

UNDER-GRADUATE CURRICULUM DETAILS

Course Title: Technology Addiction				Code : USD		Name of the Programme:			
Education and Teaching Methods							Credits		
Lecture	Application	Laboratory	Project/ Field Study	Hw.	Other	Total	Credit	ECTS	
52	-	-	-	-	48	100			
Semester		Autumn/Spring		Language		Turkish/English			
Course Type	Domain Education ☐	Professional Knowledge ☐	General Culture ☐		DE/PK/GC Elective ☒				
Course Contents	The aim of this course is; to be aware of the positive and negative effects of technology, which is a part of our lives today, to learn the strategies to combat its negative effects, and to raise awareness about the safe and conscious use of technology and the internet.								
Course Objectives	Knows the positive and negative effects of technology. Learns prevention strategies by being aware of the negative effects of technology and internet. It can use technology and the internet efficiently for its purpose.								
Textbook and/or References	Kalkan, M. Ve Kaygusuz, C. (2013). <i>İnternet Bağımlılığı: Sorun ve çözümler</i> . Ankara: Anı Yayıncılık. Ayas, T. ve Horzum, M. B. [Ed.] (2016). <i>Teknolojinin olumsuz etkileri</i> . Ankara: Vize Yayıncılık. Tarhan, N. Ve Nurmedov, S. (2018). <i>Bağımlılık. Sanal veya Gerçek Bağımlılıkla Başa Çıkma</i> . İstanbul: Timaş Yayıncılık. Christakis, D.A. Internet addiction: a 21 st century epidemic?. <i>BMC Med</i> 8, 61 (2010). https://doi.org/10.1186/1741-7015-8-61 Ko C-H, Yen J-Y, Chen C-C, Chen S-H, Wu K, Yen C-F. Tridimensional Personality of Adolescents with Internet Addiction and Substance Use Experience. <i>The Canadian Journal of Psychiatry</i> . 2006;51(14):887-894. doi:10.1177/070674370605101404 Ertemel, A. V. ve Aydın, G. (2018). Dijital ekonomide teknoloji bağımlılığı ve çözüm önerileri. <i>Addicta-The Turkish Journal on Addictions</i> , 5(4), 683-690. https://dx.doi.org/10.15805/addicta.2018.5.4.0038 Ertemel, A., Eroğlu Pektaş, G. (2018). Dijitalleşen Dünyada Tüketici Davranışları Açısından Mobil Teknoloji Bağımlılığı: Üniversite Öğrencileri Üzerine Nitel Bir Araştırma. <i>Yıldız Sosyal Bilimler Enstitüsü Dergisi</i> , 2 (2), 18-34. Retrieved from https://dergipark.org.tr/en/pub/ysbed/issue/40058/474912 Dinç, M. (2015) Teknoloji Bağımlılığı ve Gençlik. <i>Gençlik Araştırmaları Dergisi</i> . 3 (3). 31-65. Polat, R. (2017). DİJİTAL HASTALIK OLARAK NOMOFOBİ. <i>Yeni Medya Elektronik Dergisi</i> , 1 (2), 164-172. Retrieved from https://dergipark.org.tr/en/pub/ejnm/issue/34698/383554 https://www.yesilav.org.tr/tr/bagimlilik/teknoloji-bagimliliği https://www.yedam.org.tr/teknoloji-bagimliliği https://www.addicta.com.tr/								
ASSESSMENT CRITERIA									
Theoretical Courses			Project Course and Graduation Study						
	If any, mark as (X)	Percent (%)		If any, mark as (X)	Percent (%)				
Midterm Exams	X	40							
Quizzes									
Homeworks									
Term Paper (Projects, reports,)									
Laboratory Work									
Final Exam	X	60							
Other									
Week	Subjects								
1	Introducing the concepts of "Addiction, Technology, Technology Addiction, Internet Addiction"								
2	Being aware of the positive and negative aspects of technology								
3	The relationship between the brain, personality and addiction								
4	Risk factors in technology addiction of teenagers and children								
5	Technology addiction subgroups								
6	Digital gaming and virtual gambling addiction								
7	Internet and social media addiction								
8	Midterm exam								
9	Cyberbullying								
10	Addiction Prevention Approach and its adaptation to technology addiction								
11	Treatment Approaches and Challenges in Technology Addiction								

12	Safe and conscious technology and internet usage
13	Education and safe technology and internet use
14	Peer education and safe technology and internet use
	Final exam
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