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Technology Addiction (With special reference to the Internet, smartphones, tablets and social networking sites)

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Abstract : *This study examines the nature and extent of technology addiction of the people of Patna and its impact on their lives. Structured questionnaire, unstructured interviews and observation techniques are used by the researchers. The sample consisted of 100 people. The study utilized an instrumental way to measure the internet addiction among people; namely Internet Addiction Test (IAT) designed by Dr. Kimberly S. Young. Demographic factors (age and gender) were examined too. The result suggests that the level of*

internet addiction among the males is more when compared with that of the females. It is also observed that people belonging to the age group of 15-25 are most prone to internet addiction. It is recommended that people decide a limit, beyond which they should not allow technology to affect their lives.

Key words: *Technology Addiction, Internet Addiction, Internet, Addiction.*

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Introduction :

For most of us, our day starts as well as ends with our phones in our hands. The answer to even the most difficult question is just a click away. On the streets too, we can see people walking and tripping over things in front of them as they are completely lost in their telephonic conversations. Dinner time, which is considered to be a family time by many, is now no more a time when the family sits together and talks to each other, sharing their experiences, ideas and opinions. A few years back, television took the place of interaction among the family members. Dinner was served and people ate while watching television programs. But now what we see is that the dinner is served on the table, television is on and everybody is busy with their smartphones. Children prefer to play online games rather than outdoor games. Nowadays, rather than having a creative hobby, people usually get themselves busy with their smart devices in their free time. It is due