



## USE OF TECHNOLOGY AMONG TEENAGERS: BETWEEN NECESSITY AND DEPENDENCY

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**Abstract:** In the context of accelerating digitization and increasingly easy access to technology, adolescents represent one of the most vulnerable age groups to the influence of the digital environment. While technology offers significant benefits in education, information access, and social interaction, its excessive and uncontrolled use can lead to emotional, behavioral, and cognitive imbalances. This paper investigates the impact of prolonged exposure to electronic devices on adolescents, highlighting key manifestations such as digital anxiety, depression, sleep disturbances, social isolation, and declining academic performance. At the same time, it also explores the positive dimensions of technology—fostering creativity, enabling rapid access to information, and facilitating global communication—thus portraying a complex and nuanced picture of adolescents' relationship with the digital world. The study argues that technology addiction is not a myth but a growing reality, and maintaining a balance between use and self-regulation is essential. It emphasizes the importance of educational and social measures aimed at preventing the negative effects of excessive digital exposure and promoting the use of technology as a tool for sustainable personal development among young people.

### • Introduction

In recent decades, technology has undergone rapid development, profoundly influencing all aspects of daily life, from communication and education to entertainment and identity formation. In this context, adolescents, who are at a crucial stage of psychosocial development, are among the most receptive but also the most vulnerable users of digital technology.

A growing number of studies highlight that excessive use of technology among adolescents can have negative effects on mental and emotional health, leading to disorders such as digital anxiety, depression, decreased self-esteem, and impaired real-life social relationships. At the same time, a deterioration in academic performance has been observed, caused by decreased attention and concentration.

On the other hand, technology brings undeniable benefits: it facilitates rapid access to information, develops digital skills, provides educational resources, and stimulates creativity. Thus, a paradox emerges: technology is simultaneously an indispensable resource and a potential risk factor.

### • Material and method

To carry out this work, a qualitative methodology was used, based on the analysis of specialized literature, studies published by national and international institutions, as well as articles from credible sources in the online press and educational platforms.

The information was collected through documentary research, and the working method consisted of synthesising these sources and structuring the relevant information according to areas of impact: mental health, social life, academic performance and physical condition. The paper does not include field research, but is based exclusively on secondary data and existing analyses.

### • Results and discussions

Technology addiction among teenagers is not simply an exaggeration or an unfounded fear of modern society, but a reality with proven effects on mental, social, and physical health. Young people are spending more and more time online, and the balance between digital and real life is becoming increasingly difficult to maintain without educational intervention and proper guidance.

To summarize how technology use influences adolescent development, it is necessary to highlight the main areas affected. The following figure provides a representation of these interdependencies, illustrating both the multidimensional nature of technological influence and the connections between the psychological, social, and physical effects identified in recent literature.

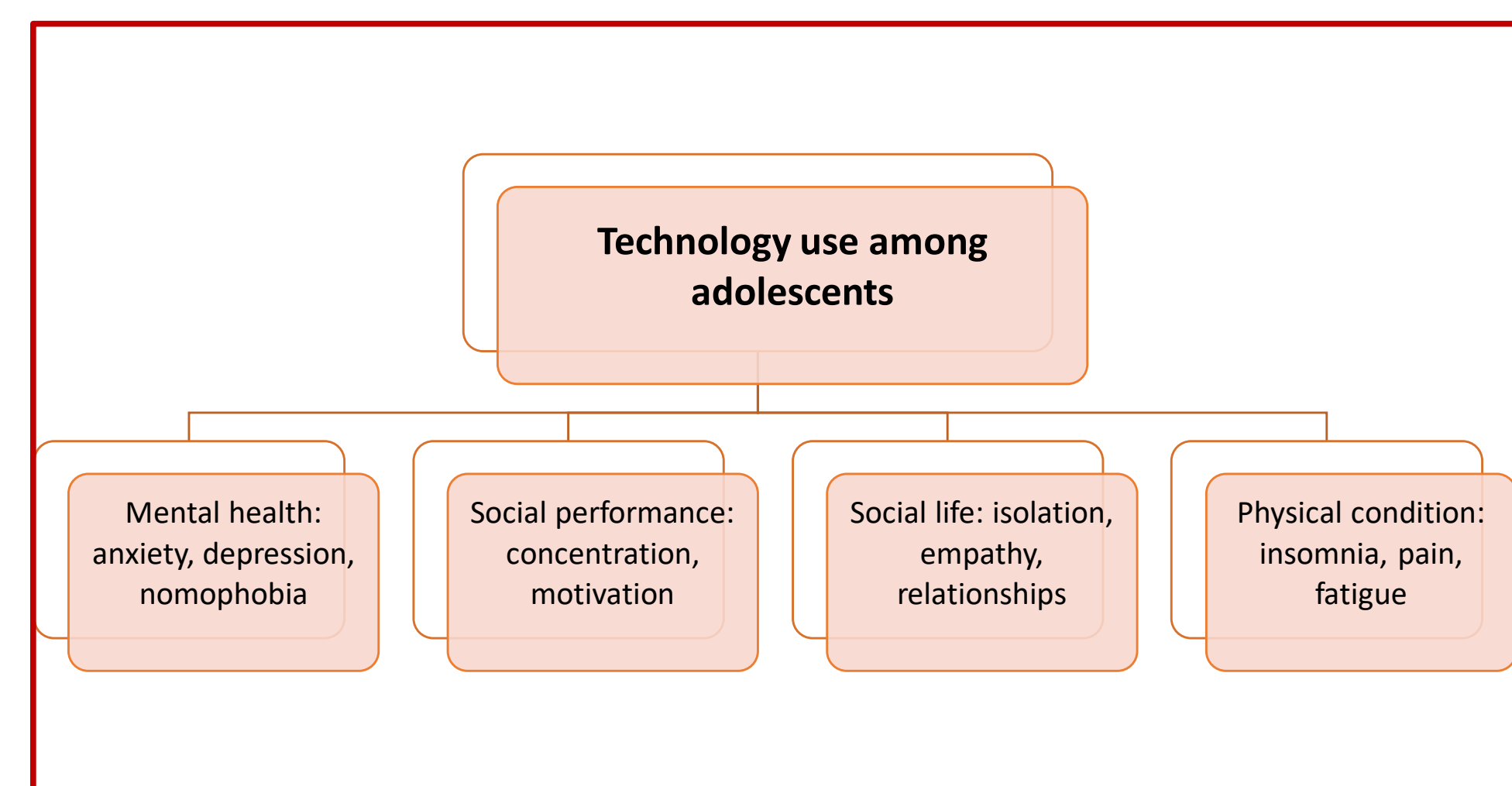


Figure 1. Areas of impact of technology use among adolescents

In addition to the dimensions identified in the figure above, there is also a growing tendency for adolescents to internalize their conflict with the digital environment. Young people not only spend a significant amount of time in front of screens, but also experience constant social pressure and comparison, fueled by social networks, where self-image is often artificially constructed and idealized. This pressure affects self-esteem, accentuates personal insecurities, and can lead to withdrawal behaviors and even episodes of depression.

At the same time, technology should not be perceived as an enemy, but as a powerful tool that, when used correctly, can support learning, personal development, and connection between people.

Therefore, the solution is not to eliminate technology from teenagers' lives, but to cultivate conscious, controlled, and balanced use that allows them to reap its benefits without becoming victims of it.

### • Conclusions

Technology addiction among young people is not a myth, but a documented reality with profound implications for mental health, social relationships, and cognitive development. However, technology should not be demonized, but understood and managed intelligently.

The role of parents, teachers, and society is essential in educating young people about balanced and conscious consumption of digital resources. Only by encouraging real interactions, promoting offline activities, and establishing clear rules can we prevent the long-term consequences of technology addiction. Students will need to be able to apply basic techniques in planning, organizing, and controlling production on a farm.