
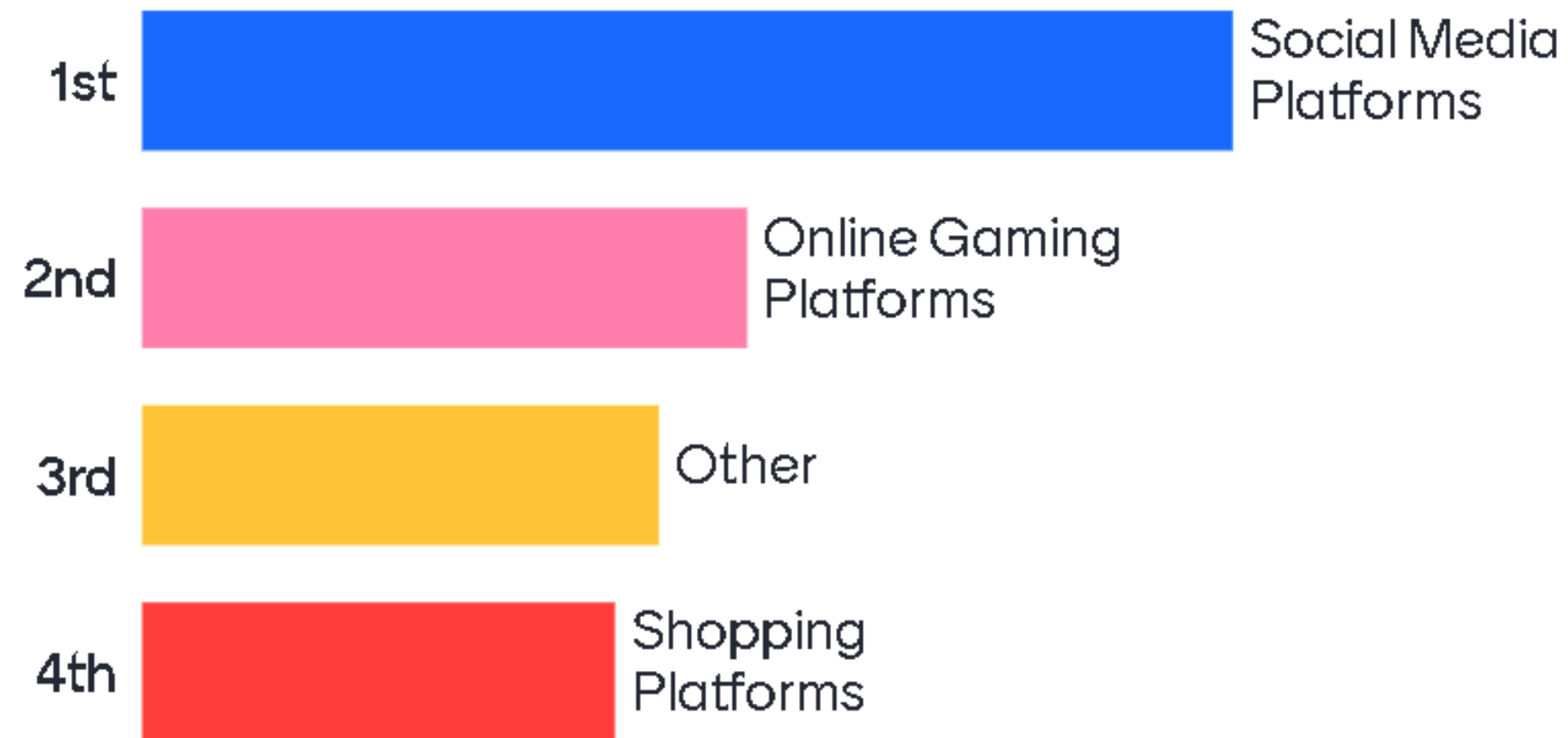
# Which activities may replace digital addiction among teenagers?

30 responses

Hang out with friends

camping

Learning an instrument

reading book

do puzzle

Traveling and spending more time in the nature

Read a book

Sport

playing piano

outdoor activities

Listen music

Reading a book

scouting

Going to a gym

Getting a hobby that involves physical

Press SPACE to group responses

9

20

# Conclusion

Digital addiction is a real problem, but with awareness, conscious choices, and healthy boundaries, you can reclaim control of your technology use and enjoy a balanced life.

| Cyberbullying | Digital Detox |
|---|---|
| Cyberchondria | Digital Minimalism |
| **Internet Addiction Disorder** | Mindfulness |
| **Nomophobia** | Tech Sabbath / Digital Fasting |

## WHAT IS DIGITAL SIMPLICITY?

And how can it help you ditch tech overwhelm once and for all?



Digital minimalism

Minimize time + use of tech in a utilitarian fashion.

Digital maximalism

Use all the things all the time.

Digital simplicity
use the simplest tech solutions, which naturally limits tech use due to a lower learning curve + less maintenance.
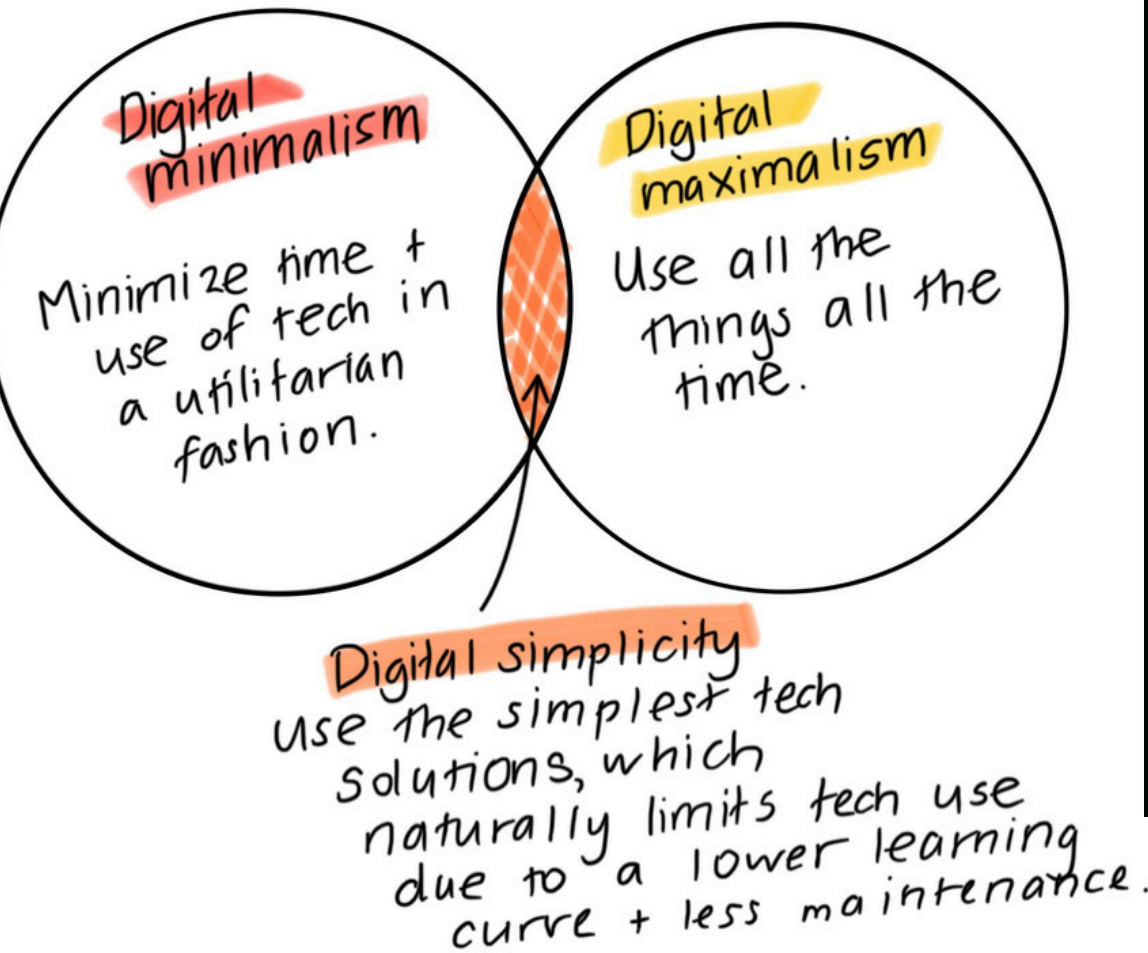


# HELP ME I'M A HYPOCHONDRIAC!

## Hypochondria & Cyberchondria - Health Anxiety with A Dash of Google
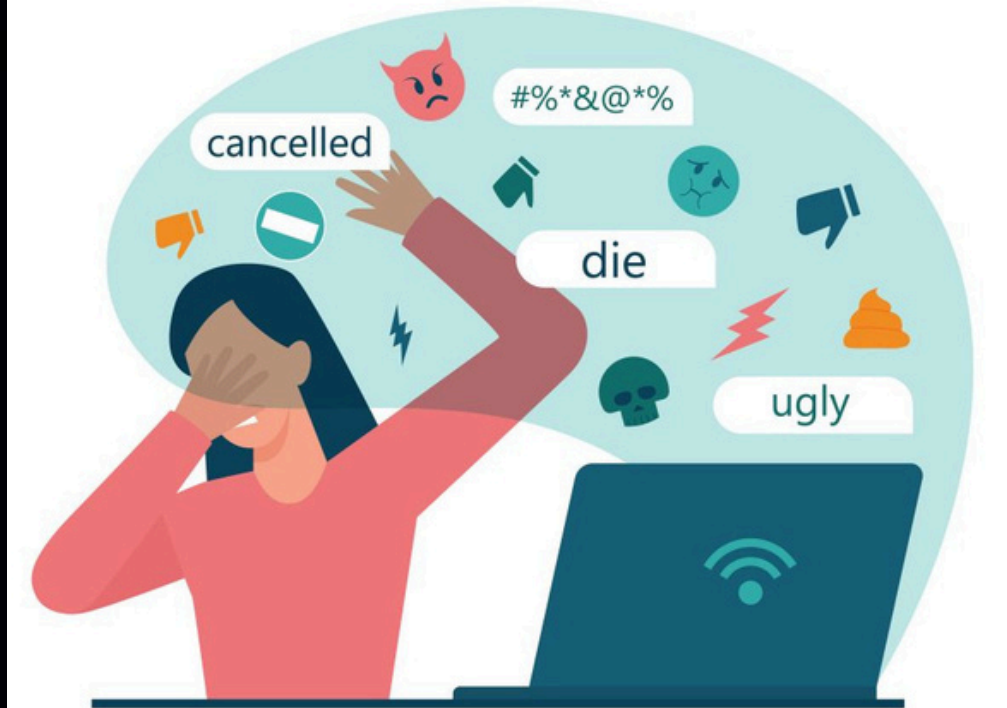
# HERE ARE THE COMIC STRIPS CREATED BY MIXED STUDENT GROUPS.

# GROUP 1: DIGITAL DETOX

# JAGODA/ BERKAY/ KAAN SEFA/ IRMAK/ MIGUEL
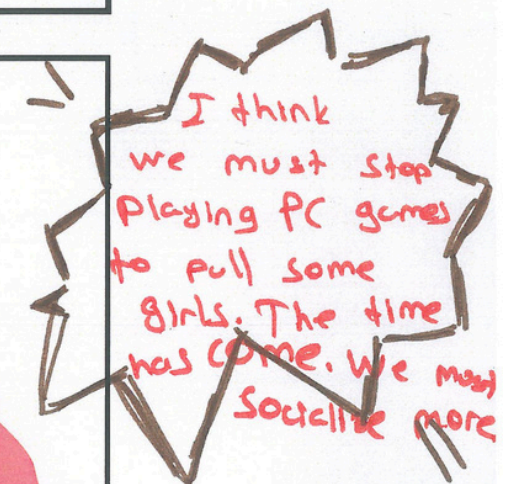
# CAN WE CONSIDER "DIGITAL DETOX" ??
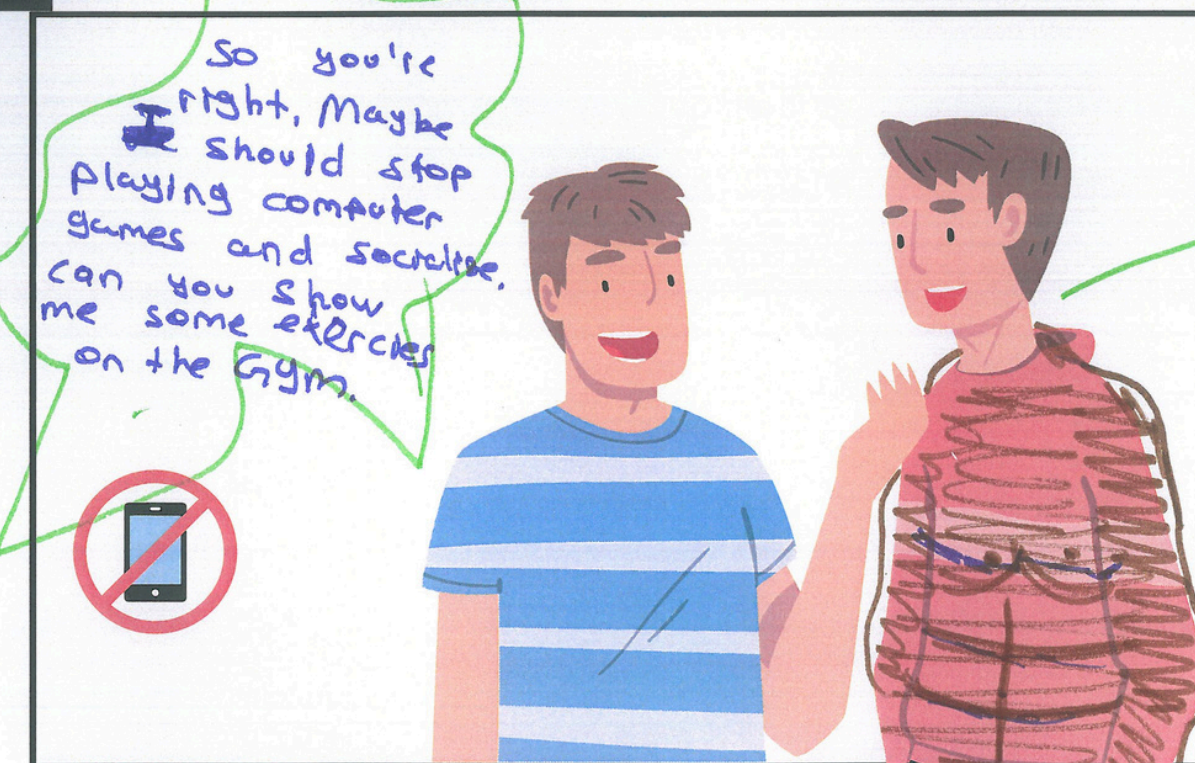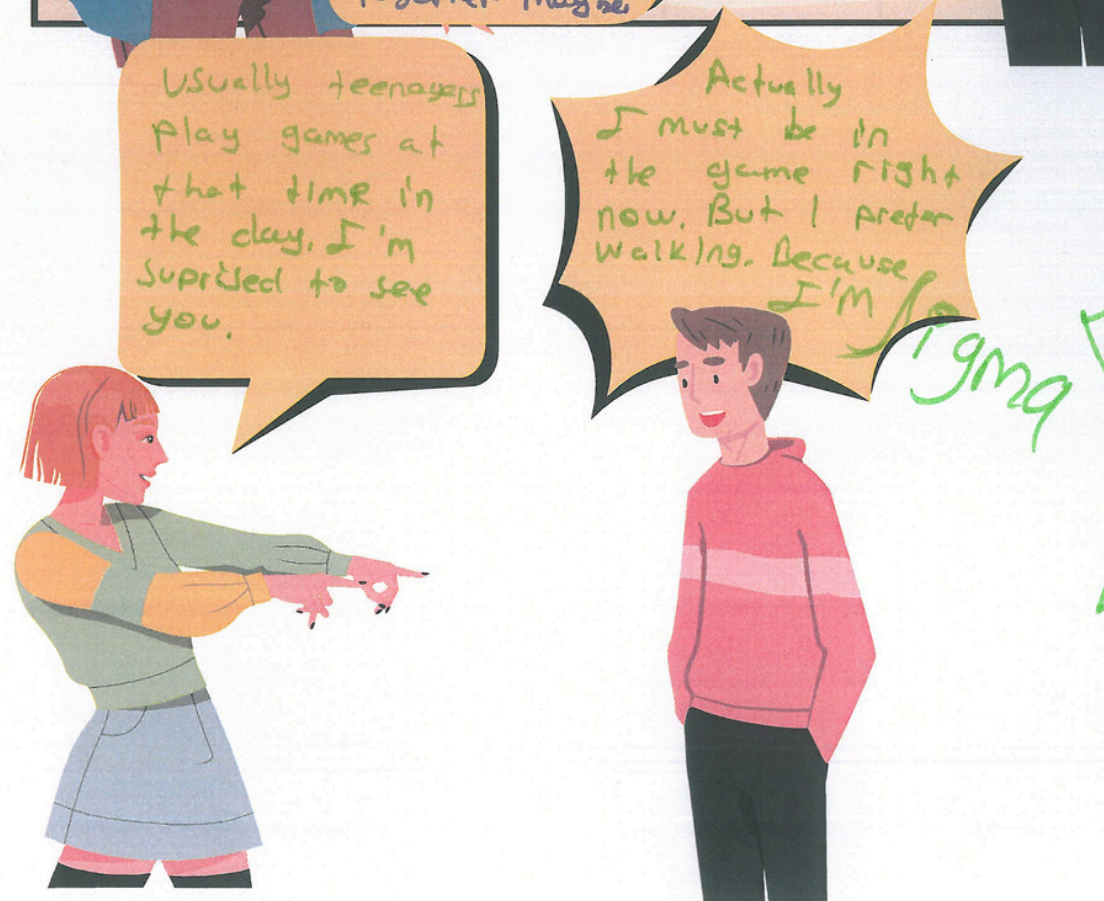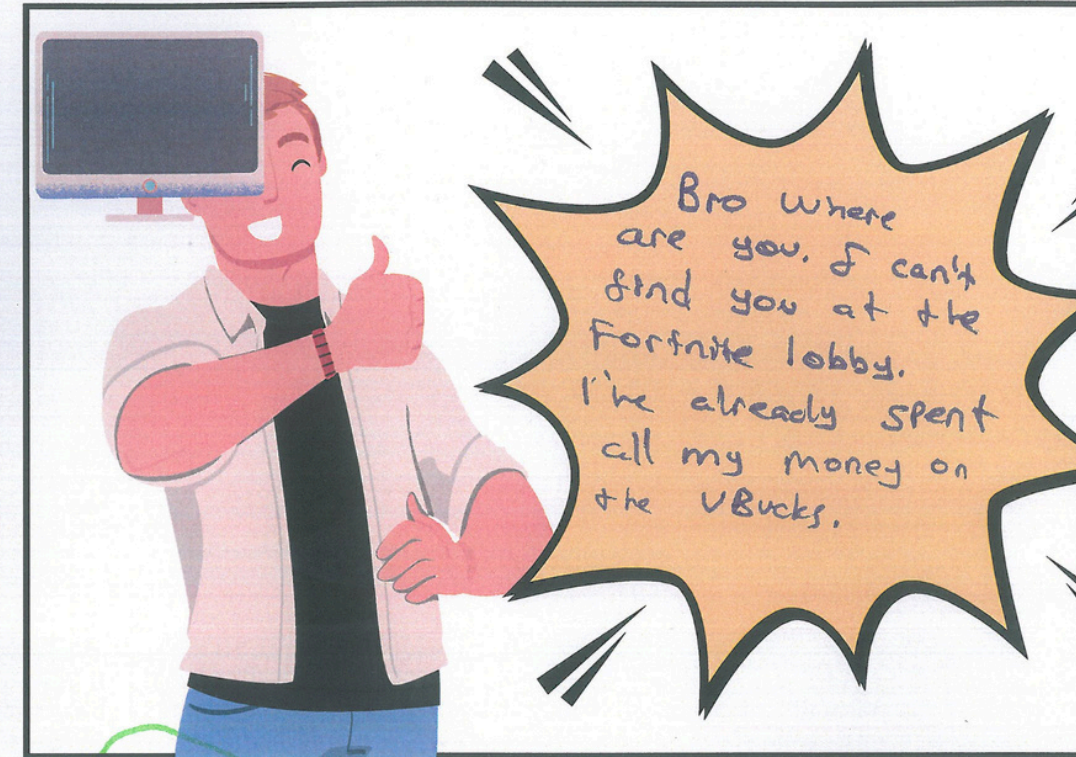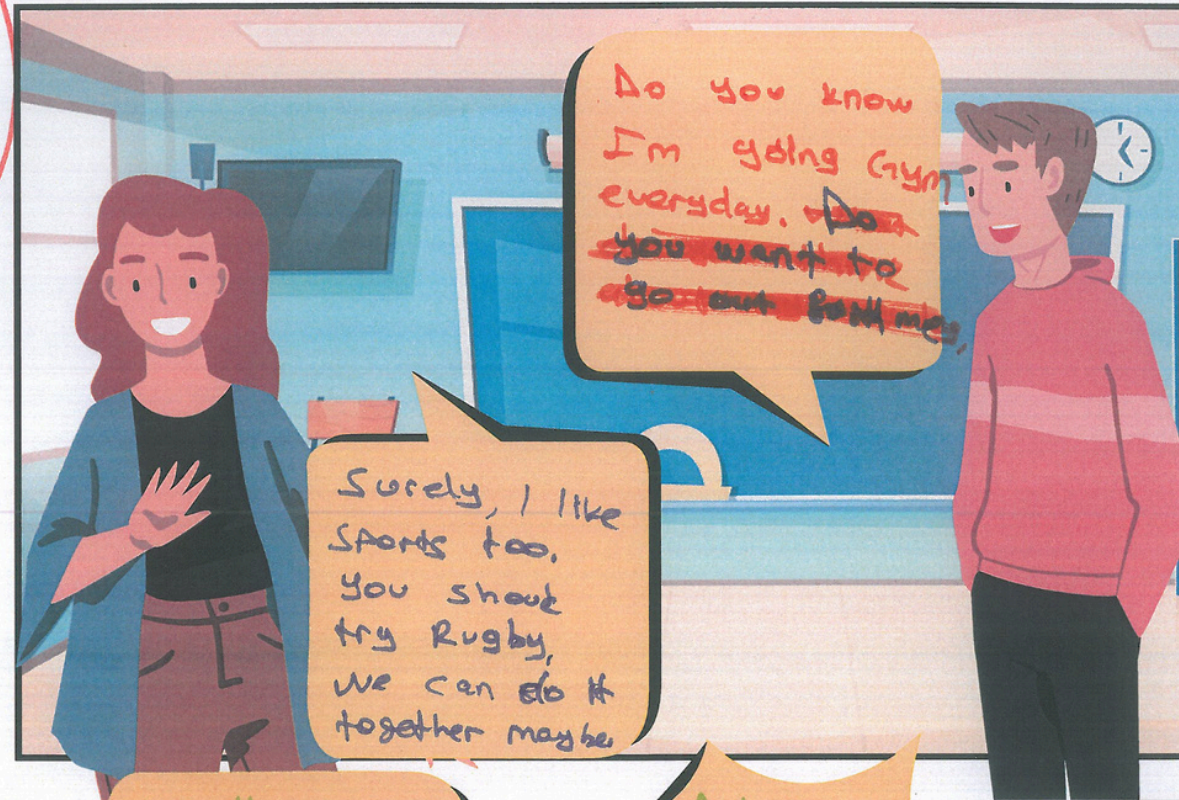
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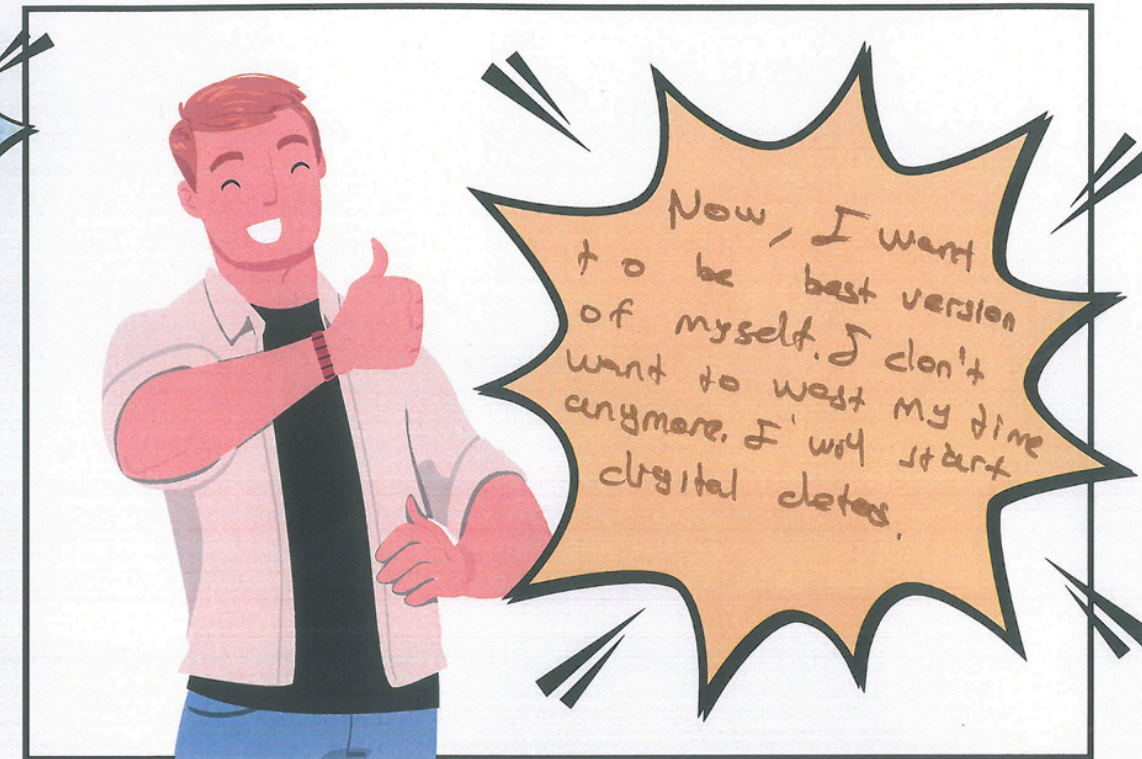


To sum up...

By ...

JAGODA
Berkay
Kaan Sofa
Irmak
Miguel

# GROUP 2 : INTERNET ADDICTION DISORDER

# ARDA / NISA / TOMASZ/ LUCIA / VASFI

# Have you heard Internet Addiction Disorder (IAD)?
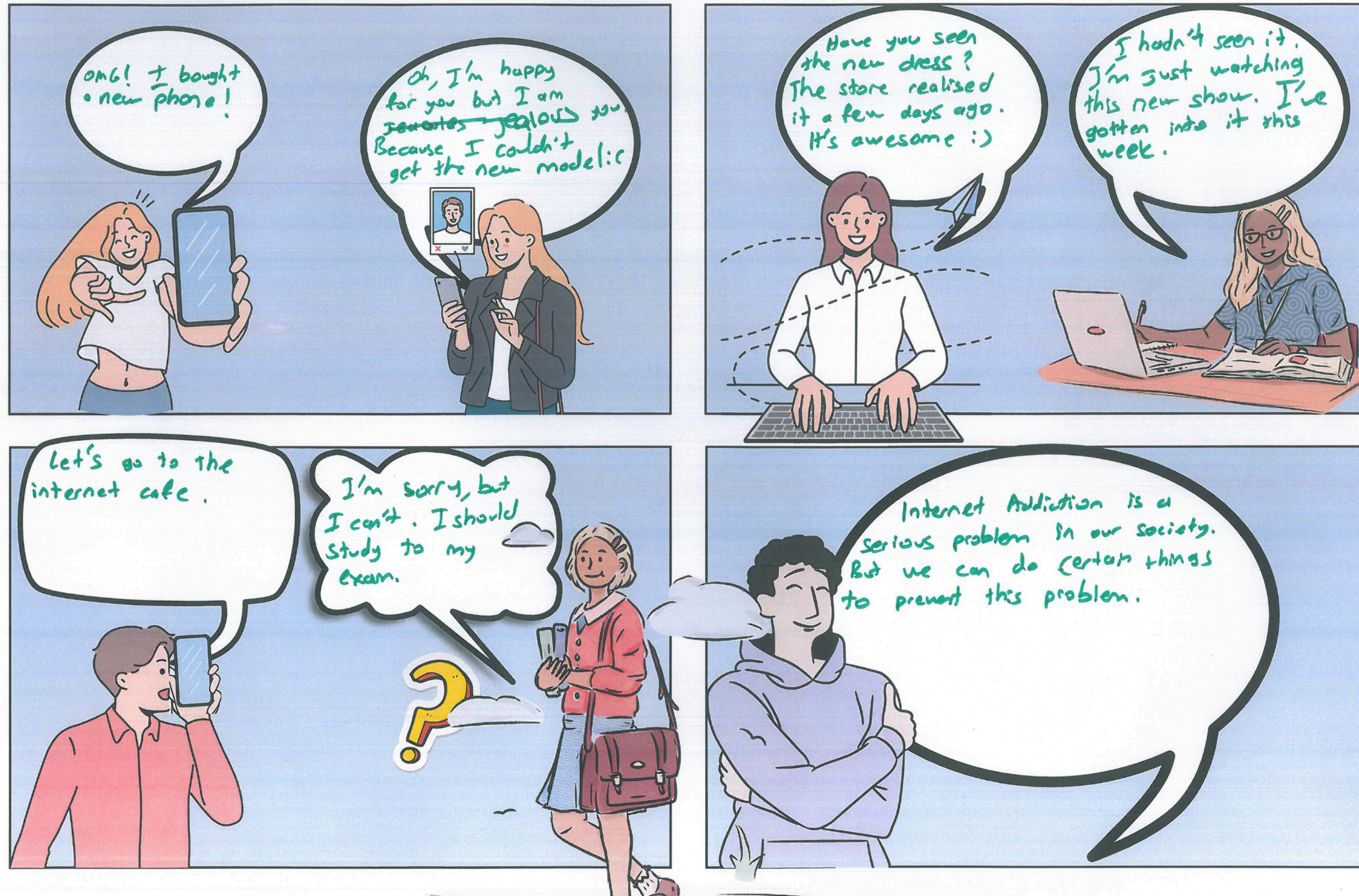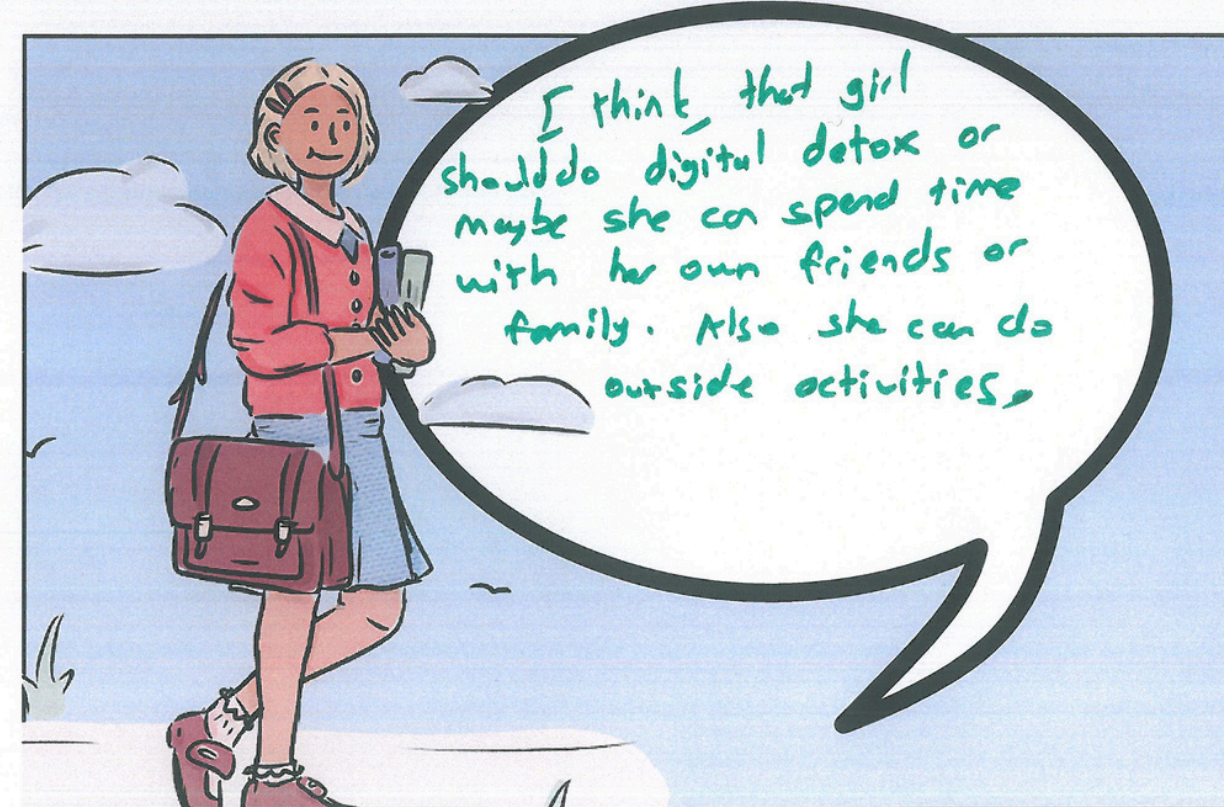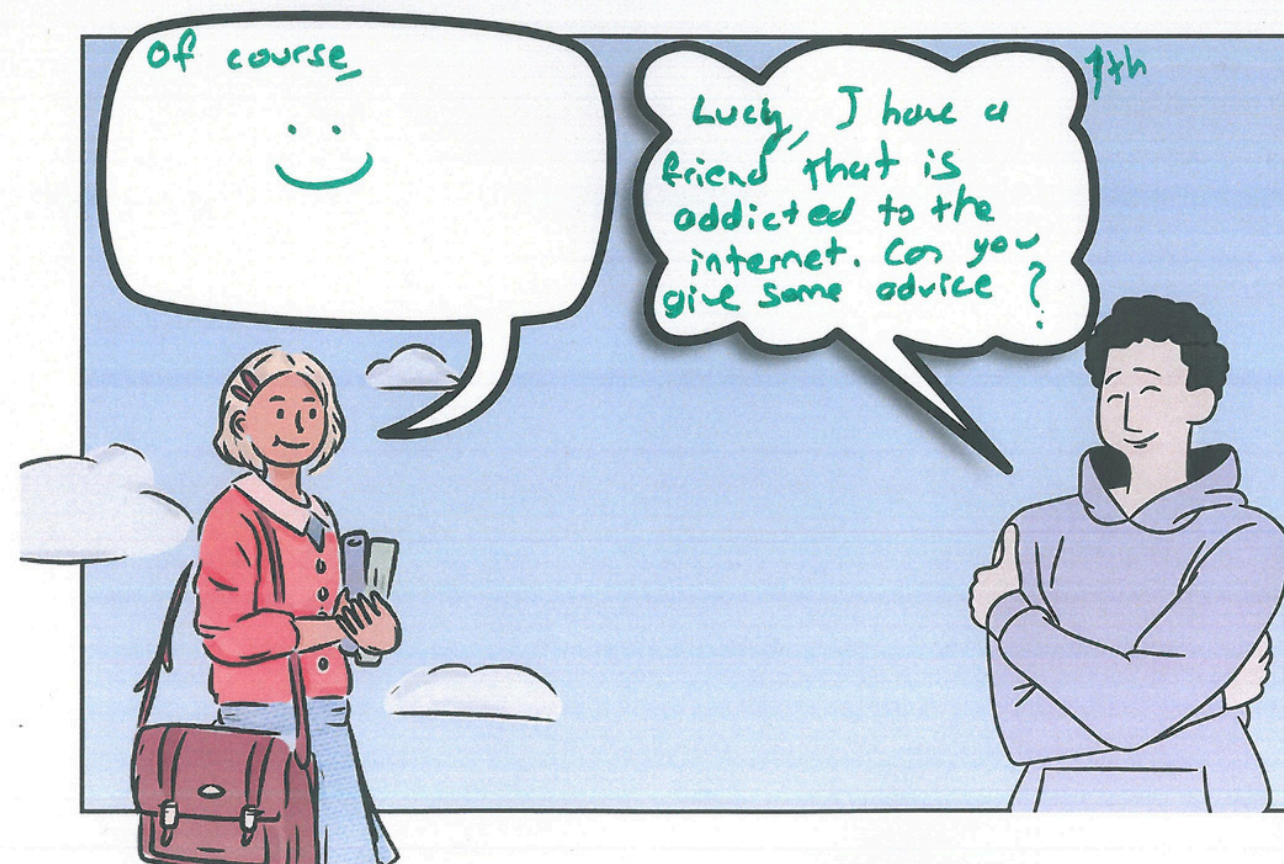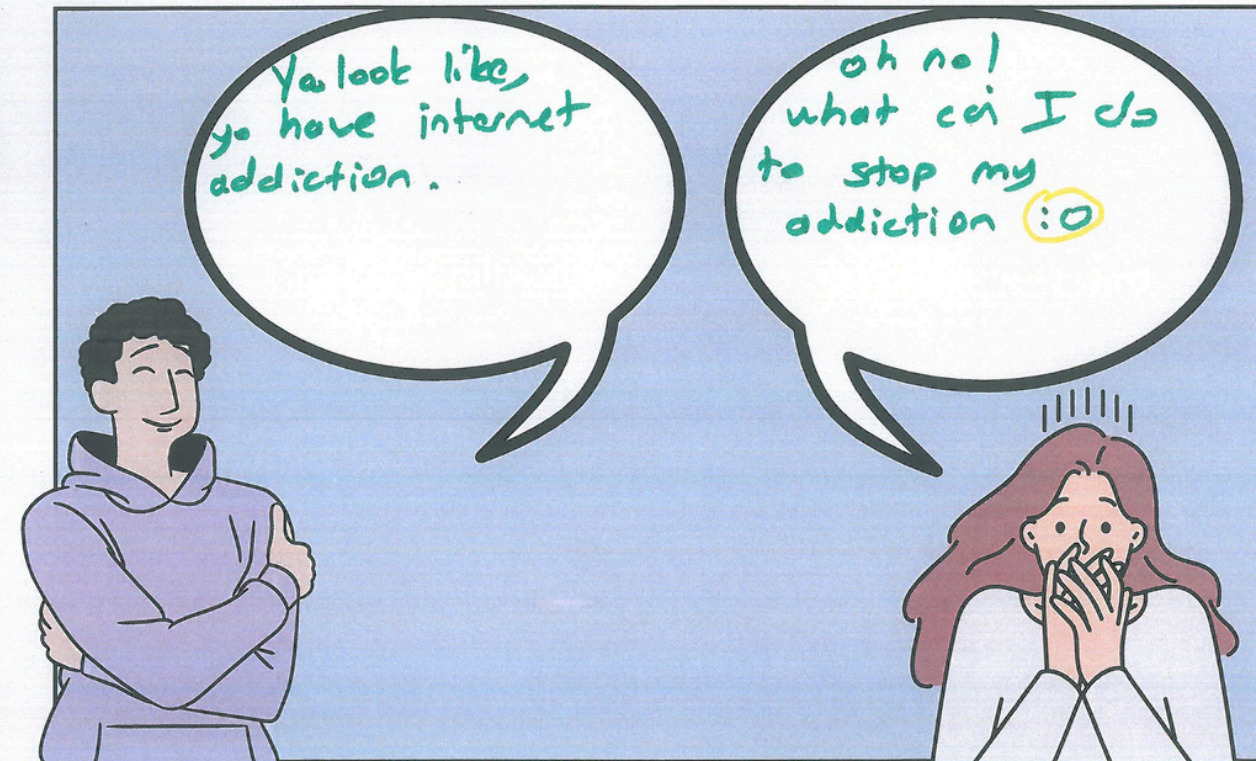
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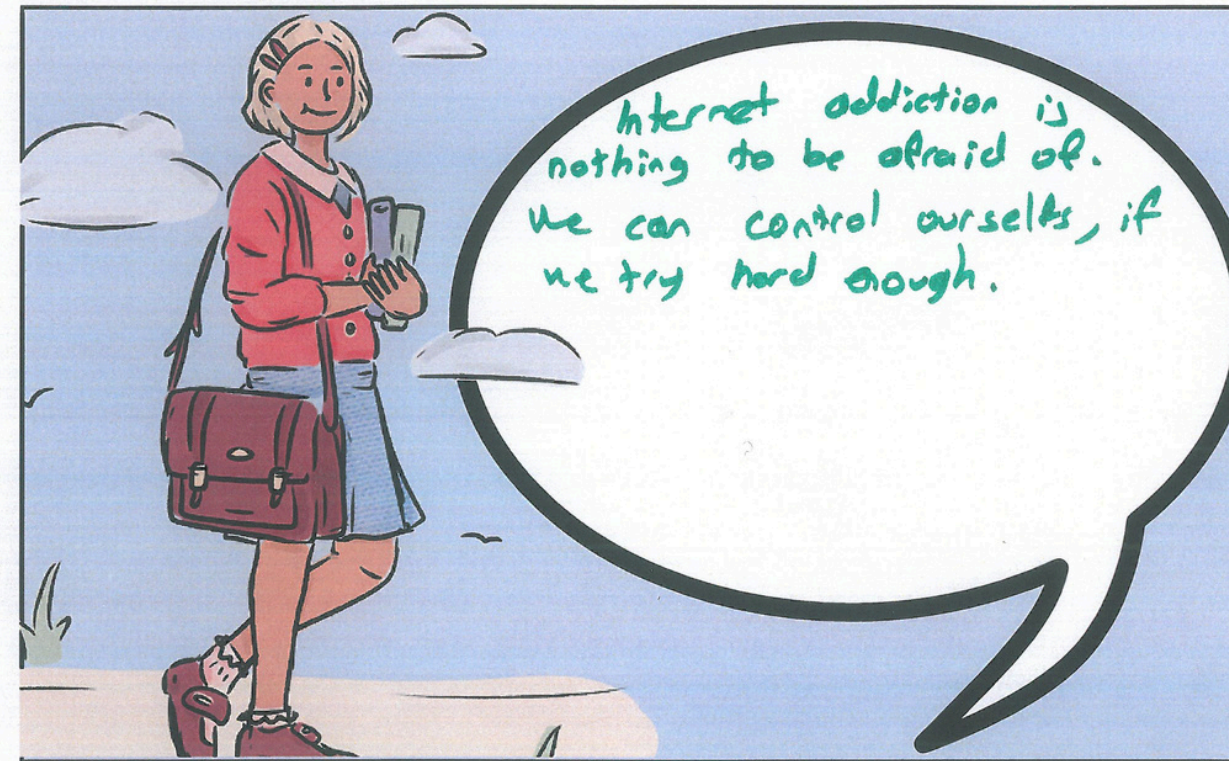
# GROUP 3 : NOMOPHOBIA

# CARMEN/ SALMA/ ELIF /TEOMAN/ TYMEK

# GROUP 4 : CYBERBULLYING

# SUKRAN ELIFSU / JESUS EFE / EMILIA / LILIANNA