

Thesis Proposal: Subject & Title

Complete the following step

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Subject:

Wellbeing

Title:

Impact of digital technology on the wellbeing of adolescents

Introduction

Complete Step

Introduction

Digital technology has a great impact on the development of global society. Through the development of digital platforms, there has been a growth in global cooperation and economic developments. The use of digital technology in this day and age is considered an integral part of development, therefore, having positive and negative impacts on individuals. Looking at the adolescent youth it is clear that the development of digital technology has impacted them greatly erasing the need for written letters, face-to-face meetings, and most all providing crucial changes in how they associate and learn. Although the development of digital technology has its positive there have been negative impacts of the process. According to Halil (2021), the role of digital technology in facilitating Globalization is a massive phenomenon that severely affects societies worldwide. This study intends to look into the effect of digital technology on adolescents' development and well-being. This means that I will assess the developmental stages each adolescent should go through and look at how digital technology has influenced and change them. I shall also look at how digital technology impacts adolescents' well-being.

Mritha (2019) establishes that digital technologies have profoundly changed childhood and adolescent behavior. The use of the internet and the means to access it, has become integral to the lives of youth globally. This show that teenage development has been impacted by the use of technologies such as smartphones, play stations, and many more. These changes although dynamic have affected a majority of societies differently. It is therefore the intention of the researcher to investigate the impact of digital technology on the well-being of adolescents.

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Description

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Description

The use of digital technology has become a need in the current society. As globalization takes root, the use of digital technology has become an integral part of our day-to-day lives. As a result, digital technology has infiltrated the economic, academic, and social lives of society. These three roles have become increasingly influenced by the use of the internet, smartphones, and computers. The study looks at the role of digital technology on adolescents' growth and development with an emphasis on well-being. The study will look at the impact of digital technology on the development and well-being of adolescents.

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General Analysis

Complete Step

General Analysis

The purpose of the study is to understand how digital technology impacts adolescents' development and psychological well-being.

Objectives of the study

1. To establish the impact of digital technology on the growth of adolescents
2. To identify the effect of digital technology on the well-being of adolescents
3. To establish the positive impact of digital technology on adolescent development and well-being on adolescents

Research questions

1. What is the impact of digital technology on adolescent development?
2. How does digital technology affect the well-being of adolescents?
3. What are the positive impacts of digital technology on adolescents?

Operational Terms

Adolescence – this term is used to identify children between the age of 8 and 18. This is individuals that are still growing physically and emotionally

Digital technology- this are referred to resources that utilize technological resources

Wellbeing: - the state of happiness and contentment with a low level of distress

Development: - growth stages each child needs to achieve throughout their growth

Gadgets: - the resources used to access technology

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Current Information

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Current Information

Current analysis

Digital technology has become an integral part of our day-to-day lives. The use of technology has been utilized by both children and adults. The study aims at looking into the impact of digital technology use on adolescent development and well-being. The use of technology has been at its highest during the covid isolation error and it would be important to identify how it has impacted children in society. According to Dienlin T., and Johannes N., (2022) Digital technology use and well-being are broad and complex concepts. In their research they established, despite long-term research on digital technology, there is still no coherent empirical evidence as to whether digital technology hampers or fosters well-being. Most likely, general effects are small at best and probably in the negative spectrum. This on its own makes it necessary to investigate the impact of digital technology among adolescents with an emphasis on the covid period in which children were highly isolated.

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Discussion

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Discussion

This research will utilize the Uses and Gratifications theory. This approach establishes that we should shift from observing the audience as negative receivers to looking at them as positive receivers. It emphasizes that individuals are able to sift through the content that they are looking for. Accordingly, Nasr, (2015) asserts that an active audience selects the media content that fulfills their needs. Hence, the focus was shifted from being on the sender or communicator to the receiver.

Who is an Adolescent

The World Health Organization (WHO) categorizes an adolescent as any person between ages 10 and 19. This age range falls within WHO's definition of young people, which refers to individuals between ages 10 and 24. Adolescence can be defined biologically, as the physical transition marked by the onset of puberty and the termination of physical growth; cognitively, as changes in the ability to think abstractly and multi-dimensionally; or socially, as a period of preparation for adult roles. (Arnet, 2007). Adolescence is a phase of growth and development between childhood and adulthood. As such, those who fall between this phase of growth and development are referred to as adolescents. Adolescents go through different struggles. These are Rebellion, identity search, peer association, body growth and changes, sexual curiosity, increased aggression, and mood swings. These are considered stages in the development of a growing young adult.

Learning/Knowledge Acquisition

Learning for everyone is a lifetime affair, but in phases and continuous. During growth and development, it is perceived that youths have a peak of their strength, thus adolescents who also fall into the category of youths must be actively involved in learning and knowledge acquisition. When this is properly attended to, it places the adolescent in a better position in life as this also increases the wealth of the nation both directly and indirectly. The use of digital technology is currently utilized as a source of knowledge and pass time. Thus, the youth gain information and also associate it through the use of digital resources.

Digital Devices and Adolescents

In our society today, almost 9 out of 10 adolescents utilize diverse digital devices. They use it for various purposes ranging from work-related use to business, social media, research, and assignments (Adekola and Afolabi, 2019). This creates a relationship that can be conducive among learners. The excessive use of this resource and misuse can be considered a negative use of digital technology. (Dede & Richards 2012).

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Conclusion

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Conclusion

The role of digital technology has grown exponentially over the last two years. This may have been a result of covid isolation as well as a need to establish a new normal. The pandemic on its own interfere with the social structure and forced individuals to become antisocial all in the name of self-preservation. Although it was a necessary adjustment there is a need to establish the impact the use of digital technology may have on adolescent youth. This may help ensure the protection of the children as well as facilitate greater use of technology to foster growth amongst the young. The role of digital technology is to improve the lives of people want it is, therefore, necessary to establish a significant link between technology and the well-being of the youth.

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