
Postgraduate Certificate in Cyberpsychology

Addiction and Technology Use

Addiction and Technology Use Glossary

1. Addiction

Addiction refers to a psychological and physical dependence on a substance, activity, or behavior that leads to negative consequences. In the context of technology use, addiction can manifest as an uncontrollable urge to engage with digital devices or platforms, leading to detrimental effects on an individual's well-being.

Related Terms: Substance addiction, behavioral addiction, internet addiction.

2. Cyberpsychology

Cyberpsychology is the study of the human mind and behavior in the context of interactions with technology. It explores how individuals perceive, interact with, and are affected by digital devices, online environments, and virtual experiences.

Related Terms: Online psychology, digital psychology, internet psychology.

3. Digital Detox

Digital detox refers to a period of time during which an individual refrains from using digital devices or engaging with online activities. The goal of a digital detox is to reduce screen time, unplug from technology, and focus on real-world interactions and activities.

Related Terms: Technology detox, screen time reduction, digital detoxification.

4. Internet Addiction

Internet addiction, also known as problematic internet use or compulsive internet use, is a behavioral addiction characterized by excessive and uncontrollable internet use. Individuals with internet addiction may prioritize online activities over real-world responsibilities and relationships.

Related Terms: Online addiction, digital addiction, web addiction.

5. Nomophobia

Nomophobia is the fear of being without a mobile phone or unable to use it. This anxiety disorder is often associated with a reliance on smartphones for communication, entertainment, and information, leading to feelings of distress when separated from the device.

Related Terms: Smartphone addiction, mobile phone dependence, cell phone anxiety.

6. Phubbing

Phubbing is the act of snubbing or ignoring someone in favor of using a mobile phone or other digital device. This behavior can have negative effects on face-to-face communication, relationships, and social interactions.

Related Terms: Phone snubbing, smartphone distraction, digital rudeness.

7. Screen Time

Screen time refers to the amount of time an individual spends using digital devices such as smartphones, tablets, computers, and televisions. Excessive screen time has been associated with various health and social issues, particularly in children and adolescents.

Related Terms: Digital media usage, screen exposure, device time.

8. Social Media Addiction

Social media addiction is a form of behavioral addiction characterized by excessive and compulsive use of social networking platforms. Individuals with social media addiction may experience negative consequences such as decreased productivity, sleep disturbances, and relationship problems.

Related Terms: Social networking addiction, social media dependency, online social addiction.

9. Technostress

Technostress refers to the psychological and physical strain caused by the use of technology. Factors such as information overload, constant connectivity, and digital distractions can contribute to technostress, leading to feelings of anxiety, fatigue, and burnout.

Related Terms: Technology-induced stress, digital fatigue, techno-anxiety.

10. Virtual Reality Addiction

Virtual reality addiction is a type of behavioral addiction characterized by compulsive use of virtual reality (VR) technology. Individuals with VR addiction may spend excessive amounts of time in virtual environments, leading to neglect of real-world responsibilities and relationships.

Related Terms: VR addiction, immersive technology addiction, virtual world dependency.

11. Wearable Technology

Wearable technology refers to electronic devices that can be worn on the body, such as smartwatches, fitness trackers, and augmented reality glasses. These devices are designed to track health metrics, provide notifications, and enhance user experiences through seamless integration with daily activities.

Related Terms: Wearables, wearable devices, body-worn technology.

12. Cyberbullying

Cyberbullying is the use of digital communication tools to harass, intimidate, or harm others. This form of bullying can take place through social media, messaging apps, online forums, and other digital platforms, and can have serious consequences for the victims' mental health and well-being.

Related Terms: Online bullying, digital harassment, internet trolling.

13. Digital Well-being

Digital well-being refers to the state of being healthy and balanced in one's use of technology. It involves developing positive digital habits, setting boundaries for screen time, and prioritizing real-world connections and activities to maintain overall well-being in the digital age.

Related Terms: Technology wellness, digital health, online well-being.

14. Online Identity

Online identity refers to the persona that an individual presents and maintains in digital spaces. It encompasses aspects such as usernames, profiles, avatars, and online behaviors that shape how others perceive and interact with the individual in virtual environments.

Related Terms: Digital identity, internet persona, virtual self.

15. Augmented Reality

Augmented reality (AR) is a technology that overlays digital information and virtual objects onto the real world. AR applications enhance users' perception of reality by blending physical and digital elements, offering interactive and immersive experiences through smartphones, smart glasses, and other devices.

Related Terms: Mixed reality, AR technology, augmented environments.

16. Cybersecurity

Cybersecurity is the practice of protecting digital systems, networks, and data from cyber threats. It involves implementing security measures, such as encryption, firewalls, and authentication protocols, to safeguard information and prevent unauthorized access, data breaches, and cyber attacks.

Related Terms: Information security, digital defense, cyber protection.

17. Digital Footprint

Digital footprint refers to the trail of data left behind by an individual's online activities. This includes social media posts, website visits, online purchases, and other interactions that create a digital record of the individual's behavior and preferences.

Related Terms: Online footprint, digital presence, internet trail.

18. Gamification

Gamification is the use of game design elements and mechanics in non-game contexts to engage users and

motivate desired behaviors. By incorporating elements such as points, badges, leaderboards, and challenges, gamification can make tasks more enjoyable, interactive, and rewarding.

Related Terms: Game-based learning, playful design, interactive engagement.

19. Online Privacy

Online privacy refers to the control and protection of personal information shared on the internet. It involves understanding how data is collected, stored, and used by online services and taking steps to safeguard privacy rights, such as adjusting privacy settings, using encryption, and being mindful of data sharing practices.

Related Terms: Digital privacy, internet security, data protection.

20. Virtual Community

Virtual community is an online social network of individuals who interact and engage with each other in digital spaces. These communities can be formed around shared interests, hobbies, goals, or identities, providing a platform for connection, collaboration, and support in the virtual world.

Related Terms: Online community, digital network, virtual social group.