Opinion

Kids are addicts. We should worry.

Drain and strain: The major effects of digital devices and social media brought to light

Across college campuses, students are being inundated with academic lecture notes, reaffirm student community living standards, health and mental health concerns, and the dangers of alcohol and other drugs. The use of these devices continues to grow as they are found in almost every academic institution.

According to statistical studies, recent data suggests that the use of digital devices is becoming more prevalent among college students. However, the overuse of these devices can lead to a variety of negative effects on students.

The overuse of digital devices can lead to a variety of negative effects on students. These effects include diminished school performance, depression, anxiety, sleep disturbance, and problems with relationships.

For example, the use of digital devices while driving can lead to accidents. In 2018, the National Highway Traffic Safety Administration reported that 3,000 people were killed as a result of distracted driving caused by the use of digital devices.

In addition, the use of digital devices can lead to a decrease in physical activity. According to the Centers for Disease Control and Prevention, less than 15% of adults meet the recommended guidelines for physical activity.

Furthermore, the overuse of digital devices can lead to social isolation. Students who spend more time on their devices are less likely to interact with others, which can lead to a decrease in social skills and decreased self-esteem.

To combat these issues, universities have taken steps to educate students about the problems of digital media addiction. Some universities have implemented policies that restrict the use of digital devices during class time, while others have created programs to help students limit their screen time.

University of Alabama psychiatrist and business school lecturer Alan Blum, M.D., writes, "There is a growing body of research that shows the negative effects of prolonged exposure to digital devices, especially during sleep. Excessive use of digital devices can lead to sleep disturbances, decreased alertness, and a decrease in overall health.

At the University of Alabama, Dr. Blum has created a program called "Digital Detox." The program encourages students to limit their screen time and engage in other activities that promote physical and mental health.

University of Alabama students who participate in the program report a decrease in anxiety and an increase in overall well-being. The program has been successful in reducing the negative effects of digital media addiction.

In conclusion, the overuse of digital devices can have serious negative effects on students. Universities and other organizations must work together to educate students about the problems of digital media addiction and provide resources to help students limit their screen time.

The University of Alabama is committed to providing a healthy and safe environment for all students. By implementing policies and programs like the "Digital Detox," the university is taking steps to reduce the negative effects of digital media addiction.

University of Alabama

Alan Blum and Thomasz Gruchala

For AL.com

The major effects of digital devices and social media brought to light

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