



## The Influence of Technology Addiction and Health Problems in Youth: An Overview on Social Networking among Pakistani Universities Youth

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### Abstract

*This research aimed to explore the consequences of technology addiction related to health hazards in youth of universities students. The “Internet Addiction” in youth is an emerging topic, gaining researchers at tension and interests around the globe. Despite the progress that has been made in preventing the problems occurring from this addiction, diagnosis of health problems and the solutions, the vast field is unexplored regarding the mental health of nursing practice. Hence, social networking and technology addiction have an immense effect on the daily life of individuals, professionals as well as the people associated within the academics. Therefore, this study has found out various health problems in youth of various universities and suggests solutions to avoid mental health and other problems occurring from the high usage of social media in the daily life. The world has become a global village and it has made it complex in case of internet usage and technology addiction. A sample of 350 students between the age of 16 to 24 years was distributed in various universities in Lahore city, Pakistan. The findings of the research revealed various health problems including Headache, Dry Eyes, Declining eyesight, Wrist pain, Lumbar pain, Cervical pain, decreased sleep quality, Weight gain, Tiredness, Hair loss and Hair greasy. Additionally, mental health and other associated problems can be handled effectively if nurses can play an effective role not only in the assessment, diagnosis and treatment of technology and internet addiction but also can put contribution in the prevention of that phenomenon. Hence, this research study is helpful for future work to keep the balance in involving technology and internet of things in our daily life. Academic people and other individuals can also take advantages from the findings and suggestions of this research.*

**Keywords:** Technology Addiction, Social Networking, Health Problems, Social Media, Youth

## **Introduction**

In the recent years, technology as well as internet addiction in young age is an emerging topic gaining researchers interested worldwide (Sigerson, Li, Cheung, & Cheng, 2017). Despite the progress that has been made in prevention, diagnosis and treatment in this disorder the field is wide and unexplored when it comes in mental health nursing practice. Internet is considered to be the biggest revolution of the last decades (Azar & Ciabusch, 2017). It is a tool for the science, the information and the entertainment. Due to the continuous development of new technologies, Internet users are now able to communicate each other worldwide, making online purchases. Moreover, internet can be an effective educational tool, can facilitate working from a distance and perform transactions with various services (Lau, Wu, Gross, Cheng, & Lau, 2017). Nevertheless, the widespread, especially in specific population groups, such as young people, has resulted in the creation of a form of disorder, Internet addiction (Ronzitti et al., 2017). Although the topic nowadays is widely discussed the possibility of addiction or potential dependence from various recreational internet activities, is discussed since 1987. However, it took a decade and more specific after 1996 for several experts' psychiatrists and psychologists considered that the excessive computer use can cause addiction and recognized this overuse as a disorder and dependence with similar criteria to those of other dependencies (Robertson, Yan, & Rapoza, 2018). Today, most researchers in the field of addictions indicate that the internet dependence disorder is a psychophysiological disorder involving tolerance and isolation symptoms as well as emotional and social disturbances. Internet addiction is an emerging problem in society that is increasing as much as is increasing the computer use (Fu, Xu, Zhao, & Yu).

Furthermore, it is a fact that the internet is gaining ground internationally within the field of information, entertainment, communication and technology (Fu et al.). Over the last decade has started an international study about the pathological internet use by humans (Tran et al., 2017). Hence, the internet addiction nowadays, a series of other behaviors link to pathological internet use are under investigation to find health issues (Lau et al., 2017). The effects that long hours screen exposure may have in physical health, the excessive participation of children and adolescents in online gaming and social networking sites as well as the emergence of a new type of anti-social behaviors expressed by harassment, bullying, cyber-crime and online suicides are a new research field in the digital age (M. W. B. Zhang et al., 2017).

## **The Usage of Social Networking and Technology**

Internet addiction is a complex and an emerging issue, this is difficult to find a single and wide accepted definition (Jorgenson, Hsiao, & Yen, 2016). Over the years various names have been attributed in the attempt to define this excessive internet use and this pathological phenomenon. Despite the fact that term addiction is traditionally used to describe the biological addiction from one or more substances, it can serve to describe the "excessive" internet use as well (Biraglia, Brizi, Salvati, Metastasio, & Mannetti, 2017). The social networking addiction category includes those suffering from addiction in chat rooms, sending instant messages and participates in online social network sites (Müller et al., 2016). Although in an international level, studies have shown that the internet addiction varies between 5-10% among Internet users in China and in other Asian countries the rates are higher (Zhang, Spinrad, Eisenberg, Luo, & Wang, 2017). China is the country that has the lead in the recognition of internet addiction as well as in incidence of this addiction with over 13.7% of Chinese adolescents (approximately 10 million) (Gong et al., 2017). Other Asian countries are facing this problem at the same extend in youth (Ding, Li, Zhou, Dong, & Luo, 2017). The university students not even change clothes, neglect their hygiene and cleanliness as well. These may occur in milder form during later adolescence, particularly in university (Wang et al., 2017).

## **Literature Review**

Social Media has become crucial part of life in the recent years (Ranginwala & Towbin, 2017). The accessive use of technology has resulted in health issues and now it is time if the need to keep balance in technology usage to avoid technology addiction (Lee, Shin, & Hong, 2017). The new media is growing rapidly in the recent times and this rapid growth is the main force to present this world as a global village. The human beings communication and links is highly dependent on technology involvement for interconnection in the society at complex levels. It is to test the links between the technology and intercultural communications in the traditional essence (Roland, 2017).

This is format of interactions and linkages which is based on the tools of computer-mediated communications which enable individuals as well as organizations to make, share the career interest jobs, ideas and exchange information, images, audios, videos and movies by using the networks and virtual communities. Social media depends on mobile and web-based technologies

to create highly interactive platforms through which individuals and communities share, co-create, discuss, and modify user-generated content.

Type of social media	Corporate function					
	R&D	Marketing	Customer service	Sales	HR	Organisation
Blogs	●	●	●			
Business networks					●	●
Collaborative projects	●					
Enterprise social networks	●				●	●
Forums	●	●	●			
Microblogs		●	●		●	
Photo sharing		●				
Products/services review	●	●		●		
Social bookmarking		●				
Social gaming		●				
Social networks	●	●	●		●	●
Video sharing		●	●			
Virtual worlds	●	●		●		

Importance: (empty) none or almost none; ● low; ● medium; ● high; ● very high

### Mobile social media and business potential

Even though old-style social media proposes several openings for the companies in a vast range of businesses likewise economic-sector and mobile social-media which provide the usage of the locations as well as time-sensitive features of the social media to involve in research of marketing, discount, communication, and relationship developments or the loyalty programmes (van Zoonen, Verhoeven, & Vliegthart, 2017).

### Global perspective of Social Media

With reference to "The Emerging Role of Social Media in Political and Regime Change" article of Rita Safranek, the most young population around the globe, under the age of 25 years make up around 35-45% in each country's population, mainly UAE, Middle East and the region of North Africa (Bashir & Aldaihani, 2017). Majority of social media users belong to such countries

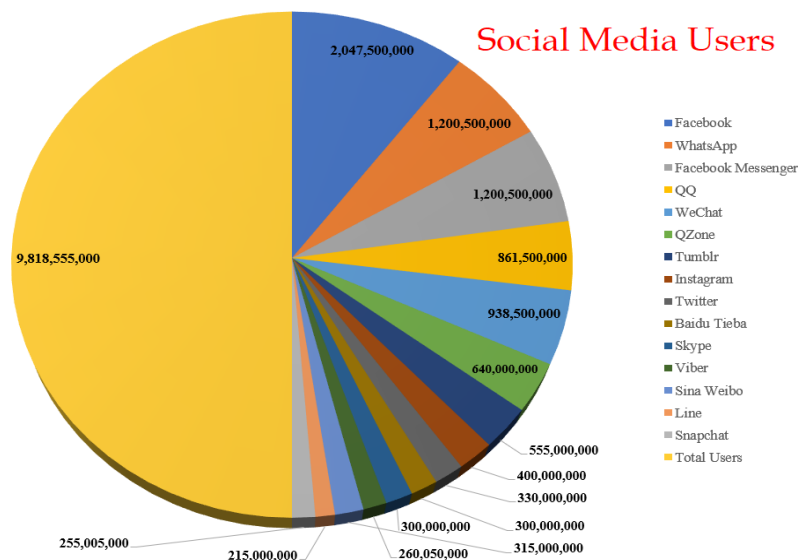
mentioned above. They include the users of 20 plus million users of Facebook, Twitter accounts 30,000 and 42,000 active blogs as information provided by the Arab Advisors Group.

### Most popular sites: As of August 2017

The list below provides some data of top social networks. This shows the active user accounts

Sr. No.	Name of Media	No. of Users
1	Facebook	2,047,500,000 users.
2	WhatsApp	1,200,500,000 users
3	Facebook Messenger	1,200,500,000 users.
4	QQ	861,500,000 users.
5	WeChat	938,500,000 users.
6	QZone	640,000,000 users.
7	Tumblr	555,000,000 users.
8	Instagram	400,000,000 users.
9	Twitter	330,000,000 users.
10	Baidu Tieba	300,000,000 users.
11	Skype	300,000,000 users.
12	Viber	260,050,000 users.
13	Sina Weibo	315,000,000 users.
14	Line	215,000,000 users.
15	Snapchat	255,005,000 users.
	<b>Total Users</b>	

Source: *"Global social media ranking 2017 - Statistic". Statista.*



Based on the review, I will identify research gaps and propose a theoretical framework for this study. I will end this section with the overarching research questions and sub-questions (Miller, 2008).

### **Language used as socialization**

The conceptual framework of current study is language socialization (Garrett, 2006). The key notion of language socialization is "socialization through the use of language" and "socialization to use language" as described by Schieffelin & Ochs (Smith, 2014). It suggests that children and novices participate in language communication and interaction, and in the process they develop into social beings, acquiring its social orders and belief systems (Kearney & Barbour, 2015). Language socialization helps to explain the interplay between language and social and cultural structures. It is chosen in the study for two reasons. Firstly, it has been used in second language learning studies particularly by Duff & Talmy in 2011 and Watson-Gegeo & Nielsen in 2003 and various other researcher (Gorsuch, 2006) and is thus suitable for current study on second language students. Secondly, DST is in the nutshell a digital narrative and narrative is a social practice (Froni, 2015). Thus the notion of language socialization will help us understand the social aspect of DST (Harman & Zhang, 2015). I will further discuss language socialization in the Section 2.5 on theoretical framework of this study (Starkey, 2015).

### **Statement of Problem**

Technology Addiction related to Social networking which is a tool that can be used to connect and maintain relationships on a social basis in the society. On the other hand the use of advanced technology has become an emerging trend among the young Pakistani learners at university level. This study emphasizes how the research scholars are fostering and exploring the impact of social networking and technology addiction on the health issues of adult learners.

### **Scope of the Study**

This research study intends to evaluate the influence of social networking and technology addiction with perspective of health problems of Pakistani graduate learners in universities.

### **Objectives of the Study**

1. To identify the influence of social networking addiction with the perception of health problems of Pakistani graduate learners.

2. To pinpoint the impact of technology addiction with perspective of health problems.
3. To uncover the adoption techniques, tools, and its negative role.
4. To explore the problems and risks associated with the use of social networking.

### Research Hypothesis

The following hypothesizes are tested in this study:

**H<sub>1</sub>:** There is a significant relationship between social networking addiction and health problems in youth of Pakistani universities.

**H<sub>1</sub>:** There is a significant relationship between technology addiction and health problems in youth of Pakistani universities.

**H<sub>0</sub>:** There is no significant relationship between social networking addiction and health problems in youth of Pakistani universities.

**H<sub>0</sub>:** There is no significant relationship between technology addiction and health problems in youth of Pakistani universities.

### Significance of the Study

- This study will help the university teachers to know the influence that social networking and technology addiction have on their students, so as to assist them to enlighten and create awareness to the students on the possible health issues. .
- The study will facilitate researchers with more information on the Influence of social networking on student’s academic performance due to health problems.

### Methodology

To fulfill the objectives, a survey questionnaire with structured questions was prepared and circulated among the graduate students of universities in Lahore region. A sample of three hundred and fifty participants was collected randomly to evaluate their experiences about the use of social networking and technology. The quantitative methodology was used in this study. The SPSS was applied to analyze the data. The data were clarified through bar graph and charts.

### Data Analysis

#### Case Processing Summary

	N	%

Cases	Valid	350	100.0
	Excluded <sup>a</sup>	0	.0
	Total	350	100.0

The total numbers of respondents were 350 students from the public and private universities of Lahore region.

#### Reliability Statistics

Cronbach's Alpha	N of Items
.874	16

Using SPSS, the Cronbach's alpha was applied for measuring the reliability of the instrument. Cronbach's alpha reliability coefficient normally ranges above 0.7 to onward. However, there is actually no lower limit to the coefficient. The value of Cronbach's alpha lies 0.874 and it shows that the data is said to be reliable. The given table shows the result of Cronbach's alpha, i.e. 0.874 and total numbers of items were 14. The above statistic result proved the reliability of the questionnaire and confirmed it to be authentic for data collection purpose.

#### Dry Eyes

	Frequency	Percent	Valid Percent	Cumulative Percent
Casual	32	9.1	9.1	9.1
Seldom	31	8.9	8.9	18.0
Regular	38	10.9	10.9	28.9
Frequent	133	38.0	38.0	66.9
Intense	116	33.1	33.1	100.0
Total	350	100.0	100.0	

Out of a sample of 350, 32 students showed the response of casual, 31 seldom, 38 regular, 133 frequent while 116 respondents intense as well. The majority of the respondents were remained frequent dry eyes while using the social network.



### Declining Eyesight

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Casual	19	5.4	5.4	5.4
Seldom	43	12.3	12.3	17.7
Regular	47	13.4	13.4	31.1
Frequent	76	21.7	21.7	52.9
Intense	165	47.1	47.1	100.0
Total	350	100.0	100.0	

Out of a sample of 350, 19 students showed the response of casual, 43 seldom, 47 regular, 76 frequent while 165 respondents intense as well. The majority of the respondents were remained intense declining eyesight while using the social network.

### Headache

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Casual	6	1.7	1.7	1.7
Seldom	35	10.0	10.0	11.7
Regular	28	8.0	8.0	19.7
Frequent	146	41.7	41.7	61.4
Intense	135	38.6	38.6	100.0
Total	350	100.0	100.0	

Out of a sample of 350, 6 students showed the response of casual, 35 seldom, 28 regular, 146 frequent while 135 respondents intense as well. The majority of the respondents were complained about headache while using the social network.

### Cervical Pain

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Casual	6	1.7	1.7	1.7
Seldom	26	7.4	7.4	9.1
Regular	31	8.9	8.9	18.0
Frequent	125	35.7	35.7	53.7
Intense	162	46.3	46.3	100.0
Total	350	100.0	100.0	

Out of a sample of 350, 6 students showed the response of casual, 26 seldom, 31 regular, 125 frequent while 162 respondents intense as well. The majority of the respondents were remained intense Cervical Pain while using the social network.

### Lumbar Pain

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Seldom	20	5.7	5.7	5.7
	Regular	42	12.0	12.0	17.7
	Frequent	156	44.6	44.6	62.3
	Intense	132	37.7	37.7	100.0
	Total	350	100.0	100.0	

Out of a sample of 350, 20 students showed the response of seldom, 42 regular, 156 frequent, while 132 respondents intense as well. The majority of the respondents were remained frequent Lumbar Pain while using the social network.

### Wrist Pain

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Casual	37	10.6	10.6	10.6
	Seldom	18	5.1	5.1	15.7
	Regular	69	19.7	19.7	35.4
	Frequent	107	30.6	30.6	66.0
	Intense	119	34.0	34.0	100.0
	Total	350	100.0	100.0	

Out of a sample of 350, 37 students showed the response of casual, 18 seldom, 69 regular, 107 frequent while 119 respondents intense as well. The majority of the respondents were remained intense wrist Pain while using the social network.

### Weight Gain

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Seldom	12	3.4	3.4	3.4
	Regular	45	12.9	12.9	16.3
	Frequent	155	44.3	44.3	60.6
	Intense	138	39.4	39.4	100.0
	Total	350	100.0	100.0	

Out of a sample of 350, 12 students showed the response of seldom, 45 regular, 155 frequent, while 138 respondents intense as well. The majority of the respondents were remained intense weight gain while using the social network.

### Hair Greasy

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Casual	6	1.7	1.7	1.7
	Seldom	26	7.4	7.4	9.1
	Regular	31	8.9	8.9	18.0
	Frequent	125	35.7	35.7	53.7
	Intense	162	46.3	46.3	100.0
	Total	350	100.0	100.0	

Out of a sample of 350, 6 students showed the response of casual, 26 seldom, 31 regular, 125 frequent while 162 respondents intense as well. The majority of the respondents were remained intense Hair Greasy while using the social network.

### Hair Loss

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Seldom	12	3.4	3.4	3.4
	Regular	45	12.9	12.9	16.3
	Frequent	155	44.3	44.3	60.6
	Intense	138	39.4	39.4	100.0
	Total	350	100.0	100.0	

Out of a sample of 350, 12 students showed the response of seldom, 45 regular, 155 frequent, while 138 respondents intense as well. The majority of the respondents were complained about hair loss while using the social network.

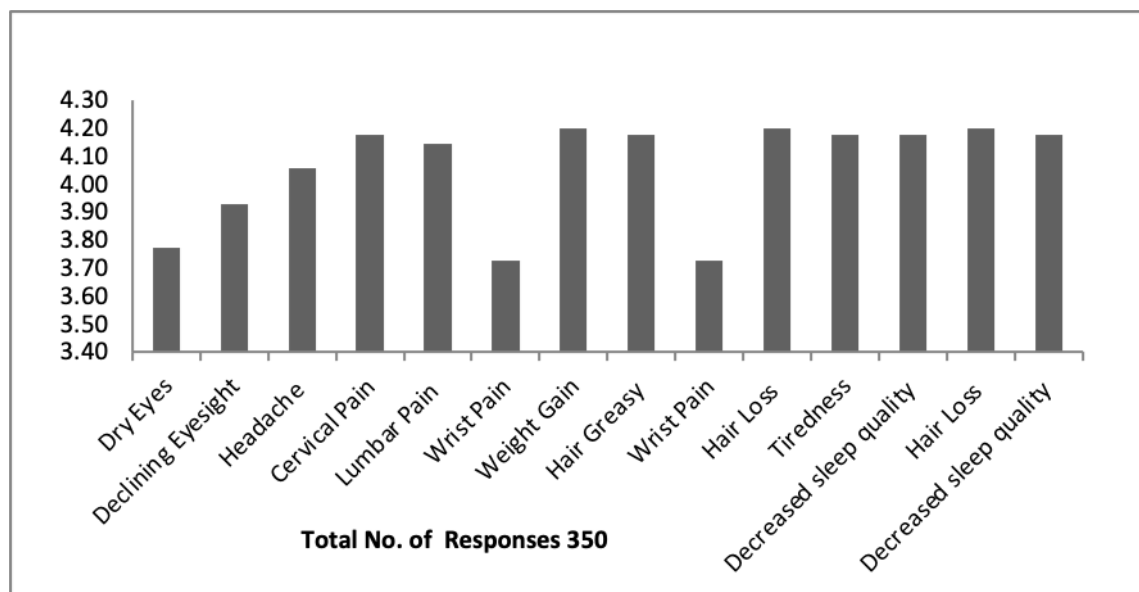
### Tiredness

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Casual	6	1.7	1.7	1.7
	Seldom	26	7.4	7.4	9.1
	Regular	31	8.9	8.9	18.0
	Frequent	125	35.7	35.7	53.7
	Intense	162	46.3	46.3	100.0
	Total	350	100.0	100.0	

Out of a sample of 350, 6 students showed the response of casual, 26 seldom, 31 regular, 125 frequent while 162 respondents intense as well. The majority of the respondents were remained intense tiredness while using the social network.

### Decreased sleep quality

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Casual	6	1.7	1.7	1.7
Seldom	26	7.4	7.4	9.1
Regular	31	8.9	8.9	18.0
Frequent	125	35.7	35.7	53.7
Intense	162	46.3	46.3	100.0
Total	350	100.0	100.0	



Out of a sample of 350, 6 students showed the response of casual, 26 seldom, 31 regular, 125 frequent while 162 respondents intense as well. The majority of the respondents were remained intense about decreased sleep quality while using the social network.

### Conclusion

Despite the above limitations, the findings of this study suggest that excessive social network use among young people may be associated with symptoms psychological distress. With increasing popularity of social networks, in spite of its utility, young adults need to be aware about its potential adverse effect on mental health. Further research is needed to explore these hypotheses further, particularly in South Asia. Internet addiction and the usage of social network have become a serious public health concern, but it is difficult to assess how widespread the

problem is. The uncontrolled use of the social media by adolescents hides enough dangers, that's why, according to experts, education for adolescents and parents is necessary.

## Recommendations

It is important to develop consciousness on social network and technology at the very beginning of the childhood in order to prevent addiction. At this point, media, education and health authorities should take action together to increase public awareness. It is also possible to mention that educational seminar and programs organized by local governments would make an important contribution towards preventing social media addiction.

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