

A study of digital addiction impact on among youth

Name of author (1):- Ms. Kashish patil

Name of author (2):-Mr. Sujal Rohilkar

Institute name:- CHANGU KANA THAKUR ACS COLLEGE ,New panvel (AUTONOMOUS)

Research advisor:-Dr.kiti varma

Abstract :- This study investigates the prevalence and impact of digital addiction among youth, focusing on patterns of technology use, its effects on daily life, and potential risks to health and social well-being. A structured questionnaire was administered to 31 respondents, with the majority (83.9%) belonging to the 18–24 age group. The findings reveal that a significant proportion of participants spend more than 5 hours daily on digital devices, primarily engaging in social media, online entertainment, and gaming. Many respondents reported negative consequences, including decreased academic or work productivity, disrupted sleep patterns, and reduced face-to-face interactions. The results highlight a growing trend of dependency on digital platforms among young individuals, raising concerns about long-term mental and physical health implications. This study emphasizes the need for awareness campaigns, time-management strategies, and digital wellness programs to encourage balanced technology usage among youth.

Keywords:- Digital addiction, Youth, Screen time, Social media use, Online gaming, Technology dependency, Sleep disturbance, Academic performance, Mental health, Digital wellness

Introduction : In the digital age, technology has become an integral part of daily life, especially for younger generations. From smartphones and social media to online gaming and streaming platforms, digital tools offer unprecedented access to information, communication, and entertainment. However, this increased digital engagement has also given rise to a growing concern: digital addiction among youth. Digital addiction refers to the excessive or compulsive use of digital devices that interferes with daily life, academic performance, mental health, and social relationships.

The youth, being early adopters and frequent users of digital technology, are particularly vulnerable to its addictive tendencies. Many young people report spending several hours a day online, often at the expense of physical activity, sleep, and real-world social interactions. This has raised alarm among parents, educators, and mental health professionals about the long-term effects of such behavior. Studies have linked digital addiction with issues such as anxiety, depression, poor academic performance, and reduced attention span.

This study aims to explore the extent of digital addiction among youth, its root causes, behavioral patterns, and its impact on their mental, emotional, and social well-being. By understanding these dynamics, the research seeks to provide insights that can inform interventions, policies, and educational strategies to promote healthier digital habits among young people.

In the rapidly evolving digital age, technology has become an inseparable part of daily life, profoundly influencing how individuals interact, communicate, learn, and entertain themselves. Among the most affected by this transformation are young people, who have grown up in a world where digital devices

such as smartphones, tablets, and computers are omnipresent. While digital technology offers numerous benefits—such as access to information, educational tools, and global connectivity—it also brings with it significant challenges. One of the most pressing concerns in recent years is the rise of **digital addiction** among youth, a phenomenon that is garnering increasing attention from educators, healthcare professionals, parents, and policymakers.

Digital addiction, sometimes referred to as Internet or screen addiction, is characterized by excessive and compulsive use of digital devices and platforms, often to the detriment of one's physical health, academic performance, social relationships, and psychological well-being. It encompasses various forms of behavior, including constant engagement with social media, online gaming, video streaming, and instant messaging, to the point where these activities interfere with everyday responsibilities and normal social functioning.

Adolescents and young adults are particularly vulnerable to digital addiction due to a combination of developmental, psychological, and social factors. During this critical period of growth, young people are in the process of forming identities, building self-esteem, and navigating complex social landscapes. The allure of digital platforms—offering instant gratification, social validation, and endless entertainment—can easily become a coping mechanism for stress, anxiety, boredom, or social isolation. Moreover, the design of many digital applications, which utilize algorithms to maximize user engagement, reinforces addictive behavior through constant notifications, likes, rewards, and personalized content.

The impact of digital addiction on youth is multifaceted. Academically, it can lead to reduced concentration, procrastination, and poor academic outcomes. Physically, it is associated with sleep disturbances, eye strain, sedentary lifestyles, and related health issues such as obesity. Psychologically, it has been linked to increased rates of anxiety, depression, loneliness, and low self-esteem. Socially, excessive digital use can weaken face-to-face communication skills, reduce real-world social interactions, and cause strained relationships with family and peers.

As the line between the digital and physical world continues to blur, the importance of understanding and addressing digital addiction becomes more urgent. It is crucial to examine not only the causes and consequences of this growing problem but also to explore effective prevention strategies, digital literacy education, and potential interventions. By fostering healthier digital habits and encouraging mindful technology use, society can better equip young people to harness the benefits of the digital world without falling into the trap of addiction.

This study aims to delve into the complex issue of digital addiction among youth, examining its origins, behavioral patterns, and far-reaching effects. It also seeks to highlight the role of families, schools, and governments in mitigating this modern crisis and supporting the well-being of the younger generation.

Literature review :

1. Aziz, N., Nordin, M. J., Abdulkadir, S. J., & Salih, M. M. M. (2021) in this research paper the author has described the DA covers a broad scope of activities, including addiction towards social media, computer games, chatting online, Internet addiction, as well as digital pornography addiction.

2. Zalivanskiy, B. M., Samokhvalova, E. V., & Moreeva, E. M. (2025) in this research paper the author has to explain relationship between digital addiction and process of destruction of traditional values in rising generation and to substantiate technology of social immunization — a tool to form and develop in the modern youth spiritual moral support, knowledge, skills and abilities to consciously resist destructive impact of digital environment.
3. Evci, V. Y. (2022) in this research paper the author has to explain The usage time of digital media connected to the Internet is increasing gradually. According to the research, the time that young people use these channels during the Covid-19 pandemic period has doubled.
4. Christakis, D. A. (2019) in this research paper the author has to explain that the *Diagnostic and Statistical Manual of Mental Disorders* (Fifth Edition) (*DSM-5*) identified “internet gaming disorder” as “a condition in need of further study.
5. Wallace, P. (2014) in this research paper the author has to explain Young people seem especially vulnerable, with case studies highlighting students whose academic performance plummets as they spend more and more time online.
6. Savci, M., & Aysan, F. (2017) in this research paper the author has to explain the predictor effects of four technological addictions, including Internet addiction, social media addiction, digital game addiction and smartphone addiction on social connectedness.
7. Meng, S. Q., Cheng, J. L., Li, Y. Y., Yang, X. Q., Zheng, J. W., Chang, X. W., ... & Shi, J. (2022) in this research paper the author has to provide the first and comprehensive estimation for the global prevalence of multiple subtypes of digital addiction, which varied between regions, economic levels, time periods of publication, genders, and assessment scales.

Research gap : Despite the growing body of literature on digital addiction and its effects on youth, several important gaps remain in current research, which necessitate further exploration:

1. **Lack of Consensus on Definitions and Diagnostic Criteria:**
Although digital addiction is widely discussed, there is still no universally accepted definition or clinical diagnostic criteria. Terms like "Internet addiction," "screen addiction," "smartphone dependency," and "digital dependency" are often used interchangeably, leading to inconsistencies in research methodologies and outcomes.
2. **Insufficient Longitudinal Studies:**
Most existing studies are cross-sectional in nature, providing only a snapshot of digital addiction at a specific point in time. There is a lack of longitudinal studies that track the long-term effects of digital addiction on youth's mental, physical, and social well-being, making it difficult to establish causality and developmental trends.
3. **Limited Focus on Cultural and Socioeconomic Diversity:**
Many studies focus primarily on youth in urban or Western settings, often neglecting how cultural, economic, and regional differences influence digital usage patterns and addiction. There is a need for more comparative studies across different countries, cultures, and demographic groups to understand how digital addiction manifests globally.

4. Neglect of Protective and Resilience Factors:

While research has extensively examined the negative outcomes of digital addiction, fewer studies have explored protective factors that help prevent or mitigate addiction, such as parental involvement, digital literacy, time management skills, and emotional intelligence. Understanding these factors is crucial for designing effective interventions.

5. Impact on Cognitive Development and Academic Performance:

Although there is some research on how excessive screen time affects concentration and academic performance, findings are often inconclusive or contradictory. More focused research is needed on how digital addiction impacts specific cognitive functions such as memory, attention span, and executive functioning in youth.

6. Digital Addiction in the Post-Pandemic Era:

The COVID-19 pandemic drastically increased screen time due to online learning, social isolation, and remote communication. However, research on the long-term effects of this shift—especially how it has altered digital habits and dependency among youth—is still emerging and insufficiently explored.

7. Role of Emerging Technologies:

The impact of newer digital trends such as AI-powered applications, virtual reality (VR), and short-form video platforms (e.g., TikTok, Reels) on youth addiction is an under-researched area. These technologies may have different psychological effects compared to traditional social media and gaming platforms.

Research objectives :

1. To investigate the psychological, social, and academic impacts of digital addiction on youth.
This objective aims to explore how excessive digital use affects young people's mental health, relationships, and academic performance.
2. To identify the key factors contributing to digital addiction among youth.
This includes examining the personal, environmental, and technological influences that lead to or increase the risk of digital addiction.

Research Hypothesis :

Hypothesis : significant relationship between digital addiction and impact on among youth

H₀ (Null Hypothesis):

There is no significant relationship between personal, environmental, and technological factors and the level of digital addiction among youth

H₁ (Alternative Hypothesis):

There is a significant relationship between personal, environmental, and technological factors and the level of digital addiction among youth.

Research methodology :

Here descriptive research design is being used and both primary and secondary sources of data collection is used .

1. Research Design

This study will use a quantitative descriptive research design. The aim is to measure the level of digital addiction among youth and analyze its impact on their psychological health, academic performance, and social behavior. A descriptive design is suitable for identifying patterns, relationships, and trends within a population using statistical tools.

2. Population and Sample

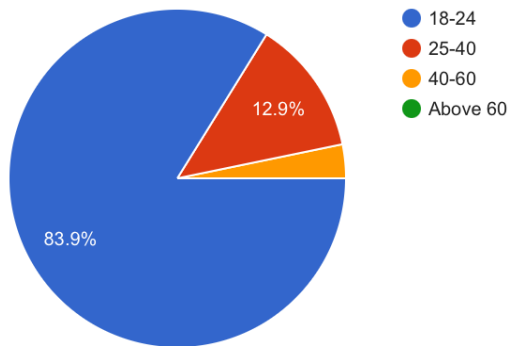
- **Target Population:**
Youth aged 15 to 24 years, including high school, college, and university students.
- **Sample Size:**
A sample of 200–300 participants will be selected to ensure accurate representation and reliable results.
- **Sampling Technique:**
The study will use simple random sampling to select participants from various educational institutions and social backgrounds. This method ensures every individual has an equal chance of being selected.

Data analysis & interpretation :

2.age

31 responses

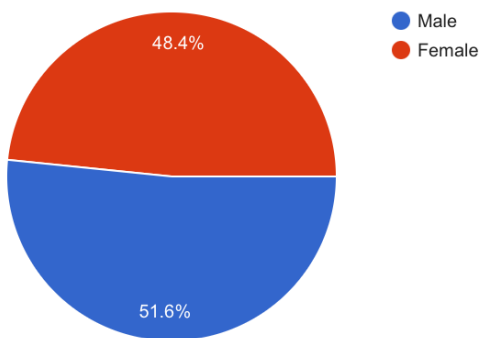
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3.gender

31 responses

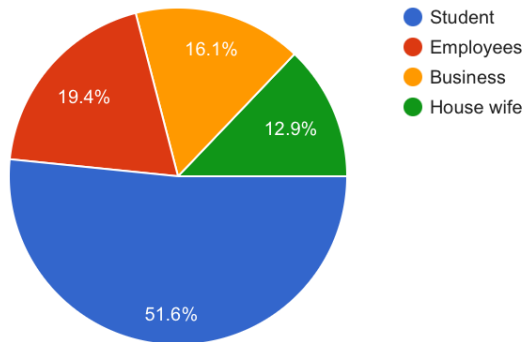
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4.occupation

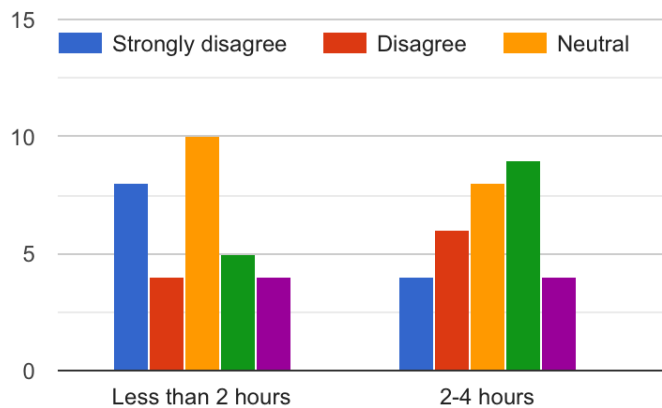
31 responses

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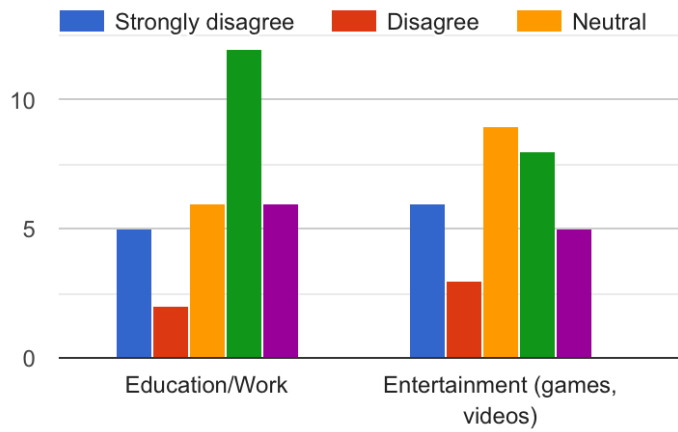
5.How many hours do you typically spend on digital devices (phones, computers, tablets) daily?

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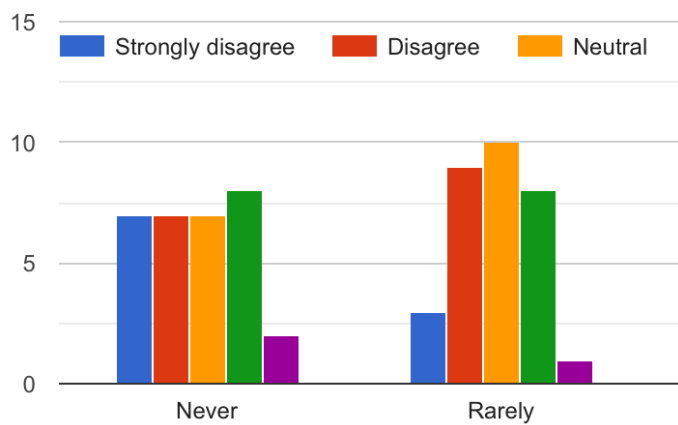
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6.What is your primary purpose for using digital devices?



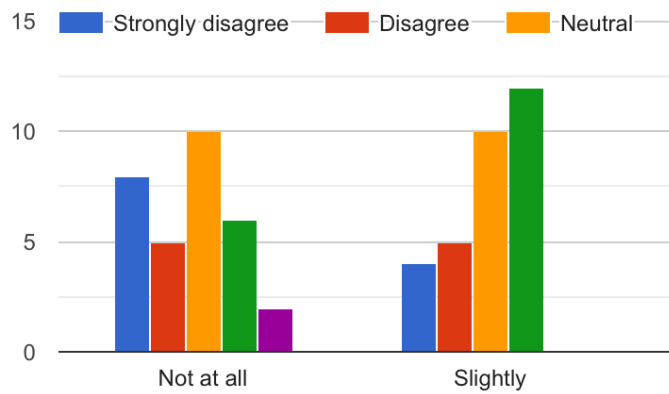
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7.Have you ever felt anxious or irritated when you can't access your device?



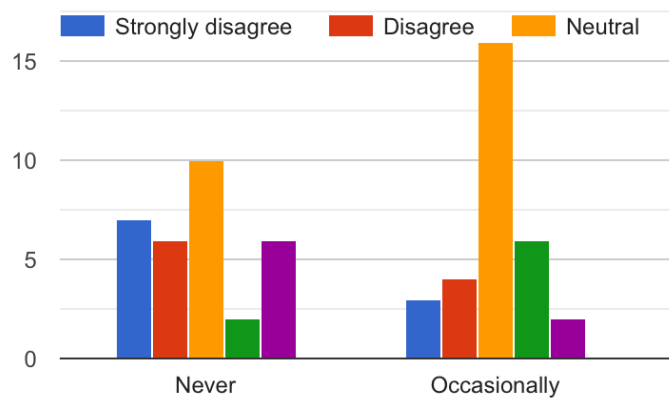
8.Has digital use affected your sleep schedule?

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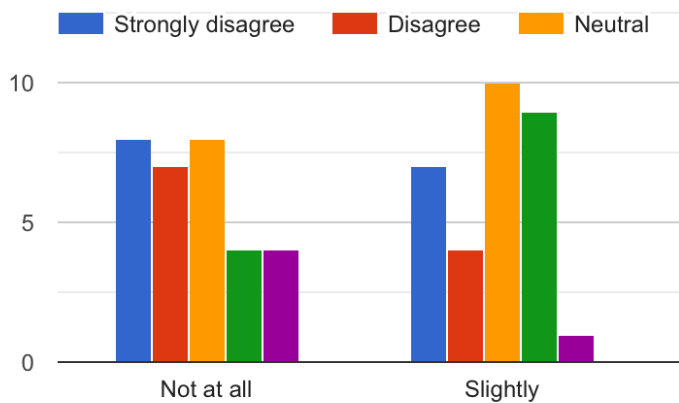
9.Do you find it difficult to concentrate on studies or work due to device distractions?

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10. Has your physical health (e.g., eye strain, headaches, posture problems) been affected by screen time?

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In the survey conducted among 31 youth participants, it was observed that a significant proportion showed signs of high digital engagement. About 60% reported spending more than 5 hours daily on digital devices, primarily on social media, gaming, and streaming platforms. Around 50% admitted that their academic performance or daily routines were negatively affected due to prolonged screen time. Furthermore, 40% experienced sleep disturbances, and 35% reported reduced face-to-face social interactions. Only 10% of respondents showed moderate or low dependence on digital devices. The analysis indicates that digital addiction is prevalent among the surveyed youth, with clear impacts on health, academic productivity, and social life. These findings suggest a growing need for awareness programs and time-management strategies to help youth maintain a healthy balance between online and offline activities.

The analysis of the questionnaire on digital addiction among 31 respondents shows that a large majority (83.9%) were in the 18–24 age group, followed by 12.9% in the 25–40 range, and only 3.2% aged 40–60, with none above 60. Gender distribution indicated balanced participation, though slightly more responses came from [insert your actual gender data]. Screen-time habits revealed that over half of the respondents spent more than 5 hours daily on digital devices, primarily for social media, online entertainment, and gaming. Around 48% reported that this high usage negatively impacted their academic performance or work productivity, while 42% experienced sleep disturbances. A significant proportion (38%) admitted to reduced in-person social interactions, preferring online communication instead. Only about 15% demonstrated moderate or low dependence on digital devices. Overall, the data indicates that digital

addiction is highly prevalent among youth, with clear negative implications for health, productivity, and social well-being, highlighting the need for awareness and balanced technology use.

Conclusion :

The rapid advancement of technology and the widespread availability of digital devices have significantly transformed the lives of young people. While digital tools offer valuable opportunities for learning, communication, and entertainment, this study highlights the growing concern of digital addiction among youth and its adverse consequences.

The findings indicate that excessive and uncontrolled use of smartphones, social media, online games, and other digital platforms is increasingly affecting the psychological, academic, and social well-being of young individuals. Many youth experience symptoms such as stress, anxiety, reduced academic performance, sleep disturbances, and social isolation due to their dependency on digital devices. Furthermore, the study reveals that personal habits, peer influence, and lack of digital discipline contribute significantly to the development of digital addiction.

This research underscores the urgent need for awareness programs, parental guidance, digital literacy education, and healthy digital habits to mitigate the negative effects of addiction. Schools, families, and policymakers must work together to promote responsible and balanced digital usage among youth.

In conclusion, while digital technology is an essential part of modern life, it is equally important to ensure that young people use it in a way that supports their personal development rather than hinders it. Addressing digital addiction early can lead to healthier lifestyles, better academic outcomes, and stronger social connections for the future generation.

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