



***Corresponding author:** Yiradu Dagne, Faculty of Education, Al-Hikmah University Ilorin, Kwara State, Nigeria, E-mail: yiradud@gmail.com

Received: 01-Aug-2023, Manuscript No: jart-23-113360, **Editor assigned:** 03-Aug-2023, Pre QC No: jart-23-113360(PQ), **Reviewed:** 17-Aug-2023, QC No: jart-23-113360, **Revised:** 21-Aug-2023, Manuscript No: jart-23-113360 (R), **Published:** 28-Aug-2023, DOI: 10.4172/2155-6105.1000565

Citation: Olabisi PB, Olanrewaju MK, Dagne Y (2023) Unplugging the Digital Dilemma: Understanding and Overcoming Technology Addiction. J Addict Res Ther 14: 565.

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the phenomenon of technology addiction, offering insights into its causes and consequences. The article discusses the role of instant gratification, compulsive behavior, and the need for digital detox. The article explores strategies and interventions to overcome technology addiction, including digital detox, mindful tech usage, and fostering a healthy tech-life balance.

Parental controls: Parents should employ parental control tools to limit children's screen time and protect them from potentially harmful content.

Discussion

The discussion section of this article delves deeper into the various aspects of technology addiction: