Abstract

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Technology has become an indispensable part of our lives. People regardless of their age and gender are using technology every day. The arrival of smartphones has undeniably changed every aspect of people’s lives especially teenagers. In this digital era when technology is truly ubiquitous smartphones are becoming our constant acquaintances. Technology has opened doors to a false experience that manipulates teens leading them towards depression. Although studies suggest that there is a correlation between depression and screen time yet there is no causation. However, it is not coincidental that after the arrival of smartphones there is a rise in the rate of teens attempting suicides and being depressed. While several other factors such as social inequalities and economic instability are linked with depression yet still spending more time online is by far one of the most important factor that is leading teenagers to depression. In research published by Clinical Psychological Science teens spending more time are at an increased risk of being depressed which may even lead them to attempt suicide. The main reason behind the increased depression is because teens spend more time online rather than interacting with their peers. Due to this they feel isolated making them more prone to depression. Moreover, owing to the unrealistic life portrayed on social media, teens compare themselves with what is shown on social media making them feel insecure about themselves. Generally, the research conducted on this issue only focused on smartphones rather than social media and online gaming. However, it is necessary that these factors must be explored further as it will help in mitigating the negative impacts of technology. Thus, it is essential to put a limit on screen time and promote face to face interactions among teens so that we can save our teens from getting depressed or attempting suicides.