



# TECHNOLOGY AND ITS AFFECTS ON MENTAL HEALTH

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## Introduction

Technology and its advancement is here to stay, in fact, we all encounter it in some area of our everyday life whether that be at work or in the home. Since its integration of access into the general public, America has also seen a rise in mental health issues, yet technology is often overlooked when it comes to its effects on mental health due to its over exaggeration of reliability to the average joe.

In this study I will be taking a closer look at the impact of technology and how it is affecting mental health due to excess in its usage. Technology is no longer used as just an instrument in the industrial business or corporate word. It is now a primary source for socialization, contact, education and much more of what we as humans are known to rely on, and its side effects on society should not be overlooked because it has become a powerful influence on society.

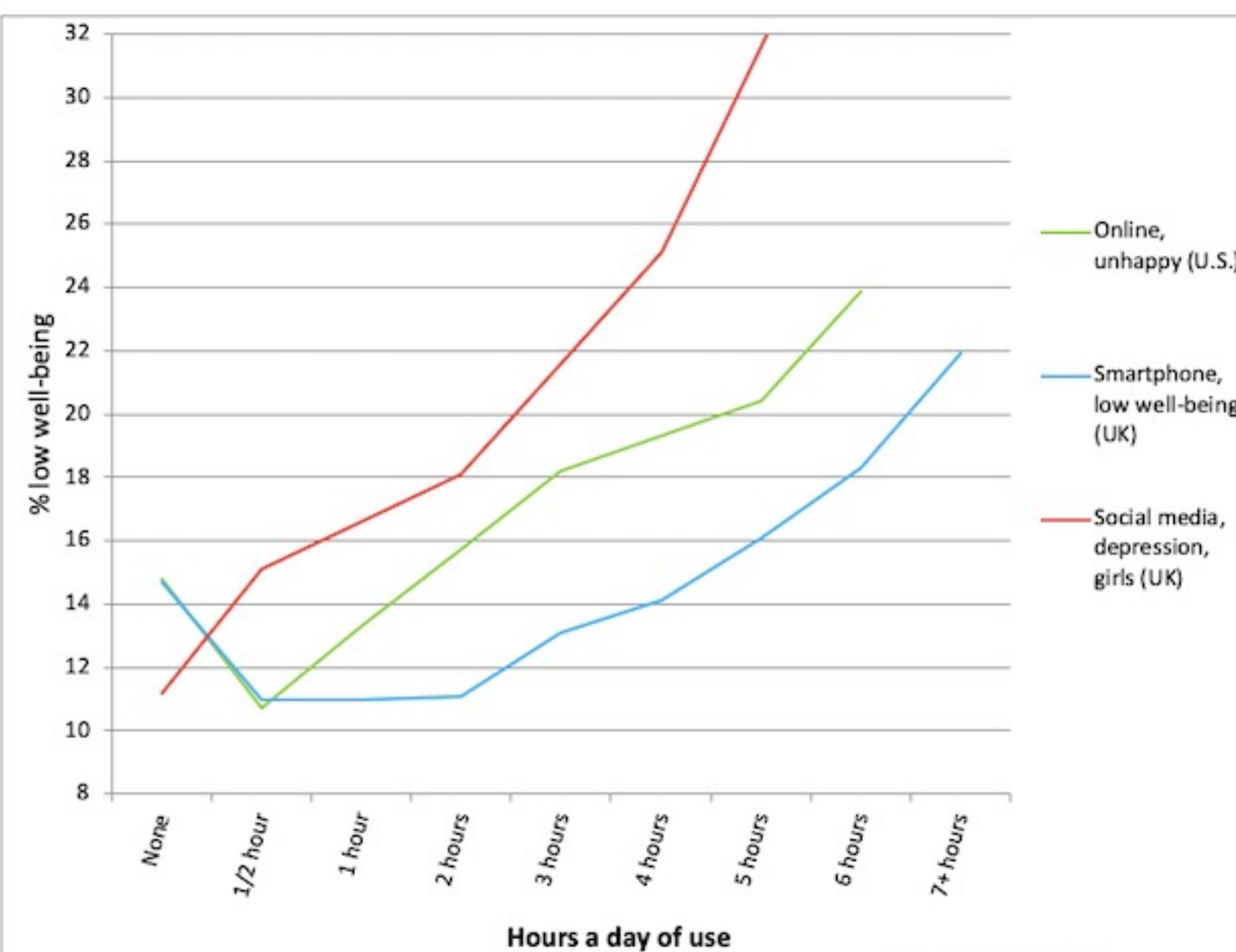


Figure: Hours a day of internet, smartphone, or social media use and well-being. Sources: Twenge & Campbell (2019), Psychiatric Quarterly: Kelly et al (2019), Lancet eClinical Medicine.

Chart 1, screen time usage and mental health associations

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## Research Question

What is the relationship with the rise in mental health issues and technology?



## Background and Literature Review

Internet paradox: A social technology that reduces social involvement and psychological well-being? (Kraut, R., et al, 1998).

- Longitudinal study conducted from 12-24 months.
- The study focused on the impact of the internet and hypothesized that the internet would change the lives of average citizens just as the telephone and television did.
- Results showed internet was associated with decline in family interaction, psychological well-being and internet reported increases in loneliness, stress and internet results showed increase in stress levels, and depression and internet showed increase in symptoms of depression.

Concurrent and Subsequent Associations Between Dailt Digital Technology Use and High-Risk Adolescents' Mental Health. (George, M., 2018)

- Daily technology usage had a robust association with attention deficit hyperactivity disorder ADHD and conduct disorder .

The relationship between addictive use of social media and video games and symptoms of psychiatric disorders. (Andreassen, C., 2016)

- It was found that participants with an existing mental health disorder are more likely to become addicted to social media and video games.

## Methods

### Design

A descriptive measures design will be used to conduct secondary research using both qualitative analyses to assess surveys, and cross-sectional studies, as well as rhetorical criticism to measure my operationalized theories and concepts. Using literature review along with rhetorical criticism I was able to answer my research question on how excessive screen time has shown its effects on mental health. Quantitative analyses were used to analyze numerical data presented. A survey will be made available on SONA to California State University, Stanislaus (CSU Stanislaus).

### Participants

This study will be made up of at least XX students from CSU Stanislaus. Participants will include both undergraduate and graduate students. Extra credit may be given based on professor's approval.

### Materials

A demographic survey was used for background information purposes. Primary and secondary sources answered my research question on what types of mental health issues have been shown to have a relationship with digital technology usage. I used the school's library database as well as google scholar to retrieve relevant previous research.

### Procedure

A cross sectional study will be conducted to measure the frequency of mental health issues reported, and analytics to quantify the exposure of excessive screen time usage, and its impact on psychological well-being. Using previous research, I was able to analyze data from previous research in order to expand off pre-existing studies.

## Significance

By contributing more data and recognition to the ongoing mental health crisis we are currently facing as a nation, I hope to being more awareness on the potential side effects of excessive screen time and how it plays a role in contributing to various mental health conditions. With more awareness , more treatment can be made available.

## Acknowledgement

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## Expected Conclusions

I hypothesize that higher usage of screen time will have positive relationships with various mental health disorders such as, depression, anxiety, ADHD, stress, and emotional regression. With more people turning to technology for their basic human needs to be met such as social interaction, I suspect that like anything else in excess amounts their will be negative consequences.

**SOCIAL & SCREENS**  
*Measuring the Impact & Addiction*

**DOPAMINE LOOP**  
Dopamine is created in the brain and causes you to want, desire, seek out, and search. It's the chemical release that's linked to addiction to drugs, alcohol, and gambling.

**ARE YOU ADDICTED TO SOCIAL?**  
All addictions, whether chemical or behavioral, share certain characteristics including compulsive use, loss of control, mood modification and the alleviation of distress, tolerance and withdrawal, and the continuation despite negative consequences.  
Internet Addiction Disorder (IAD) ruins lives by causing neurological complications, psychological disturbances, and social problems.

**GET HELP**  
Talk to Your Doctor or Mental Health Professional

The dopamine system is most powerfully stimulated when the information coming in is small so that it doesn't full satisfy.

A short text or tweet (140 characters) is ideally suited to send your dopamine system raging.

**INCREASE SUICIDE**  
The American Journal of Public Health noted that more people using the internet is positively correlated to a higher general population suicide rate.  
"Surveillance use" of social media, where users checked up on how their friends were doing and compared what they saw to their own lives, tended to produce feelings of depression.

50% of women check social first thing in the morning.  
45% of women check right before going to bed.  
49% of women report trouble falling asleep at night.  
Late night usage of technology with light-emitting screens impacts quality of sleep.

**AVERAGE TIME SPENT ON SOCIAL PER DAY IS 2 TO 3 HOURS**  
**39.757 YEARS COLLECTIVELY SPENT PER DAY ON FACEBOOK**

70  
56  
42  
28  
14  
0

Facebook Instagram Pinterest LinkedIn Twitter

SOURCES : MORETOBE.COM/SOCIAL-MEDIA/

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