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Technological Addict among Today's Human

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Abstract

Generally speaking, the issue of humans are technological addicts due to the Industrial Revolution 4.0 already has been described as a serious one where most of the humans nowadays actually can't live without a single type of technology because we're now living our life to the fullest with technology development. This issue makes most of the country in this world, including Malaysia, are alert with these problems, while some have described it as a normal or generated issue that will not affect our lives and it just a part of the revolution of the world. Thus, this research will lead us to a deeper knowledge about the scenario behind all of these scenes that occur right now. Moreover, this research also will approach the issue of humans are technological addicts by doing some interviews with society such as students, and lecturers who are addicts with the technology and help them to overcome this problem. The findings showed that it is just a natural issue but the scene behind it, the causes can be related to our natural human need for stimulation, interaction, and changes in the environment with great efficiency especially when we are dealing with stress. Furthermore, the finding showed that the role of parents, society, and follow-up techniques could solve this problem slowly but surely.

Keywords: technological addicts, natural human need, role of parents and society

Introduction

Technology is defined as the study and knowledge of practical or use of scientific discoveries. We already know that technology plays an important role in our life to reduce our burden when we living our life in line with the Industrial Revolution 4.0. Addiction is defined as an inability to stop doing or using something harmful to ourselves or someone else. A technological addict is defined as someone who has an uncontrollable urge or desire to use technologies such as computers, smartphones, etc.

In Malaysia, the term 'technological addict' is quite familiar as our people are also using and utilizing technology. With the rapid growth of information technology in Malaysia, the statistics show the evidence from the significant increase in internet usage with a rate of 80.1 percent for individuals aged 15 and above in 2017. This figure inclined nine percent compared to 71.1 percent the year before. The percentage of individuals using computers also increased by 1.1 percent to 69.8 percent compared to 68.7 percent in 2015. Smartphone use for internet browsing also increased to 97.7 percent compared to 97.5 percent in 2015 (Alzahrin, 2018). This can no longer be denied that some Malaysian are using technology while part of them do not know that they become one of the technological addicts.

In this paper, we try to utilize qualitative and quantitative methodology such as interviews and questionnaires. These methods were used because we want to identify the real factors of why these issues happened in Malaysia as well as how to solve the problems. These methods were used to collect

the data and made some analysis regarding the problems. Based on these methods, we also can determine the best solutions to this problem. Hopefully, by this research, we can carry out the factors of technological addiction and the best solution to overcome this virus in our society especially in the teenage generation.

Objectives

- i. To understand the reasons behind all of these addictions.
- ii. To investigate how people are using technology that makes them become a technological addict.
- iii. To examine the effects of these addictions on society in the future in every aspect.
- iv. To bring good solutions based on the outcome of the research.

Literature Review

Based on an article from FCD Works (2017), technology addiction defined as frequent and obsessive technology-related behavior overused practices that cause negative effects to the user of the technology. Over-dependence on technology can brutally impact students' lives. When teens are away from technology, it can lead to feelings of depression, feelings of isolation, and anxiety. In addition to an article from FCD Works (2017) technology can fulfill our natural human needs for stimulation, interaction, and changes in the environment. Technology can become an easy way to fill basic needs when teenagers experience stress or rejection. The impacts of technology can give pleasure to our brain systems. It provides some of the same rewards that alcohol and other drugs might. For example, it can be a boredom buster, a social lubricant, and an escape from reality.

According to a journal "*A Proposed Counseling Attribute Framework Against Game Overuse*" written by (Italumeh O. Ididi et. al, 2015), problematic use of online games such as excessive play and addiction have received many attentions not only from the media but also from psychiatrists, psychologists, mental health associations and gamers alike. Cheng (2016), states that researchers were worried about the sudden incline of Malaysian youth using the Internet access at the International Society of Internet Addiction (ISIA) Conference. It was revealed that 37% of Malaysian parents felt their children's online life was interfering with their home and school obligations while 18% said their children were sacrificing basic social activities.

According to an article, "Ethics, Place, and Environment" written by Hale (2005), technology effects significantly sign both the real and the practical landscape and privacy become one of the important conditions. This includes the inclining number of demands to increase personal privacy sources, especially in the private areas that demand a great deal of personal information. This causes people on the right side sharing other people's information and access more methodically associated with them. On the contrary, individuals will have confusion in the shape of financial damage and identity stealing just because of that information. Some agencies sectors have to be going as far they can to secure the information and law enforcement.

According to the National Sleep Foundation, the short wavelength and artificial blue light that digital devices emit delays our body's internal clock and circadian rhythm, and suppress the release of melatonin that is the sleep-inducing hormone. Insomnia is one of the health problems that often happen to society as they always use their smartphone too much before bedtime. They thought that playing their smartphone at midnight could get them into sleep, but on the contrary, they suffer insomnia and having trouble sleeping peacefully at night.

We can avoid becoming a technological addict. According to Liz (2019), when surfing the internet using a laptop, make sure that you are in the right posture of the body as it will avoid you to have health problems such as neck strain. Use lower back support in your work chair to guide yourself into a healthier posture. we can choose to have outdoor activities over technology. There are many things that we can explore outside the world, and doing activities such that riding a bicycle, jogging and

many more outdoor activities will give you better health too. Moreover, we should set a limit on the use of technology, especially smartphones. Search only important things, browse the internet for a certain time and then shut your phone and do something else that will distract you from using your smartphone.

Methodology

In this research, we use many methods to identify the causes and effects of overusing technologies as well as the range of time that people use the technology. We provided a questionnaire to students located at Universiti Teknologi Malaysia (UTM) and let them answer based on their point of view. We did the online survey by using the online form to know their reactions and opinions from the society about this problem. There are several questions that we already created which are related to this topic. We scattered this survey to society such as our friends and students in our university. After that, we did the data collection and some analysis regarding the given answers from the online survey.

Research Analysis

Figure 1 shows the percentage of the average time of students using technology in their daily life. The highest number of data recorded from the respondent is 18 students with a percentage of 45% said that they used the technology in their whole daily routine. While the second highest from the result is with the percentage of 35%, which said that they agreed that they used technology for more than 8 hours per day. All of this data shows that most people especially students around 80% nowadays always use their technology for the sake of their life. But on the bright side, still, there is 5% of the respondent that only used technology less than 4 hours per day, which is a good thing to do, as they were not one of the technological addicts yet. So this issue is like a serious issue that we need to be careful and try to solve this problem.

Figure 1: Average time of students using technology

Figure 2 indicates the percentage of when the respondent will use technology in a long-range time in their daily routine. The highest percentage is 72.5% which is they used technology such as smartphones and laptops in their free time that they had. This is the major answer from the respondent that shows the respondent as a student always used technology, no matter where they are, as long as they have free time. The reason behind all of the scenes is maybe because they want to enjoy their life such as playing online games, using social media, and communicating with friends. Apart from that, the respondent also used technology early in the morning (5%), during the class (10%) and also before sleep (12.5%). So this is the analysis for the question of when usually the respondent will use their technology.

Figure 2: When the respondent will use technology

Figure 3 shows the agreement of respondents whether they are one of the technological addicts. The highest percentage shows that almost half of the respondents which is 52.5% agreed that they are one of the technological addicts. This percentage is quite higher to show that they are very fanatic to technology. Besides that, there are 30% of respondents think that they are in between one of the technological addict or not. They cannot identify themselves whether they are one of the technological addicts or not. Maybe they don't use technology rapidly but they use it moderately. The lowest percentage is 17.5% which is the respondents said that they are not one of the technological addicts. It can be said that they can control themselves to use technology even though nowadays it is the 4.0 industrial revolution. So, based on this figure, we can say that people nowadays are involved in the technological addict.

Figure 3: Technological Addicts

Figure 4 indicates the reasons why people nowadays become technological addict. The highest percentage is 65% where the respondents agree that the major cause of technological addicts is online social media. Many people use technology to communicate with each other. 20% of respondents said that the reason for the technological addicts is caused by the industrial revolution in technology. There are 7.5% of respondents said the online game and using the technology as a medium to study are the factors of people become a technological addict. So, this is the analysis of the reason why people become addict to technology.

Figure 4: Reason why people become technological addict

Figure 5 shows how technology can make humans addicted to technology. The highest respondents (32.5%) said that always used social media applications in a long-range time can make humans addicted to technology. 22.5% of respondents agree that they frequently used technology in a short range of time can make humans addicted to technology. There are 20% of respondents said that the uncomfortable feeling of not having the technology beside them also can make humans addicted to technology. However, it is closely similar, but there are 12.5% of respondents which is the lowest percentage agree that the feeling of having a notification of message in the smartphone even though it is not vibrating can make the humans addicted to it. So, this is the analysis of how humans can addict to technology.

Figure 5: Technology addiction causes

Figure 6 indicates the percentage of students using technology with purposes. The highest number of the respondent with the percentage of 80% agree that they use technology for communication, following the second highest with the percentage of 72.5% state that they use technology to chat with their friends. These two answers relate the most in student life as most of the students have smartphones and they can easily communicate with each other. Apart from that, when they were feeling homesick and missed their family at home, they used smartphones to know about their family updates and what they are up to. There are two types of things that students preferred while using technology that have percentage maintained the same level at 62.5% (Doing assignments) and 60 % (Watching movies) with have 25 and 24 students chose it respectively. However, the least preferable choice that students chose is playing online games with a percentage of 42.5% due to their preferences that they did not feel to play online games in their daily life. To conclude, these students used technology for communication purposes.

Figure 6: The percentage of students using technology with purposes

Figure 7 shows the effects of the human addiction of technology on society in future time. The highest percentage (32.5%) is procrastination due to excessive use of technology following the second highest (27.5%), which is a lack of communication skills. The students predicted that when someone addicted to technology, they will waste their time and not doing something that they need to complete especially quizzes, assignments, etc. Thus, when someone addicted to technology, they could not

improve their communication skills in real life as they only communicate with people through social media and they could not differentiate between the real world and cyberspace. Among the four effects, several health problems had the least amount of percentage with the percentage of 15% due to a lack of information about the dangers of using technology for the long term of time. To conclude, these students believe that excessive use of technology can cause procrastination to their life as a student.

Figure 7: Effects of technology addiction

Figure 8 indicates the best solutions for avoiding someone to become a technological addict. Students chose the “Do limitation on yourself when using technology” as the best answer with the percentage of 70%. They believe that when they set a certain limit for themselves to use the technology, they will overcome the feeling of wanting to use the technology every second of time. The second choice that students chose is to put themselves far away from technology when they study with a percentage of 42.5%. Sometimes, it is believed that technology will disrupt students to study as they will focus more on technology rather than continue to study. On the other hand, the solutions “Offline your mobile data” and “Switch on the silent mode on your smartphones” have the same percentage with the percentage of 25%. To conclude, students believed that they have to limit themselves when they are using technology.

Figure 8: Solutions

Conclusion and Suggestion

To conclude, we can't deny that technology can give a bad influence if we use it excessively. It is proven by the methodology that some of the students in the Universiti Teknologi Malaysia had become a technological addict. Luckily, some of them use technology wisely and not letting themselves become a technological addict. We can conclude that students who are addicted to technology always used their time to scroll through their online social media, such as Facebook, Instagram, and Twitter. As a result, they wasted their time and eventually procrastinated because they are too engaged in technology.

There are several ways to avoid people from becoming a technological addict. One of the ways is to set a limit on the user from using technology. Users can create a schedule on when to use technology and how many hours should user spend their time utilizing the technology. Also, they can place their devices far away from them when they do their works or assignments. This can avoid disruption and avoid the feeling of wanting to use technology. Furthermore, we can switch off our mobile data or tethering hotspot when we do our works so that we can avoid being disrupted by the sound of notifications from our smartphone. We hope that people use technology wisely and not become a slave of technology. It would be great if people know how to balance their life between reality and cyberspace so that they can living their life to the fullest.

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