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Extreme Use of Digital Devices

Digital devices have eased the way in which people do things. Although the benefits of digital devices continue to evolve, they have become a problem in society. By relying on devices to control different aspects of everyday life, vicious habits have become rampant due to limited restrictions. Because excessive use of digital devices leads to aggressive behaviors, lack of attention, and sleep deprivation, improving parental control and imposing restrictions can help to reduce the adverse effects.

The number of digital devices is growing each day. In this case, the excessive use of digital devices is a problem because it is associated with heightened aggressive behaviors, lack of attention, and sleep deprivation among people (Mustafaoglu et al. 241). The overreliance on digital devices affects the performance because they become inefficient. There should be a concern since limited human interaction among individuals can affect their connectedness leading to psychological problems (Pandya and Lodha 2). Notably, during extreme digital devices, people may encounter harmful interference, which affects their well-being. Hence, the extreme use of digital devices leads to psychological issues among its users, making it a serious problem in society today.

Steady implementation of improving parental control is a significant step toward overcoming the excessive use of digital devices. The increase in parental involvement has been reported to improve the relationship between people in a shared environment. According to

Buchi et al., having a cheerful temperament and looking on the bright side can eliminate horrible events and lead to confidence in a person's everyday life (3). It is vital to create a support system people relying on digital devices can depend on to make lifestyle choices. The impact of socio-demographic factors is a concern since the role of parents is declining, and this should change (Rashid et al. 6). As per the welfare of digital users, parents should be part of the controlling process to limit over-dependence. Therefore, parent controls should be improved to prevent the extreme use of digital devices.

The restrictions on digital use can reduce the adverse effects. People accomplish many activities through digital devices since the level of development allows for innovativeness. It has been established that an active co-use is a parental style with restrictions against vicious platforms on devices capable of limiting overuse and offering alternative recreational solutions that can reduce dependence on digital devices (Dias et al. 417). Given the growing concerns about criminal activities, keeping track of what is discussed while using digital devices is essential. For instance, the number of teenagers engaging in violent games is a concern that requires restrictions beyond parental control (Buchi et al. 8). In turn, the priority of implementing preventive measures should be advocated to ensure that digital sources remain relevant.

In conclusion, digital devices should be used to aid people in their daily routines. It is a concern when addictions take different shapes that severely affect people. However, seeking therapy through restrictions involving parents and authorities can offer privy to digital devices users with an extreme addiction to find means of reducing the overdependence. The role of guardians from different levels of society should take part in the process because digital growth continues to evolve. As a result, collaborative measures can help to eliminate the effect of using digital devices in a revolutionary approach.

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