

Vocational School of Social Sciences / Social Services

2023 - 2024 Academic Year

TECHNOLOGY ADDICTION

Syllabus

Course Description					
Name	Code	Semester	T+A Hour	Credit	ECTS
TECHNOLOGY ADDICTION	SH2113629	Fall Semester	2+0	2	4
Prerequisites Courses					
Recommended Elective Courses					
Language of Instruction	Turkish				
Course Level	Short Cycle (Associate's Degree)				
Course Type	Elective				
Course Coordinator	Lect. Tayyar TEPE				
Name of Lecturer(s)	Lect. Tayyar TEPE				
Assistant(s)					
Aim	The aim of this course is to raise awareness about the negative effects of technology that we frequently use today, to gain strategies to cope with the negative effects of technology and to use the right technology.				
Course Content	This course contains; Basic concepts, positive and negative aspects of technology, addiction, Features of addiction in internet use, measurement of internet addiction, signs and symptoms of internet and game addiction, Awareness and coping strategies for students, teachers and families in internet addiction, Game addiction characteristics, signs and symptoms, measurement, Awareness and coping strategies for students, teachers and families in game addiction, Smartphone addiction characteristics, signs and symptoms, measurement, Awareness and coping strategies for students, teachers and families in smartphone addiction, Social network addiction characteristics, signs and symptoms, measurement, Awareness and coping strategies for students, teachers and families in social network addiction, What is cyberbullying? Differences from general bullying, Types of cyberbullying, Cyberbullying tools, Awareness and coping strategies for students, teachers and families about cyberbullying, Creating a school culture, Creating a school culture, Policy and laws.				
Course Learning Outcomes			Teaching Methods	Assessment Methods	
1. The individual learns theories and concepts related to student dependency, addiction, and technology addiction.			10, 16, 19, 9	A	
1.1. The student, by following current literature, understands new developments and assessments.					
1.2. The person understands the risks that technology addiction can lead to.					
2. The student learns about subtypes of technology addiction, such as smartphone addiction, internet addiction, and social media addiction, along with their similarities and differences.			10, 16, 9	A	
2.1. The individual understands the potential effects of addictive technologies such as smartphones and the internet on biological, personal, and societal levels.					
2.2. The student understands preventive mechanisms and coping strategies in the face of technology addiction.					
3. The student learns about the effects of addictive technologies like smartphones and the internet on biological, personal, and societal aspects of life.			10, 16, 19, 21		
3.1. The person understands preventive mechanisms and coping strategies for preventing technology addiction.					
3.2. The individual understands the concepts of digital privacy and cybersecurity.					
Teaching Methods	10: Discussion Method, 16: Question - Answer Technique, 19: Brainstorming Technique, 21: Simulation Technique, 9: Lecture Method				
Assessment Methods	A: Traditional Written Exam				
Lecture Schedule					
Sequence	Topics	Preliminary Preparation			
1	Basic concepts, positive and negative aspects of technology, addiction	No preparation required			
2	Features of addiction in internet use, measurement of internet addiction, signs and symptoms of internet and game addiction	No preparation required			
3	Awareness and coping strategies for students, teachers and families in internet addiction	No preparation required			
4	Game addiction characteristics, signs and symptoms, measurement	No preparation required			
5	Awareness and coping strategies for students, teachers and families in game addiction	No preparation required			
6	Smartphone addiction characteristics, signs and symptoms, measurement	No preparation required			
7	Awareness and coping strategies for students, teachers and families in smartphone addiction	No preparation required			
8	Social network addiction characteristics, signs and symptoms, measurement	No preparation required			
9	Awareness and coping strategies for students, teachers and families in social network addiction	No preparation required			
10	What is cyberbullying? Differences from general bullying, Types of cyberbullying, Cyberbullying tools	No preparation required			
11	Awareness and coping strategies for students, teachers and families about cyberbullying	No preparation required			
12	Creating a school culture	No preparation required			
13	Creating a school culture	No preparation required			
14	Policy and laws	No preparation required			
Evaluation Methods		Weight(%)			
Midterm Exam		40			
General Exam		60			

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Resources

TBM Teknoloji Bağımlılığı Yetişkin Sunumu
<https://yetiskin.tbm.org.tr/Teknoloji-Bagimliliği>
<https://we.tl/t-Tma1ovw1qi>

Teknoloji Bağımlılığı, Eğitim Yayınevi, İbrahim Akkaş, 2019