

## Adolescent Digital Dependency: Unraveling The Impact of Internet and Novel Technology on Psychological Well-Being

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### ABSTRACT

This study explores the pervasive issue of internet and novel technology addiction among adolescents and its potential impact on psychological health. The rapid integration of digital technologies into daily life has brought about unprecedented opportunities for connectivity, information access, and entertainment. However, the excessive use and dependency on these technologies, particularly among the adolescent population, have raised concerns about the associated psychological health effects. The research employs a multidisciplinary approach, drawing on theories from psychology, sociology, and neuroscience to understand the dynamics of internet and technology addiction. A mixed-methods research design is employed, combining quantitative surveys to assess the prevalence and patterns of addiction with qualitative interviews to gain deeper insights into the subjective experiences of adolescents. The study investigates various facets of internet and technology addiction, including social media use, online gaming, and smartphone dependency. It also examines the potential consequences on psychological well-being, encompassing aspects such as anxiety, depression, sleep disturbances, and academic performance. Special attention is given to the identification of risk factors and protective factors that may influence the development and persistence of addiction among adolescents. Results from this research aim to contribute to the existing body of knowledge on technology addiction and its implications for adolescent mental health. The findings will have implications for educators, parents, mental health professionals, and policymakers, providing insights into effective prevention and intervention strategies. Ultimately, the study seeks to inform the development of guidelines and support systems that promote healthy technology use among adolescents while mitigating the potential negative effects on their psychological well-being.

**Keywords:** *Low cost Internet Services, Internet Accessibility, Adolescents, Internet Addiction*

The ubiquitous presence of the internet and novel technologies in the lives of adolescents has transformed the way they interact, learn, and socialize. While these digital advancements offer unprecedented opportunities for communication, information access, and entertainment, there is a growing concern about the emergence of technology addiction among this demographic. The increasing reliance on smartphones,

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social media platforms, and online gaming has raised questions about the potential impact on the psychological health of adolescents.

This study seeks to delve into the phenomenon of internet and novel technology addiction among adolescents, aiming to provide a comprehensive understanding of its prevalence, patterns, and associated psychological health effects. As digital technologies become integral to daily life, adolescents find themselves navigating an ever-expanding virtual landscape. The allure of constant connectivity, instant gratification, and immersive online experiences has given rise to a potential risk of addiction, with consequences that extend beyond the digital realm into the realm of mental well-being.

The rapid evolution of technology has outpaced the understanding of its psychological implications, particularly among the vulnerable adolescent population. This research bridges the gap by adopting a multidisciplinary approach that draws on theories from psychology, sociology, and neuroscience. By employing a mixed-methods research design, combining quantitative surveys and qualitative interviews, we aim to capture both the breadth and depth of the issue. Quantitative data will provide insights into the prevalence and patterns of internet and technology addiction, while qualitative data will offer a nuanced understanding of the subjective experiences of adolescents grappling with these challenges.

The study focuses on various dimensions of technology addiction, including social media use, online gaming, and smartphone dependency. Additionally, it explores the potential psychological health effects, such as increased levels of anxiety, depression, sleep disturbances, and implications for academic performance. Identification of both risk and protective factors is a crucial aspect of the research, shedding light on the complex interplay of individual, social, and environmental factors that contribute to the development and persistence of technology addiction among adolescents.

The implications of this study extend to educators, parents, mental health professionals, and policymakers, providing valuable insights that can inform preventive measures and intervention strategies. By understanding the dynamics of internet and technology addiction among adolescents, society can work towards fostering a balanced approach to technology use, ensuring that the benefits of digital connectivity are maximized while minimizing the potential harm to psychological well-being. This research seeks to contribute to the ongoing dialogue surrounding the intersection of technology and mental health, with the ultimate goal of promoting a healthier digital landscape for the adolescents of today and tomorrow.

### **REVIEW OF LITERATURE**

The literature surrounding adolescent digital dependency and the impact of internet and novel technology on psychological well-being is extensive and multifaceted. Researchers have delved into various aspects of this phenomenon, aiming to understand its nuances and implications for the younger generation.

Numerous studies have highlighted the benefits of technology in education, communication, and access to information. The internet serves as a vast repository of knowledge, enabling adolescents to enhance their learning experiences and connect with peers globally. However, a growing body of literature suggests that excessive screen time and digital engagement can have adverse effects on mental health.

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One key theme in the literature is the link between digital dependency and social isolation. As adolescents spend more time online, there is a concern that face-to-face interactions may diminish, impacting the development of crucial social skills. Some studies suggest a correlation between heavy internet use and feelings of loneliness, emphasizing the need for a balanced approach to both virtual and real-world social interactions.

Another aspect explored in the literature is the potential connection between digital technology use and mental health issues such as anxiety and depression. While not conclusive, several studies suggest a correlation between high screen time and an increased risk of developing mental health challenges. The constant exposure to social media, with its curated depictions of others' lives, may contribute to unrealistic comparisons and feelings of inadequacy.

Sleep disruption is also a recurring theme in the literature. The use of electronic devices, particularly before bedtime, has been associated with sleep disturbances among adolescents. The blue light emitted by screens can interfere with the natural sleep-wake cycle, potentially leading to sleep deprivation and its associated impacts on cognitive function and mood.

Additionally, the literature emphasizes the role of parenting and digital literacy in mitigating the negative effects of technology on psychological well-being. Parents and caregivers play a crucial role in guiding adolescents' digital habits, setting boundaries, and fostering a healthy balance between online and offline activities. Digital literacy programs aim to equip young individuals with the skills needed to navigate the digital landscape responsibly.

In conclusion, the literature on adolescent digital dependency and the impact of internet and Nobel technology on psychological well-being underscores the need for a nuanced understanding of this complex relationship. While technology offers substantial benefits, its overuse can contribute to various challenges, including social isolation, mental health issues, and sleep disturbances. Striking a balance between harnessing the positive aspects of technology and mitigating its potential drawbacks is essential for promoting the overall well-being of adolescents in today's digital age.

### ***Objective of research***

The primary objective of research on adolescent digital dependency and the impact of internet and Nobel technology on psychological well-being is to comprehensively understand the dynamics of this relationship. This includes identifying patterns of technology use among adolescents, examining associated psychological outcomes, and exploring potential mitigating factors.

#### **1. Understanding Patterns of Technology Use:**

- Investigate the extent and nature of adolescents' digital engagement, considering factors such as screen time, types of online activities, and the platforms most frequently utilized.
- Examine how technology integrates into various aspects of their lives, including education, social interactions, and leisure activities.

#### **2. Exploring Psychological Outcomes:**

- Assess the impact of digital dependency on adolescents' mental health, including indicators of anxiety, depression, and overall psychological well-being.

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- Investigate potential correlations between specific online behaviors (e.g., social media usage) and psychological outcomes.

### **3. Identifying Contributing Factors:**

- Explore factors that may exacerbate or mitigate the impact of technology on psychological well-being, such as parenting styles, peer influences, and individual resilience.
- Examine the role of digital literacy and media literacy in shaping adolescents' ability to navigate the online world in a healthy manner.

### **4. Examining Social and Cognitive Effects:**

- Investigate the social implications of digital dependency, including its potential impact on real-world social interactions, relationships, and the development of interpersonal skills.
- Explore cognitive aspects, such as attention span, information processing, and academic performance, in relation to technology use.

### **5. Proposing Interventions and Guidelines:**

- Develop evidence-based recommendations and interventions aimed at promoting healthy digital habits among adolescents.
- Propose guidelines for parents, educators, and policymakers to support a balanced approach to technology use that fosters positive psychological well-being. By addressing these objectives, the research aims to contribute valuable insights to the ongoing discourse on the intersection of technology and adolescent development, informing strategies for promoting a positive digital environment that supports mental health and well-being.

## **RESEARCH METHODOLOGY**

The research methodology for studying adolescent digital dependency and the impact of internet and Nobel technology on psychological well-being involves a structured approach encompassing data collection, analysis, and interpretation. The following outlines a general research methodology for this investigation:

### **1. - Conduct an extensive review of existing literature to gain insights into relevant theories, previous research findings, and methodologies used in similar studies.**

- Identify gaps in the current knowledge base to justify the need for the present research.

### **2. Research Design:**

- Choose an appropriate research design based on the objectives, such as a cross-sectional or longitudinal study.
- Define the target population (adolescents) and establish inclusion/exclusion criteria.

### **3. Sampling:**

- Use a stratified random sampling technique to ensure representation from diverse demographics, considering factors like age, gender, socioeconomic status, and geographical location.

### **4. Data Collection:**

- Employ a combination of quantitative and qualitative methods:
- **\*Quantitative:** Use surveys or questionnaires to gather numerical data on technology use, psychological well-being, and related variables.

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- **\*Qualitative:\*** Conduct interviews or focus group discussions to explore in-depth experiences, perceptions, and qualitative aspects of the relationship between technology and well-being.

### **5. Measures and Instruments:**

- Select validated and reliable instruments to measure variables of interest, such as standardized psychological assessment tools for well-being and established metrics for technology use.

### **6. Ethical Considerations:**

- Obtain informed consent from participants, ensuring confidentiality and privacy.
- Adhere to ethical guidelines and institutional review board (IRB) requirements.

### **7. Data Analysis:**

- Utilize appropriate statistical methods for quantitative data, such as correlation analyses, regression modeling, or analysis of variance (ANOVA).
- Employ thematic analysis or other qualitative analysis techniques for qualitative data.

### **8. Interpretation of Results:**

- Interpret findings in the context of research questions and objectives.
- Discuss implications, limitations, and areas for future research based on the results.

### **9. Comparison and Validation:**

- Compare the research findings with existing literature and validate or challenge existing theories.
- Discuss how the results contribute to the understanding of the impact of technology on adolescent psychological well-being.

### **10. Conclusion and Recommendations:**

- Summarize key findings and their significance.
- Provide practical recommendations for parents, educators, and policymakers based on the research outcomes.

This comprehensive research methodology aims to gather both quantitative and qualitative data, allowing for a nuanced understanding of the complex relationship between adolescent technology use and psychological well-being.

### ***The impact on the mental health of adolescents***

The impact of digital technology on the mental health of adolescents is a critical area of concern. Several factors contribute to this complex relationship:

#### **1. Social Media Influence:**

- **\*Positive:\*** Social media platforms can facilitate connection, self-expression, and community support.
- **\*Negative:\*** Excessive comparison, cyberbullying, and the pressure to curate a perfect online image can contribute to anxiety and low self-esteem.

#### **2. Screen Time and Sleep Disruption:**

- **\*Positive:\*** Technology can enhance learning and provide access to educational resources.

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- *\*Negative:* Excessive screen time, especially before bedtime, can disrupt sleep patterns, leading to fatigue, irritability, and difficulties concentrating.

### **3. Cyberbullying:**

- Online harassment or cyberbullying can have severe consequences on adolescents' mental health, contributing to anxiety, depression, and, in extreme cases, self-harm or suicidal ideation.

### **4. Fear of Missing Out (FOMO):**

- Constant exposure to the activities of peers on social media can create a fear of missing out, contributing to feelings of inadequacy and social exclusion.

### **5. Digital Addiction:**

- Excessive use of digital devices, gaming, or social media can lead to addiction-like behaviors, impacting academic performance, relationships, and overall well-being.

### **6. Reduced Face-to-Face Interaction:**

- Excessive reliance on digital communication may diminish face-to-face social interactions, affecting the development of crucial interpersonal skills.

### **7. Privacy Concerns:**

- Exposure to privacy issues, data breaches, or online threats can contribute to stress and anxiety among adolescents.

### **8. Positive Digital Engagement:**

- *\*Creative Outlets:* Technology can serve as a creative outlet, allowing adolescents to express themselves through art, writing, or other digital mediums.

- *\*Educational Resources:* Access to online educational materials can support learning and skill development.

### **9. Parental and Educational Guidance:**

- Supportive parenting and guidance in the educational environment play a crucial role in shaping healthy technology use habits and mitigating potential negative impacts.

Addressing the mental health impact of technology on adolescents requires a balanced approach. Encouraging positive digital engagement, fostering open communication, and promoting digital literacy are essential steps to support the well-being of young individuals in the digital age.

### ***Addictions to the Internet and New Technology***

In the contemporary digital age, adolescents are navigating a landscape characterized by constant connectivity, information overload, and an array of novel technologies. While these advancements offer unprecedented opportunities for learning and socialization, concerns have emerged regarding the potential addictive nature of internet and new technologies. The pervasive use of smartphones, social media, and online gaming among adolescents raises questions about the psychological impact and the potential long-term consequences on their well-being.

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This study addresses the pressing issue of internet and technology addiction among adolescents, recognizing the need for a nuanced exploration of this complex phenomenon. The addictive potential of the internet and new technologies stems from their ability to provide instant gratification, social validation, and immersive experiences. Adolescents, in their formative years, are particularly susceptible to the allure of these digital platforms, leading to concerns about the development of addictive behaviors.

The research adopts an interdisciplinary approach, integrating insights from psychology, sociology, and technology studies. By employing a mixed-methods research design, we aim to comprehensively capture the multifaceted nature of technology addiction. Quantitative surveys will be utilized to assess the prevalence and patterns of addiction, while qualitative interviews will delve into the subjective experiences of adolescents, shedding light on the motivations, challenges, and coping mechanisms associated with their digital habits.

This study focuses on key aspects of internet and technology addiction, including but not limited to social media use, online gaming, and smartphone dependency. The research also explores the potential psychological health effects, such as heightened levels of anxiety, depression, sleep disturbances, and academic performance implications. By identifying both risk and protective factors, the study aims to unravel the intricate web of influences shaping adolescents' relationships with technology.

The findings of this research hold significance for various stakeholders, including educators, parents, mental health professionals, and policymakers. Understanding the dynamics of internet and technology addiction among adolescents is crucial for developing targeted interventions and preventive strategies. This study aspires to contribute to the ongoing discourse surrounding the intersection of technology and mental health, with the ultimate goal of fostering a healthier digital environment for the well-being and development of the adolescent population. Through a comprehensive examination of the challenges posed by internet and technology addiction, we aim to pave the way for informed decision-making and effective support systems in navigating the evolving landscape of digital adolescence.

Internet and technology addictions have become increasingly prevalent in today's digital age. As we immerse ourselves in the virtual world, the line between online and offline existence blurs, leading to a host of issues related to dependency and overuse.

One of the primary contributors to internet addiction is the ubiquitous nature of technology. Smartphones, tablets, and computers are now integral parts of our daily lives, serving as conduits to social media, entertainment, and a plethora of information. The constant connectivity they provide can lead to a compulsive need to check for updates, messages, and notifications, fostering a sense of dependency that can be difficult to break.

Social media platforms, designed to be engaging and addictive, play a significant role in internet addiction. The constant stream of notifications, likes, and comments triggers the release of dopamine, a neurotransmitter associated with pleasure and reward. This creates a feedback loop, reinforcing the behavior of checking social media incessantly. Individuals may find themselves scrolling through feeds for hours, neglecting real-world interactions and responsibilities.

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Online gaming is another domain where addiction can take hold. The immersive and competitive nature of many games can be enticing, providing an escape from reality. The sense of achievement and progression within the virtual world can be more appealing than facing challenges in the real world. This escapism, while initially harmless, can escalate into a problematic behavior when it interferes with daily life, work, and relationships.

The constant connectivity facilitated by technology has blurred the boundaries between work and personal life, contributing to a phenomenon known as "technostress." This stress arises from the pressure to stay connected, respond to emails, and meet work demands even outside of traditional working hours. The inability to disconnect can lead to burnout and negatively impact mental health. Moreover, the instant gratification provided by the internet can lead to a diminished attention span. The constant bombardment of information and the need for quick responses can hinder the ability to focus on tasks that require sustained attention. This can have profound implications for productivity and cognitive abilities.

Internet addiction can also manifest as problematic online behaviors. Cyberbullying, online harassment, and excessive online shopping are examples of activities that can become compulsive and harmful. The anonymity provided by the internet can embolden individuals to engage in behaviors they might not exhibit in face-to-face interactions.

Addressing internet and technology addiction requires a multi-faceted approach. Recognizing the signs of addiction is the first step. Symptoms may include neglect of responsibilities, withdrawal from offline activities, and continued internet use despite negative consequences. Establishing healthy boundaries and setting limits on screen time can help regain control over technology use.

Therapeutic interventions, such as cognitive-behavioral therapy, can be effective in treating internet addiction. These approaches help individuals identify and change patterns of behavior, develop coping mechanisms, and address underlying issues that contribute to the addiction. Support groups and counseling can provide a sense of community and understanding, reducing feelings of isolation.

Educational initiatives are crucial in raising awareness about the impact of internet and technology addiction. Teaching digital literacy, promoting responsible online behavior, and encouraging a balanced approach to technology use are essential components of prevention efforts.

In conclusion, while the internet and technology offer immense benefits, their overuse and addictive nature can pose significant challenges. Recognizing the signs of addiction, implementing healthy boundaries, and seeking support are essential steps in mitigating the negative impact of excessive technology use. Education and awareness are key in fostering a mindful and balanced relationship with the digital world.

### **RESULT AND DISCUSSION**

The results of addressing internet and technology addiction through a multi-faceted approach are promising, as individuals and communities begin to recognize the impact of excessive technology use on various aspects of life. Implementing strategies such as setting limits on screen time, therapeutic interventions, and educational initiatives has shown positive outcomes in mitigating the negative consequences of internet addiction.



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One significant result is the improvement in individuals' overall well-being. By establishing healthy boundaries and reducing excessive screen time, people report enhanced mental health, reduced stress, and improved sleep patterns. The compulsive need to constantly check devices diminishes, allowing for more meaningful offline interactions and a greater focus on real-world activities. This improvement in well-being is often accompanied by a sense of empowerment, as individuals regain control over their relationship with technology.

Therapeutic interventions, such as cognitive-behavioral therapy (CBT), have proven effective in treating internet addiction. CBT helps individuals identify and challenge distorted thoughts and behaviors related to technology use. By developing coping strategies and addressing underlying issues contributing to the addiction, individuals can make sustainable changes in their behavior. The therapeutic process fosters self-awareness and resilience, empowering individuals to navigate the challenges of the digital age more effectively.

Support groups and counseling play a crucial role in the recovery process. Sharing experiences with others who face similar challenges provides a sense of community and understanding. The collective effort to overcome internet addiction creates a support network that reinforces positive behaviors and helps individuals stay accountable. Counseling, whether individual or group-based, offers a safe space for exploring the emotional and psychological aspects of addiction, addressing root causes, and developing healthier coping mechanisms.

Educational initiatives aimed at raising awareness about internet and technology addiction contribute significantly to prevention efforts. Digital literacy programs teach individuals, particularly young people, how to navigate the digital landscape responsibly. Understanding the potential risks of excessive technology use and being aware of the signs of addiction empowers individuals to make informed choices. Educational campaigns also promote the importance of balance, encouraging people to engage in offline activities, cultivate real-world relationships, and prioritize their well-being.

One notable impact of addressing internet addiction is the reduction of technostress. As individuals become more mindful of their online behaviors and establish boundaries between work and personal life, the pressure to constantly stay connected decreases. This, in turn, leads to improved work-life balance and reduced burnout. Organizations that promote a healthy approach to technology use, such as discouraging after-hours emails and respecting employees' need for downtime, contribute to a more sustainable and fulfilling work environment.

The development of responsible online behaviors is another positive outcome of educational initiatives. Teaching individuals about the consequences of cyberbullying, online harassment, and excessive online shopping fosters a sense of digital citizenship. As people become more aware of the impact of their online actions on themselves and others, the incidence of harmful online behaviors decreases. Promoting ethical and responsible online conduct contributes to a safer and more positive digital environment.

While the results are promising, challenges persist in addressing internet and technology addiction. The constant evolution of technology introduces new platforms, apps, and digital experiences, creating ongoing challenges for individuals and society as a whole. Staying

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ahead of these developments requires continuous efforts in research, education, and the adaptation of therapeutic interventions to address emerging issues.

Additionally, societal attitudes toward technology play a role in the success of addiction prevention and treatment efforts. Cultivating a culture that values a balanced approach to technology use and recognizes the importance of well-being is essential. This involves shifting the narrative around productivity and success, emphasizing the significance of holistic health and meaningful connections over constant digital engagement.

### **CONCLUSION**

In conclusion, addressing internet and technology addiction requires a multifaceted approach that encompasses individual efforts, therapeutic interventions, and comprehensive educational initiatives. The results of such endeavors are promising, with individuals experiencing improved well-being, enhanced mental health, and a regained sense of control over their relationship with technology.

Setting limits on screen time and establishing healthy boundaries have proven effective in reducing the compulsive need for constant digital engagement. This shift allows individuals to focus on meaningful offline interactions, fostering a more balanced lifestyle. Moreover, therapeutic interventions, particularly cognitive-behavioral therapy, empower individuals to identify and address distorted thoughts and behaviors related to technology use, leading to sustainable changes and increased resilience.

Support groups and counseling play a crucial role in creating a sense of community and understanding among individuals facing internet addiction. The collective effort to overcome challenges in a supportive environment reinforces positive behaviors and encourages accountability. Additionally, educational initiatives contribute to prevention efforts by promoting digital literacy, responsible online behavior, and a balanced approach to technology use.

The reduction of technostress, improved work-life balance, and the development of responsible online behaviors are noteworthy outcomes of addressing internet addiction. As individuals become more mindful of their online activities and organizations adopt practices that prioritize employee well-being, the negative impact of excessive technology use on mental health diminishes.

However, challenges persist as technology continues to evolve, introducing new platforms and experiences. Ongoing research, adaptability in therapeutic interventions, and continuous education are essential in staying ahead of these developments. Moreover, cultivating a societal culture that values holistic health and meaningful connections over constant digital engagement is crucial in sustaining the positive impact of efforts to address internet and technology addiction.

In essence, the journey towards a balanced and mindful relationship with technology is ongoing. By fostering individual resilience, creating supportive communities, and promoting responsible digital citizenship, we can navigate the complexities of the digital age while prioritizing well-being. The results and discussions outlined underscore the importance of collective efforts to address internet and technology addiction and pave the way for a healthier and more sustainable digital future.

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### **Conflict of Interest**

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