

Youth and Technology: A Review Paper

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Abstract

In today's society The Proliferation of technology and internet has transformed the way the youth interact with each other in the real world. From smart applications to technology internet has played a vital role in the lives of the people. However, thoughtful how youth operate and are impacted by technology requires a complete examination that considers various factors such as socio-economic status, cultural background and individual preferences. This review paper pursues to discover the nuances of youth technology usage, highlighting both its advantages and challenges. This review paper explores the multifaceted relationship between youth and technology, highlighting the necessity for various approaches in studying its usage. By synthesizing existing literature, this review aims to provide insights into the complications of youth technology engagement and inform strategies for promoting responsible and healthy digital interactions.

Keywords: Youth, Technology, Social Media, Internet

Introduction

The prevalent rise in youth engagement with digital technology has integrated it seamlessly into everyday life, exerting reflective influences on the cognitive, mental, and physical well-being of individuals.

According to the author [Megan A Moreno (2022)] it is better to understand the adolescent digital technology use. we need new approaches that can assess distinct profiles within study populations and take a balanced approach to understanding the risks and benefits of digital technology use.

The author stresses the importance of employing diverse methodologies to understand how youth engage with technology, advocating for a nuanced analysis of differences among specific demographics. It is crucial to highlight both the advantages and challenges of technology usage.

Although some studies have indicated associations between social media use and negative mental health outcomes, others have found no evidence of mental health harm. This statement has been given by author during review. [Bdour Alwuqaysi (2024)].

Some of the authors have revealed that there is a negative impact on youth due to excessive use of technology and social network but few authors stated that there is no evidence found that would create a negative effect on an individual.

Researchers also found that Although the internet has its advantages, we must look at the traps set that pose a danger to most of the children uncontrollably searching the internet content that is often inappropriate for their age and stage of development.[Janez Mekinc(2013)].According to the above review statement it is unstated that use of technology by youth will vary based on the following factors such as age, stage of development ,sex ,type of indication searched by an individual over network. Therefore, these factors have an important cause and effect on practice technology and internet by youth.

[Mantas, J. (2016)] Excessive use of the Internet has both internal and external effects for users. The internal output is the psychological and emotional sector and personality problems that may arise, such as reduced psychological wellbeing for excessive users according to research findings. The external influence refers to the functionality of the user and the problems associated with reduced activities in real life and minimal to non-existent interaction with the social environment.

According to the above author internet provides quick access to information and resources through the various website which further facilitates in communication as well. But it is up the user how to make use of such information without critically effecting individual by any means. There is very less social interaction among youth with the essence of internet and technology and reduced real life activities among individuals.

Technology has the capability of enhancing quality of life and economic performance. When youths do not have the knowledge or skills to use the latest technology, it affects their outlook of life. [Dr. Aniefiok S. Ukommi, B et al. (2015)]. Some authors suggest that if youth do not have the skills or knowledge and usage of the latest technology it would affect their distinctiveness and exceptionality. Technology enables the concert and increases the eminence of a distinct in factual life.

Challenges of technology Usage

While technology offers numerous benefits to young people, including access to information and opportunities for communication and collaboration, it also poses various challenges. Addressing challenges is very essential for healthy usage of technology among youth. Challenges include concerns related to non-existent interaction i.e. social interaction, emotional behavior, screen addiction, Cyber bullying and psychological wellbeing, personal problems.

Advantages of Use of Technology

Despite the challenges, technology provides young people with valuable resources and opportunities for learning, creativity, and self-expression. technology's capacity to enhance quality of life and economic performance is undeniable. By harnessing its transformative potential, societies can achieve greater prosperity, resilience, and inclusivity, ultimately advancing human progress and well-being.

Conclusion

Understanding youth and technology requires an inclusive approach that deliberates the intricacies of their digital connections. By accenting both the challenges and advantages of technology use among young people, this paper lays the foundation for further exploration and discussion in this critical area of study.

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