An Evaluation on The Problem of Digital Addiction in Youth

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ABSTRACT	Review Article
There are approximately 65.8 million internets, 60 million social media, and 77 million mobile users in Turkey. 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. Some young people who use digital media can neglect their responsibilities and develop wrong attitudes and behaviors in online environments. As a result of this, material and moral damage may also occur. For this reason, strategies should be determined on the correct, limited, and beneficial use of online and offline digital environments. The purpose of this article is to explain the causes of digital addiction caused by excessive use of digital media, the risks it poses to young people, and some precautions that can be taken by examining previous studies. The study is a compilation study. First of all, by scanning the literature, it is focused on what are the inevitable situations of digital addiction in digital environments. The causes of addiction along with problematic internet use are discussed. In addition to making life easier, digital media also provides information about the negative effects of academic failure, loss of self-esteem, stress, depression, and anxiety on young people. Then, intervention studies aimed at preventing, protecting against, and getting rid of digital addiction are mentioned, which support the limited, useful, and productive use of digital media, and also support digital addiction prevention. It is thought that this study will be a study that will be applied to those who serve in the field such as teachers, sociologists, psychologists, media, marketing, and engineers who research useful, limited, productive use of digital platforms, especially to academics who research digital addiction.

Key Words: Digital addiction, youth, game, ıntervention | |

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Introduction

Throughout history, there are periods such as the development of agriculture, the invention of the wheel, the discovery of technology, and the Internet, which restructured the development of mankind. Human life, which changes individually and socially with technology, is pregnant with greater developments with the digital revolution. With this change, some devices become indispensable in our lives, while excessive use of devices such as computers, mobile phones, tablets, or televisions, which are especially used a lot, can negatively affect the lives of individuals. Even more interesting is that as a result of excessive use of digital media, addictions such as internet addiction, technology addiction, and mobile phone addiction occur, and every day new behavioral addictions such as social media addiction, Netflix addiction, Nomophobia, and Fomo are added to the literature.

The Covid-19 pandemic, which started in Wuhan, China in late 2019, has played a major role in changing habits at the same time as threatening the health and life of humanity. As with pandemics throughout history, it is known that the Covid-19 pandemic caused deaths, economic activities such as industry, agriculture to stop or slow down, and everyday life to be disrupted. To protect against the pandemic, individuals living in social isolation are using digital environments connected to the Internet more and more. In particular, during the pandemic period, education, work, entertainment, gaming, communication and interaction in digital environments connected to the Internet increase the behavioral addictions that develop due to these environments. Although their names are different, the causes, consequences, and solutions of digital addictions that develop in digital environments are usually similar to each other.

What is the predisposition of young people to digital addictions? How does digital addiction develop? What should be done to combat and protect digital addictions? What steps would be useful to take for young people who are the architects of the future to use digital platforms in a useful, productive, and limited way?

This study is a compilation study that seeks answers to these and similar questions by conducting a literature review. In the study, books and articles written primarily on the problem of digital addiction in young people were examined. After the studies on the problem of digital addiction in young people, digitalization, digital addiction, young people, and practices that keep young people in digital environments for a long time, the causes and consequences of digital addiction were focused on. Then, what has been done to solve the problem of digital addiction, what steps have been taken, digital environments are limited and studies aimed at using them productively that are beneficial to humanity have been examined. In this study, information about preventing and protecting against digital addiction, which is seen as a problem in the digitalizing world, is included. In addition, a review is also being made about the studies conducted on whether awareness training and activities that are an intervention for preventing digital addiction, and protecting against addiction contribute to awareness, awareness, and guiding an individual's life. It is thought that many people, including psychologists, sociologists, guidance counselors, teachers, and families, especially academics who are looking for solution to digital addiction, will benefit from this study.

Method

Children and young people use digital platforms a lot for many reasons, especially for education, entertainment, sports, and leisure activities. Along with digitalization, digital and online media are the new address of many preoccupations about life. This brings with it all kinds of threat that may occur online. In virtual environments, which are vulnerable environments, children and young people are a risk group because they do not take enough

security measures. Excessive use of digital platforms due to necessity can open the door to addiction. The risk of internet addiction is thought to be approximately 28.5%, while the Dec internet use rate varies between 17.4% and 26.4% in young people. It is found that the risk of Internet addiction is higher in middle school students with 30.07% (Bağatarhan, & Siyez, 2017, s.245).

Excessive use of digital platforms can cause young people to disrupt even activities that are important for their development, such as studying, self-education, playing sports, eating, and sleeping. In this study, identifying the problem of digital addiction and revealing the existing solutions has a very important place in terms of examining many related units such as family, children, youth, education, media, economy, and marketing. Increasing such studies and publications will also lay the groundwork for better and more productive studies. The study started with the examination of books, postgraduate theses, and articles written so far. During the study, theses other than printed books were accessed online from the National Dissertation Center, and articles were also accessed via Dergipark and google Academic. The sources reached are much more than the 67 sources given in the bibliography of the compiled research. Read the research obtained and analyzed after digitization, youth, touched on the issues of digital dependency after the digital addiction of the individual, social (family, friends), technical (social media, gaming, and online compilation about platform reviewed. Then, focusing on the recommendations of intervention studies conducted on ways to prevent, prevent and get rid of digital addiction, what needs to be done in this regard was discussed. This study is an original review.

Digitaization

The concept of digital is the expression of data in an electronic environment by digitizing it with the help of electronic tools (Demircioğlu, 2016, s. 593). After the discovery of computers and digital technology, the acquisition, accumulation, and preservation of information have become both easier and have acquired a different character from traditional methods (Kıvanç, 2019, s. 92-93). Nowadays, it is both very easy and very important to access, transfer, control, and protect information about everything in digital environments. The content presented in digital environments provides individuals with information, persuasion, decision, acceptance, and approval stages quickly (Yengin, 2019, s. 137).

The founders of Internet-connected digital environments are trying to extend people's stay in these environments both by creating alternative applications continuously according to the wishes, expectations, and character of each person and by the system they have created in Silicon Valley. In addition, because they have designed these media to manage, direct and use the masses as an economic Sunday, they manage to reach the masses from the individual to the society, from the society with a special language that will serve this purpose. In these networks, the function of liking in body language, which is very important for humans, is used excessively and feelings of satisfaction are fed by algorithms (Aycanoğlu, 2017, s. 27; Türkyılmaz, 2015, s. 268). In social media environments, people are both the promoters of the content they produce and the consumers of the products they promote, by being guided by algorithms without being aware of it (Canbek, 2020, s. 3).

The effect, color, image, depth perception, movement, proximity, sincerity, curiosity, interest used in social media and mobile game applications, one of the most used platforms of the virtual world, has been used for a long time by keeping it constantly alive, and It's getting harder to leave these places (Sayar, 2019, s. 204). Individuals who use these media for a while can free up their time not only in their spare time, but also to stay in these environments. Online platforms that enter human life with technology are exploiting televisions in a more dangerous way than the siege of human time. The founders of these environments aim to attract the attention of individuals using virtual environments to the advertised products and

services. This is how capitalism is gaining strength in the virtual world (Yengin, 2019, s. 137). The innocent-looking leisure-filling tool of traditional media now comes across as digital leisure. The innocent-looking leisure-filling tool of traditional media now comes across as digital leisure. In addition to performing their daily activities in digital environments, individuals spend a very long time on pages that are entered on innocent grounds and clicked by saying "let me just look for five minutes. In digital environments, every moment of individuals is tracked with algorithms defined as footprints and the use of the individual in these media is guided by algorithms. Moreover, McLuhan claims that this technology replaces the central nervous system, which provides information by managing human perception (Yengin, 2019, s. 134; Sayar & Yalaz, 2019, s. 175). There are over 100 billion clicks per day on the Internet. In this system, the operation performed by the machine depending on the clicks is expected to exceed the processing capacity of all humanity in 2040. In addition, McLuhan thinks that technology will invade the inner world of people by penetrating every waking moment and people will look for a place to hide from technology (Yengin, 2019, s. 136).

According to Baudrillard, "real" is reproduced by technology and machines. In digital environments, which have a fast and fluid interface, many things related to social, political, cultural, and economic life, in short, can be simulated (fictional) and shown as real. Some people can produce personalities that they do not have in real life as they wish and present themselves as a different person on the internet. In addition to the fact that truth is mixed with forgery with such behavior, individuals who assume this fake identity can also be double-person and unreliable individuals (Karaduman & Acıyan, 2020, s. 455-458). Sim Parker, one of the founders of social media, expresses that the dopamine secretion secreted for the likes that social media users receive on a share is sufficient for addiction. Explained that this system, which was established to be socially approved or to receive feedback, is hacking a vulnerability. In addition, social media applications are designed as applications aimed at consciously consuming the maximum amount of human time and attention, and he also made statements that it is aimed to manipulate individuals with these devices (Sayar & Yalaz, 2019, s. 115).

Today, the digital world gives direction not only to individuals but also to history. The view put forward by Innis that "those who have the means of communication dominate the world" is seen in media environments connected to the Internet. Globalization, which starts with technology and accelerates with digital, shows that the dynamics of society will change (Kaya-Erdem & Kemiksiz, 2019, s. 322). This shows that McLuhan's "Global Village" discourse is justified. (Tiryaki, 2015, s. 100; Babacan, 2016, s. 58). There is such a problem as the invasion of world cultures by both traditional and new media and cultural industries. These developments, on the one hand, threaten local cultures and their values, and on the other hand, create new hybrid cultures (Çaycı & Karagülle, 2016). In addition to all these, a digital divide is created for those who cannot access digital environments in education, economy, business, and social life in social and global terms due to economic and political problems (Öztürk, 2002, s. 2).While technology creates a global culture on social media, real communities are declining and virtual societies are rising (Babacan, 2016, s. 65). In this context, all the structures related to life in the established new world order continue to be presented to people in the digital environment (Sucu, 2020, s. 565).

On online platforms, people are easily seen and monitored with their own digital identities. Is the digital world a transparent prison (Yengin, 2019, s. 143) or is it a Truman Show? (Yiğit, 2009, s. 262). Digital environments connected to the Internet; A digital interaction, hypertext model, being connected to the network and virtual, as well as being timeless and spatial, can capture the individual very easily. To understand whether an individual is in this captivity, he needs to look at the duration of use and constantly monitor

himself (Yengin, 2019, s. 137).

Youth

Addiction to digital environments seen in individuals of all ages is more common in young people and children, this prevents them from focusing on their personalities, planning their future, and training and activities that will raise them. Experts classify generations as X, Y, Z, and Alpha, taking into account the differences between generations with technology. Of these, the Y, Z, and Alpha generations, which have high compliance with technology, are also called the Millennium generation in general. Generation Z has been growing up in the internet and interactive digital environments since infancy, while generation Alpha is the generation that encounters mobile devices and technologies when they open their eyes to the world (Ertemel & Aydın, 2018, s. 669). Considering that 95% of young people, regardless of gender, adapt to digital gaming culture like all other digital environments, the impact of digitalization will be better understood (Bozkurt & Genç-Kumtepe, s.2). The next generation, also defined as the digital generation, can perceive digital environments as extreme needs such as air and water. Since the dates each society meets with the digital environment are different, the boundaries between generations are determined by the phases of that society with digital media (Kuyucu, 2014, s.63; Tuğyam-İlhan, 2018, s. 40).

The life of the new generation, which is highly compatible with digital, is shaped in a virtual environment that is individual in every sense and cares about the image excessively. With digitalization and the internet, similar generational characteristics are seen in most parts of the world and societies are becoming uniform (Kaya-Erdem & Kemiksiz, 2019, s. 318; Twenge, 2013). This new generation can do most of the activities such as shopping, having fun, having a discussion, being intellectual, playing games, flirting, and sharing emotionally in a virtual environment (Kaya & Kemiksiz, 2019, s. 319). In addition, gets bored with everything quickly, constantly wants to make changes, and can switch between platforms such as computers, television, tablet, smartphone, or game console twenty-seven times in an hour, reads a text randomly, plays games instead of doing serious studies prefers to communicate his needs through messages rather than talking to people. Even approximately 65% of young people use their smartphones without leaving their smartphones at home. It is predicted that addiction related to digital environments connected to the Internet will have more destructive and permanent effects on the individual and social sense in children and young people (Eşgi, 2013, s. 183-190).

 In the studies conducted, it is seen that the use of digital environments has increased due to situations such as social isolation, staying at home, curiosity, fear, boredom, and uncertainty experienced due to the Covid-19 pandemic (Dikmen, 2021, s. 34).

The Digital Dimension of Addiction and Youth-Bağımlılığın Dijital Boyutu ve Gençler

"Bağımlılık özlemlerin öyküsüdür" (Rickmers).

Addiction is a state of cognitive, emotional and behavioral attachment in which a person obsessively, and uncontrollably engages with him in the action he performs or on the object he uses (Cengiz & Peker & Demiralp, 2020, s. 23). Addiction affects the individual's mental state, especially the environment in which he is connected with the political, economic, cultural, and other systems in which he is in, and the people with whom he has a close relationship. "Internet Addiction" is the fact when an individual loses control while using the Internet and uses digital environments connected to the Internet in a way that negatively affects his daily life, such as in impulse control disorder. and this is the inability to stop using (Tarhan & Nurmedov, 2017, s. 29). Among the digital addictions that develop in environments connected to the Internet, game addiction develops in online and offline

environments, while many others develop only in online environments. The first step that starts this addiction is that the emotions such as interest, curiosity, fear, and love, which occur in the inner world of the individual in digital environments, reach an uncontrolled level. For example, if a person looks at the notifications on the phone as soon as he opens his eyes in the morning if he is depressed when he stays away from the agenda, Fomo if he checks his phone frequently and constantly checks the notifications and cannot stay away from his phone in any way, Nomophobia, if he cannot be in the environment without internet, he may have Netlessphobia (Demircan-Uza, 2019, s. 35- 43; Özden, 2019, s. 19; Sayar & Yalaz, 2019, s. 127, ; Yengin, 2019, s. 139).

Individuals overuse devices such as the Internet, mobile phones, tablets, and computers for justifiable reasons such as education, work, and management. It is not correct to describe such mandatory use as an addiction. To talk about addiction, the duration of using the digital environment and the number of contacts with the phone are important, as well as the emotional connection and feeling of deprivation experienced with the digital environment. (Yengin, 2019, s.140). Therefore, the diagnosis and type of addiction vary depending on the platform and emotional state that the individual uses with intensity. Many people who show an addiction pattern related to digital-related activities do not realize that they are addicted, nor do they accept it. At the same time, many users are also uncomfortable with using their mobile phones and social media, which they use to a degree of addiction because it takes up a lot of their time and causes some negativity in their lives (Tutgun-Ünal, 2015, s. 1).

Turkey ranks 16th in the list of the longest daily time spent on the Internet worldwide. According to 2021, We Are Social report, the number of Internet users in Turkey is 65.8 million. This accounts for 77.7% of the population of Turkey. with 60 million social media users, 70.8% of the population uses social media channels. 97.7% of the population in Turkey uses mobile phones. Daily, Internet users spend an average of 7 hours and 57 minutes a day on the Internet in Turkey. It has been found that the average time spent online on mobile devices is 4 hours. It has been determined that about 3 hours of this time is devoted to social media, the average listening time to online music is 1.5 hours, and the game playing time on the game console is close to 1 hour (We-Are-Social-2021).

The internet industry requires all individuals from seven to seventy to stay connected to the Internet. The reason why you cannot stay away from digital environments even for a few minutes. This is the feeling of relaxation, happiness, and pleasure with the emotions experienced in the media and the anxiety felt when separated. (Sayar & Yalaz, 2019, s. 212).

Excessive use of digital media connected to the Internet has a psychological and biological impact on the individual; heart rhythm disturbance, dry eye, migraine, insomnia (Yengin, 2019, s. 139), posture disorders due to standing still can occur in various problems such as lumbar-neck hernia, aggression, aggression, rapid boredom, introversion, anti-social personality and anxiety disorder. In addition, attention deficit, learning disorders and decreased academic achievement also have a negative effect on mental health (Ertemel & Aydın, 2018, s. 670).

Causes of Digital Addiction in Young People

Nowadays, young people spend most of their time on the screen, the Internet, and at the beginning of the game. Even when they are at school, with friends, or while they are busy with another job, they think about the notifications coming from the internet, playing games, and social media. A Facebook-specific study found that excessive use of Facebook can cause academic failure, make people lonely, and the level of dependence on this social network also increases as the duration of being online on Facebook increases (Türkyılmaz, 2015, s. 268). In the studies conducted, it is seen that some young people cannot Decisively establish the connection between virtual and real in internet-connected environments and are not aware that

the virtual world is an extension of real life (Sayar & Yalaz, 2019, s. 11). In this context, it is very important how much time young people spend on these communication tools, which pages they enter, and the way they use them.

Individual Factors

Although the use of digital environments varies from society to society, from culture to culture, from individual to individual, psychological satisfaction lies at the heart (Babacan, 2016, s. 177-182). Especially in the most widely used social media environments within digital environments, the desired profile of the person, since it allows him to present the aspects he wants to highlight as he wishes, the individual can feel psychological satisfaction in the shares he makes (Tiryaki, 2015, s.23).

In an experiment with birds; In an assembly created for a pigeon in a box, the pigeon must peck a button to take the bait. The pigeon was fed randomly at the beginning and then fed every time the button was pressed. So instead of just pressing the button until it was full, the pigeon started pressing the button for much more feed than it needed, wondering if it would be rewarded again. In these and similar experiments, it is observed that as a result of the constant vigilance of the reward region in the brain, the expectation of a greater reward is formed. This, in turn, turns the repetitive routine in behavior into an endless cycle of habits (Ertemel & Aydın, 2018, s. 666). Companies that produce digital environments connect the human brain to themselves with the algorithms they create and provide an insatiable use by curiously triggering the inner world of the individual. Especially in social media environments, individuals are wondering who sees and comments on their shares after sharing or commenting. With curiosity, frequent shares, and comments are looked at, and notifications are followed. Looking at incoming notifications causes you to receive more notifications and stay on the network more. The process that starts with innocent reasons such as finding friends, following them, getting information, and spending time can turn into a habit first and then into addiction without realizing it. Interaction on social media and the continuity of streaming on the screen keep users in a loop (Ertemel & Aydın, 2018, s. 667). Every sharing made in online environments, every sentence searched in the search engine is recorded, and every second spent is given from the person's capital. Every sharing made in online environments, every sentence searched in the search engine is recorded, and every second spent is given from the person's capital. (Sayar & Yalaz, 2019, s. 237).

Everyone who uses these channels is waiting for algorithms to serve him, whether he shares or not. Algorithms make an individual stand out as they share or browse online pages. If an individual starts neglecting to share, he begins to disappear into the Internet like someone who disappears into the depths of space. In this way, he continues to stay online as a volunteer member of the virtual competition with the games he plays in the hope of producing or winning content by experiencing the feelings of being popular and discredited on social media (Sayar & Yalaz , 2019, s. 176).

Individuals can get likes from their social media accounts, get appreciated, prove themselves to a group or feel like they belong, etc. they can show themselves as very different, extravagant, knowledgeable, cultured, rich, beautiful handsome with needs and experience virtual satisfaction. Bauman refers to this change as a personal presentation culture, stating that social networks have become a fair of souls. The mentality of "publish yourself", and "I am seen therefore I am" create a new generation of narcissists (Öz, 2018, s. 47). The American Psychological Association recognizes that self-attraction is a mental disorder. Narcissistic injury and depressive symptoms can be observed when a person does not reach the targeted popularity on social media (Sayar, 2019 s.170). However, to be visible is also to afford to be supervised by more eyes (Karabıyık-Barbarasoğlu, 2020).

In research, people with psychosocial problems such as loneliness and depression

consider themselves socially inadequate, it seems that they use these environments excessively and compulsively because being social on the internet is more risk-free and they can express themselves more easily. Excessive use increases the feeling of loneliness instead of solving the problem of loneliness (Tiryaki, 2015, s. 166).

Teenagers in adolescence may be unhappy due to the effect of identity search and they are at risk of digital addiction in the internet environments that they use more to eliminate this unhappiness. Chat rooms, news and magazine accounts and games play an important role in this addiction. A study conducted on students found that depression levels were higher in girls than in boys, and boys were at greater risk of internet addiction. On the Internet, boys often watch videos, play games and chat, while girls watch videos, surf and chat. Especially as a result of excessive use of digital media by young people in adolescence who are preparing for exams, their education is negatively affected and excessive use of digital prevents them from achieving their goals (Anlayışlı & Serin, 2019, s. 762-764). According to a study conducted on the level of success, it was found that those who enrolled in the course with smart devices had a low level of success by 11% compared to those who took notes by listening to the course classically. An effective solution is to leave social media and the phone while studying, reading a book, watching a movie, spending special moments with family or friends to experience the present moment and focus attention (Sayar & Yalaz, 2019, s. 102).

The problem of trust, which governs the risks and tensions of modern life, is increasing with the complexity of social media. As trust is essential for social life, it is formed in an environment of trust in new experiences and opportunities (Babacan, 2016, s. 111). In a study conducted in the USA, it is emphasized that some children who use the digital environment a lot cannot do many activities that require self-confidence, including obtaining a driver's license and lose their sense of trust in society (The Social Dilemma, Netflix, erişim tarihi:2.10.2021/ saat:08:30).

Family and Friend Environments

The family is the basic building block of society in which an individual experiences the first learning and experiences since humanity has existed, prepares for life, and continues his life. As the foundations of the individual being a free and self-confident solid personality have been laid in the family, the family is of indispensable importance in digital addictions as well as in all addictions. The education started in the family continues in the child's school, course and all social environments. The Covid-19 pandemic and the uncertain situation it brings with it have increased the importance of the family. The anxious situation during the pandemic process negatively affects the dynamics of children to stand up safely. Many young people are moving away from the meaning and purpose of life, thinking like 'we don't need to study anymore, we're going to die. In this way, for reasons such as mood disorders, mobile gaming uses virtual environments such as social media excessively (Kırmızıgül, 2020, s. 286-287). At an important stage of their development, parents have great responsibilities regarding the pages they enter on the Internet, the platforms they use, mobile game habits, and useful content for young people who are at an important stage of their development (Yiğit & Günüç, 2020, s. 146-162).

Friends are very important in their teenage years, and teenagers often acquire new behaviors with friends. All digital addictions connected to the Internet can cause addiction due to the ability to play together for hours and stay in touch. Teenagers are ready to spend hours on the screen to have the strongest character in the sandbox game, to become the most popular person on social media. In this context, it is Dec duty of educators and policymakers, especially families, to create physical games, trips, and friend environments for young people to balance between real-life and virtual life (Sayar & Yalaz, 2019, s. 391).

Virtual Environments: Gaming and Shopping

The fact that almost all kinds of real-life activities can be carried out in digital environments connected to the Internet increases the usage time. According to a study, it was found that 40% of teenagers and 21% of adults use their mobile phones even in the toilet (Doğan-Keskin, 2019, s.30). It is a great convenience for a person to make purchases from where they are sitting. Companies can influence the consumer with versatile digital advertising methods to increase consumption whether people need it or not, and it can ensure the continuity of consumption. Individuals exposed to advertising in the first place "do I need it? "What, in what quantity, where, and how should I buy it?" in fact, when looking for answers to questions such as " can often also be convinced to buy (Karatay, 2018, s. 44-45).

The game, which has an important place in the daily activities of young people, is also being carried to these media along with digitalization. Every teenager who spends time playing games in the virtual world, and not in real life, is a volunteer employee of the gaming and entertainment industry (Cengiz v.d, 2020, s. 30). Teenagers get into a simulation with a virtual game (Karaduman & Acıyan, 2020, s. 459). Entertainment industry young people can connect them to the screen by taking their most productive time with a computer, tablet, smartphone, or game console. Individuals whose feelings of excitement, competition, and anger remain alive as they play can go into the addiction process without being aware of it. (Karaduman & Acıyan, 2020, s. 464; Yalçın-Irmak & Erdoğan, 2016, s. 129).

Digital gaming is an individual's addiction, excessive play despite experiencing social and emotional problems, and the individual's mind is busy with the game (Ögel, 2012, s. 51-52). In countries such as Japan, South Korea, the USA, Malaysia, and China, the rate of digital addiction is very high in young people. According to a study conducted in South Korea, 2.4% of individuals aged 9 to 39 years (about 546 thousand) Dec treatment for Internet addiction (Aydoğan, 2017, s. 105-107). According to 2019 data, 2.5 billion people in the world, that is, about one in every three people, play digital games (Küçük & Çakır, 2020, s. 135). The age range with the highest computer and internet usage rates in Turkey is the 16-24 age group. These rates are higher in men of all age groups (www//tuik.gov.tr). Especially those who receive their income from children and young users (Aydoğan, 2017, s. 105) the digital game Dec is among the fastest-growing sectors in the world. In some games, especially the presentation of the female body through advertisements and other pornographic posts, it can negatively affect both the psychology of the user and the perspective of individuals toward women. (Yücel & Şan, 2018, s. 92).

Digital games, it is criticized that it deters children from physical game culture, expose children to various stimuli, draw children to an isolated life away from society, does not reflect real life (Göldağ, 2018, s.1289). However, children's excesses in playing digital games can be overcome by family communication. In a study conducted on children whose parents are particularly concerned, in the comparison of children whose game content and duration were followed with children who were not followed; It is seen that the level of addiction is high in children who were not followed (Göldağ, 2018, s.1304). It has been found that digital addiction or problematic use has decreased in young people who have increased social support around them, such as family, friends, and teachers (Nergiz Fidan-Nergiz, 2021, s. 62).

The vast majority of digital games are based on content such as competition, ambition, violence, lust, and greed (Douglas & Gentile & Ronald-Gentile 2007, s.21) instead of being formed, they should be designed to develop curiosity, research, thinking, and bonding abilities according to the developmental levels and needs of children and should be able to contribute to their development (Alexiou & Schippers & Oshri, 2012, s.1246).

In addition, there are studies showing that games have negative aspects on children and adolescents, as well as studies showing that they are an important tool for strengthening the social aspect, increasing attention, relaxation, and individual well-being (Akbulut, 2013,

s.54).

Social Media

Nowadays, there are many social media sites with different application varieties. The content of sharing on these platforms can be anything that concerns everyday life, from clothing to decor, sports to art, education to cosmetics, food, shopping, travel, entertainment, religion and politics, psychological situations (Yılmazsoy & Kahraman, 2017, s. 9).

Young people spend more time on social media and the internet than they think, social media, when he wants to get off the Internet, he says to themselves "a little more" and extends the usage time; they couldn't stop using social media and the internet for a long time and stayed on social media more than he planned; it is observed that he cannot control the use of social media and the Internet (Babacan, 2016). Children's daily use of social media has almost doubled during the pandemic process, while on average it was three hours before the pandemic (Keskin & Özer Kaya, 2020, s. 66). This is because the life that young people are used to suddenly capsize the obscurity continues for a long time and with their anxiety for their loved ones, it is the simultaneous development of excessive Internet use (Cengiz vd. 2020, s. 30). Although the reading rate is low in Turkey, Facebook and Twitter are ranked in the top 10 in the world and the top 5 on Instagram. That person walking, talking, and sitting on the street are following the phone in their hands, it can be seen that even people sitting next to each other on the same bank do not take their eyes off their phone instead of seeing eye to eye with the people around them (Sayar & Yalaz, 2019, s. 126).

The stance that an individual takes in social media applications shows his/her personal image, and social status, or introduces the image he/she wants to show and the social class he/she wants to belong to. For this reason, social media shares are becoming competitive (Tuğyam-İlhan, 2018, s. 52-53). Niedzviecki asked, "why are hundreds of people from seven to seventy trying to get attention in the online world?" by asking the question, he draws attention to the culture of peeping with a new definition (Öz, 2018, s. 83-84). As the number of likes and applause increases, the stones of the path to selfishness continue to be knitted with praise, likes, comments and applause (Arğın, 2019, s. 170). In addition, the excessive internalization of social media platforms by young people and the fact that he considers the information obtained from the virtual media sufficient to achieve his personal goals is considered an important problem in the sense of obtaining false information (Yengin, 2019, s. 138). If what is written in a virtual environment is wrong, it can be seen as true by millions until it is noticed and corrected by an expert. In addition, raw and superficial information about a subject can be reached on the internet. In addition, viral news can be spread on the Internet for commercial purposes to generate significant advertising revenue from users. For example, some young people admit to creating and sharing content just to make money in favor of political leaders they don't support. To prevent this, many confirmation platforms such as "teyit.org", a member of the "International Fact-Checking Network", have been created recently (Aydın, 2020, s. 78).

Young people with goals and plans for their lives spend more measured time on social media. Some young people lag behind students who set goals and focus on their goals in terms of preparation for the lesson, doing homework and working in a planned manner. Son sınıf öğrencilerinin, diğer sınıf düzeyinde okuyan öğrencilere göre ders çalışamama (Gürültü, 2016, s. 7-45) The inability of senior students to study compared to students studying at the other grade level the high level of their behavior and the fact that they fill the time they need to devote to preparing for a number of exams that will shape their future lives with games, entertainment, communication and interaction on social media reduces their academic success (Tutgun-Ünal, 2015, s. 115).

Negative Effects of Digital Environments on Children and Young People

Children experience conflict in their inner world during adolescence and try to establish their own identities. During these periods of development, when they strive to get rid of tensions and unhappiness, the free and unchecked environments of the virtual world are very attractive to them. Even some young people can easily show themselves as a different person with fake accounts in these environments.In addition, privacy and respect are very important during the development stages of children. Nowadays, conversations conducted on social media for young people are environments where they can comfortably share or see all kinds of intimate conversations, and behaviors, including private life (Tutgun-Ünal, 2015, s. 114). S. Garfinkel (2000) "21. the century is the century of the death of privacy" he says. Mark Zuckerberg, the founder of Facebook, stated in a speech in 2010 that privacy is no longer the norm. (Öz, 2018, s. 78). The value judgments of society are changing very rapidly with the internet and the virtual world.

There is also a risk that children and young people may be deceived, abused, or involved in virtual crimes in online environments that are an unsupervised environment (Tutgun-Ünal, 2015, s. 114). Some digital games can harm children with suggestions and subconscious methods and even lead them to commit suicide. The game "Blue Whale", which caused the suicide of many children and teenagers in different countries, is known to lead its users to digital addiction, violence, self-harm and even suicide (Karaduman & Acıyan, 2020, s. 469). In Turkey, there are records that the family filed a criminal complaint saying "The Blue Whale took our son" in the suicide of a child in 2017. (Yücel&Şan, 2018, s. 93).

Along with the devastating effect of the Covid-19 pandemic on health, behavioral problems such as stress, panic, anxiety (Dönmez & Gürbüz, 2020, p. 2169), and it has been found that young people question the meaning of life, become hopeless, and worry about the future increases (Karataş, 2020, s. 15). According to some experts, children will remember the feelings they felt rather than what they learned during the crisis. During this period, young people need attention, understanding and empathy the most. (Bozkurt, 2020, s.127).

Cyberbullying is also a situation where young people are harmed. Cyberbullying is more dangerous than face-to-face peer bullying. Because an individual who is bullied in cyberbullying cannot prevent attacks related to himself in a virtual environment, even though he turns off the Internet and mobile phone (Horzum & Ayas, 2014, s.24; Baştürk-Akca & Sayımer, 2017, s. 27). While legal boundaries should be drawn on their negative sides, internet law has not yet fully protected human dignity, dignity and rights (Baştürk-Akca & Sayımer, 2017, s. 27). Besides cyber bullying faced by children and young people in online environments, they may also face risks such as cyber sex, cyber fraud, illegal criminal organizations, verbal harassment, identity theft (Soyöz Semerci, 2020, s.37).

Discussion and Result

Nowadays, when the digital revolution is rapidly settling down, the phenomenon of family, wife, and friend is changing every day, age and without boundaries in the search for happiness of a person who becomes unhappy by becoming lonely, without any ethnic and gender discrimination, alternatives that will provide useful, limited and productive use of digital environments by the younger generations have an important place. Because individuals try to be online with the perception of "you are not in the virtual, you are not in reality", what is happening on social media? Recent Tweets, retweeting tweets … Who looked at it, who commented on it? Likes, stories, comments on Instagram, Facebook … Digital environment, especially social media, negatively affects the reading ability of individuals. This situation leaves no doubt about the accuracy of the information it constitutes a non-in-depth reading audience.

In the literature review of the study, individuals use online and offline when using devices that they use digitally, their use time, how they feel when using it, the emotional states they experience when using it, what level of deprivation they feel after leaving digital environments, whether they buy game content while playing digital games, it is seen that there are studies conducted on whether they are subjected to bullying while they are online on social media or other platforms. However, these studies are not sufficient considering that the number and duration of people using digital media connected to the Internet are increasing every day. In order to become an informed user of digital environments, it may be useful to develop digital literacy education as well as the ability to think critically in young people. It is believed that a number of adaptation programs that will harmonize real life and online life will make a significant contribution to solving the problem (Ertemel & Aydın, 2018, s.681). Along with producing alternative activities awareness of the young people who participate in these activities what they gain after training and activities, considering issues such as the change in digital game times in detail, who plays games without being dependent on the digitalized world, a high level of self, it is also considered important to conduct studies on whether it guides the upbringing of young people who know their duties and responsibilities. Teachers, doctors, pedagogues, engineers, sports, media psychologists and sociologists on gaming addiction in the literature (Nergiz & Fidan-Nergiz, 2021, s. 59) studies are being carried out, but these studies are considered to be incomplete in terms of solutions and alternative methods. In their article, Nergiz, who examined the theses made on this topic, emphasize that he considers it a problem to limit dissertation work to certain samples and that there are psychoeducational types of studies in a very small number of dissertation studies (Nergiz & Fidan-Nergiz, 2021, s. 60). According to some studies, for example, in-game addiction, the level of addiction increases as the educational level of the family increases, in some studies, it is also found that the level of dependence decreases as the educational level of the family decreases (Nergiz &Fidan-Nergiz, 2021, s. 61). The fact that there are such contrasting have results shows that it is also important to increase the quality, quantity, and number of research. Additionally in the current research conducted on adolescents, as anxiety increases and psychology the level of dependence increases as robustness decreases therefore, studies are needed on what should be done to regulate the anxiety levels of young people and increase their psychological well-being (Nergiz & Fidan-Nergiz, 2021, s. 62). There is also an occurrence of gaming addiction in teenagers who smoke in adolescents, considering that all kinds of addictions are a threat, related to addiction is necessary to focus on permanent solutions (Nergiz & Fidan-Nergiz, 2021, s. 63). In addition, according to the findings obtained in the studies, the problematic use of digital media or encountering attention deficit, and hyperactivity disorder problems in young people, shows how important it is to take measures to protect the generations. Although the benefits of individual and group intervention programs in the fight against digital addiction have been revealed, it is also noteworthy that there is little research on these issues (Nergiz & Fidan-Nergiz, 2021, s. 64).

In the studies conducted, it is seen that addiction to digital platforms has increased, triggering many problems such as family, friends, work, education, and career, but the recommendations for dealing with this problem are very limited. Although there is an increase in cases at the clinical level and individual and social problems related to digital environments are encountered every day, studies on the limited, beneficial, and productive use of digital-connected media are insufficient. On this subject. Newport's Digital Detox, Sayar & Yalaz, (2019)'s Staying Real in a Networked Virtual World, Ögel (2020)'s Internet Addiction, Tarhan & Nurmedov's (2017)'s 'Virtual or Real Addiction Coping studies have a very important place in both understanding internet-based addictions and creating solutions. However, a general point of view is formed in these works, and while there is a general focus on game addiction and its solutions, there is not enough focus on concrete solutions. Quite a

lot of work is also being done on game addiction, especially from digital environments. However, because the games are constantly updated, the work done cannot keep up with the speed of the updated games. The Professional Manifestation of Online Transformation by Kaya Erdem, & Civan Kemiksiz (2019): A study titled "Digital Players Generation" with E-Sports Activities, League of Legends, referred to as e-sports in Turkey suggests that the players of the game can be called the "digital players generation". In a study titled Technology Dependence and Solution Suggestions in Digital Economy in Ertemel & Aydın (2018), considers it from a different perspective, suggesting that technology addiction is a natural consequence of the attention economy on which the digital ecosystem is built.

In addition to general assessments, preventive and preventive intervention studies for digital addictions or addictions that develop on online platforms are also included in the literature. In children participating in Dogan-Keskin's intervention program on game addiction, which is among the digital addictions, while there was no change in digital game motivation, internet gameplay disorder score and powers difficulties scores, The mothers of the children who participated in the experiment in the Game Addiction Intervention Program stated that there were positive changes in the social relations and communication of the children after the Game Addiction Intervention Program (Doğan-Keskin, 2019, s.145). In the psychoeducational studies of Berdibayeva and her colleagues in order to prevent digital addiction. In the psychoeducational studies of Berdibayeva, and her colleagues in order to prevent digital addiction; after training aimed at improving communication skills, increasing self-esteem and reducing anxiety, it was observed that the level of aggression that triggers digital environments in young people decreased (Berdibayeva, Garber, Ivanov, Massalimova, Kukubayeva & Berdibayev, 2016, 988). In a study conducted by Berber Çelik (2016), in order to reduce internet addiction by increasing academic motivation and effective use of time, the topics of "conscious use of the Internet, effective use of time, academic motivation, efficient study" are discussed it is known that he applied a psychoeducational program to a group of students within the scope of research and received positive results (Berber-Çelik, 2016, s. 373). In another study, students in the sample group were asked to "create a supportive group climate, understand internet addiction, to get to know their own strengths, to make positive self-assessments, to develop problem-solving skills, and to inform students about internet addiction together with the objectives of " summarizing the program assessment. In the study conducted by Shek et al. (2016), a program with the content of "cognitive, emotional, social and behavioral competence with information about the nature of addiction" was conducted in the "life education" courses. In a similar study, such as "brainstorming, creating group time for finger games, role-playing, mentoring and peer support" in order to prevent peer education and internet addiction, in which the group members are active, programs have been made in which a video has been prepared for other students to watch (Bağatarhan & Siyez, 2017, 251).

Recommendations

The issue of digital addiction is now seen as a problem that the whole world is focusing on. It is transmitted to everyone like a virus, and this transmission is not noticed at all. Awareness has been raised for the virus, as well as studies should be conducted on the impact of the Internet and digital media on children, the style of manipulation, and the fight should be developed. The fact that digital platform owners design habit-forming applications, systems, and games related to the functioning and behavior of the human brain is seen as an important reason for the increasing amount of time spent at the beginning of the screen. Comprehensive studies should be carried out by children, families, institutions, and policymakers individually to combat technology addiction.

The individual needs to monitor and regulate his/her digital use and make it a principle

not to use surpluses. In addition, whether alone or with groups of friends, virtual environments should be able to acquire new habits for conscious use by applying the correct and limited use detox (Newport, 2019, s. 75). Blending real-life with a maximum level of production use and a minimum level of consumption use according to the length of time young people use digital environments is an important parameter in the correct use process (Sayar & Yalaz, 2019, s. 391).

As the use of digital media increases, depression, obesity, and antisociality increase. For young people to make the right connection between digital life and real-life and to Decouple these two, policies containing education and guidance are required. In educational studies, social content studies are important in many areas such as personal development, awareness, and adaptation. "An hour/ a day/a week without a screen" (Ertemel, 2018, s. 681) along with special moments and special areas such as hashtag studies, short films, animation, video, seminars, conferences, books, magazines, such as printed materials such as useful and correct use will be able to spread. In particular, the security of personal informwation, efforts to protect personal data and determine ethical rules should be accelerated, to integrate into the digitalizing world, new policies and strategies should be developed (Bozkurt, 2020, s. 121-122).

Preparation of roadmaps with digital literacy, conducting studies for the development of digital skills, and starting the digital transformation with mental transformation, it is necessary to carry out studies in the context of social equality and social justice by paying attention to the fact that those who cannot reach digital environments equally are not left behind (Bozkurt, 2020, s. 129; Erten, 2019, s. 22).

It is thought that face-to-face communication and the socialization process are negatively affected by COVID-19. 93% of Internet users watch online videos on the Internet, and 45% spend time with vlog posts. The more time individuals spend in these environments, the more data they are exposed to. In this way, a new problem defined as digital obesity is encountered (Bayrak, 2021, s. 93). The mind performs and develops learning in the accompaniment of the five senses. In environments where the five senses are not used, the retention time of information in the mind is shortened. Therefore, a person must observe, and wonder in natural environments, and experiential learning processes with mind-developing activities. Young people will be able to be protected from digital opposite and addiction by participating in daily or weekly social activities, acquiring new habits, and doing physical exercises with programs such as (Duhigg, 2012)**.**

The family has been continuing its duty to protect social values since ancient times. In this context, the primary roles of parents who will guide young people are to respond to the physical and emotional needs of their children. Instead of parents trying to understand the storms they are experiencing, leaving them unattended in the vast dervishes of the Internet, they should know these environments so that they can navigate safely, and guide them on the way to becoming good internet users. Every individual who does not Decently step into digital environments is a candidate to drown in the waves of the Internet. Teenagers are able to plunge fearlessly into the waves of the Internet. In this context, several studies should also be carried out outside the family environment for children of all ages to use these environments safely. The game changes when the music changes" As zeybek cannot be played in Black Sea music, alternatives should be produced in the digital age and instead of imposing previous habits on the new generation that has grown up intertwined with this digital. For this reason, studies that have been produced as an alternative to digital addiction prevention, preventive, and especially positive results have been obtained (Bağatarhan & Siyez, 2017, 252) the groundwork for new studies should be prepared by spreading it. offline digital media to useful, accurate, and productive use, increasing the motivation of young people towards their goals, especially academic motivation, gaining time management skills,

developing communication skills, increasing self-esteem and self-efficacy, reducing anxiety, positive öz değerlendirmeyi gelştirme, and In addition to improving problem-solving skills, information on different types of addiction, symptoms, consequences of addiction and how to stay away from addiction, it is understood that there is a focus on a large number of themes, such as developing interpersonal skills by noticing peer influences (Bağatarhan & Siyez, 2017, 253).

Programs designed to protect against digital addiction, prevent While the studies conducted found that the reasons such as the search for identity, the desire to get rid of depression, and the feeling of loneliness experienced by young people during adolescence pushed them to overuse digital environments, solving these problems shows that there is a need for programs that will replace the use of non-necessary digital platforms. Although studies aimed at preventing addiction without it are very important, they are not enough (Bağatarhan & Siyez, 2017, 256).

Young people spend time with their friends and families during special sharing times such as meals without a screen without internet and digital devices. However, they should remove some apps from the phone's home screen, such as games or social media that are on their mobile phone and keep them busy. By moving the phone menu to the back pages, they will be able to be more conscious users by limiting their digital use.

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