# Chapter 29
# Negative Impacts of Technology and Digital Diseases

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## ABSTRACT

*Computers, the internet, and other smart devices have become indispensable in daily life. These tools make life easier in communication, access to information, time management, transportation, and many more. Unfortunately, not all the consequences of technology on people and society are advantageous and constructive. When misused, technological tools can have a harmful impact on lifestyle. The proliferation of new media has brought forth several issues, including the emergence of various addictions, cyberbullying, and privacy violations. The problems caused by digitalization are not limited to these. New types of diseases are emerging due to technological tools. These diseases cause or trigger more serious health problems. These disorders are usually caused by uncontrolled and unconscious use or the nature of technological devices. This study aims to examine disorders such as nomophobia, social media depression, phantom vibration syndrome, and cybersickness. The study focuses particularly on the causes of digital diseases, as well as their effects and preventative measures.*

## INTRODUCTION

There is hardly a time when electronic tools are not utilized to control private and business life. Computers, the internet, and other smart devices have become indispensable in daily life. These tools make life easier in communication, access to information, time management, transportation, and many more. Unfortunately, not all the consequences of technology on people and society are advantageous and constructive. When misused, technological tools can have a negative impact on lifestyle. Due to its social and psychological impacts, communication technologies are among the key research subjects of communication scholars. The proliferation of new media has brought forth several issues, including the emergence of various addictions, cyberbullying, and privacy violations. The problems caused by digitalization are not limited to these. New types of diseases are emerging due to technological tools. These diseases cause or trigger more serious health problems.

The study aims to draw the framework of digital diseases that arise with the negative effects of digitalization. Technology-related disorders that result in more severe diseases are seen today, in addition to illnesses that have a negative impact on physical and mental health. These disorders are usually caused by uncontrolled and unconscious use. However, some of digital diseases are caused by the nature of technological devices. In this direction, this study aims to examine disorders such as nomophobia, social media depression, phantom vibration syndrome, and cybersickness. The study focuses particularly on the causes of digital diseases, as well as their effects and preventative measures.

## DIGITAL SOCIETY

Throughout history, there have been turning points in the transformation of societies. After the transition from a hunter-gatherer culture to an agricultural society, the way of organization and welfare of humanity increased rapidly, and the lifestyle changed completely. The same situation was experienced in the transition from an agricultural society to an industrial society. The industrialization of the engine, the invention of the steam engine; brought industry-technology integration to the top with electricity and the internet. Oswald Spengler called the post-industrial era the Age of Machine Techniques, and McLuhan called it the Gutenberg Age. The term postindustrial society was coined by Daniel Bell. While Jose Ortega Gasset called the post-industrial era as the 3-stage age of technology, Walter Ong called it Electronic Culture, Toffler (2008) the Third Wave, and Castells (2008) the Information Age. Due to the development of information and communication technologies, this period has been called the Electronic Communication Age (Postman, 2006, 34).

Computer and internet technologies take over the leverage role of the post-industrial era. With the spread of these technologies, production, and consumption patterns are changing. It can be said that digital technologies affect every moment of human life. The use of technological tools in education, health, marketing, media and tourism, and many other fields, especially in the defense industry and production industry, is increasing and redesigning the sectors completely. Digital technologies, on the other hand, are mostly described as a part of the computer revolution that took place after the Second World War. Military research has a great role in the development of computers and the Internet. Studies carried out during the 1960s and 1970s formed the backbone of today's network structure. Internet technologies, whose prevalence has increased rapidly after the millennium, have become the most important and decisive carriers of digitalization.

Internet and internet-based technologies completely encompass daily life. The internet, which differs from the manipulative character of one-way media such as newspapers, radio, and television, completely changes the structure and profile of its participants, thanks to its features such as simultaneity and immediacy. The interactive structure called new media has transformed human-machine interaction into human-human interaction. This structure is called Web 2.0 or social media as it is known (Çavuş, 2018, 285).

Social media and other digital tools that promote engagement and community modify behaviors, needs, and different modes of communication in addition to feelings and thoughts. The unique position assigned to social media by the Internet, which can fulfill the functions of all mass media such as newspapers, magazines, radio, and television, makes it necessary to address the effects of this technology on society in all its dimensions. The Internet and social media encompass every area from daily routines to professional business life. Therefore, these technologies change the way of thinking, doing business,

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