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## **Research Work**

Gadgets: Addiction or Necessity

**Yerevan**  
**2023-2024**

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## Introduction

"Gadgets" is a term that generally refers to small technological devices or tools designed for specific functions. The world of gadgets is continually evolving, with new innovations and improvements regularly entering the market. This is the 21st century, which means that there is almost no lack of gadgets. Moreover, new life-easing gadgets are being created daily to help humanity in various spheres.

**The subject matter of the present research** is to define gadgets and their role in society, the benefits and necessity of gadgets, personality traits, self-control because of the utilization of gadgets, and strategies for responsible gadget use and establishing healthy digital habits.

**This research paper** aims to understand the difference between addiction and necessity in today's society. It seeks to explore how certain habits or technologies become essential parts of our lives and whether they can lead to addictive behaviors. By examining factors like societal trends and individual psychology, the paper aims to provide insights into how these behaviors affect people's lives and offer suggestions for promoting healthier relationships with modern necessities.

**The topicality of the paper** is highly relevant in today's world where technology and modern conveniences play significant roles in people's lives. With the increasing integration of digital tools and behaviors, understanding the line between necessity and addiction has become more important than ever. By examining this distinction, the paper addresses timely concerns about the impact of technology on mental health and well-being, making it a pertinent subject for current discussions.

The present paper consists of Introduction, Three Chapters, Conclusion, and Bibliography.

**Chapter One** defines gadgets, their evolution, and their role in society, an overview of the evolution of gadgets and their increasing integration into everyday life, and an examination of the role of gadgets in communication, productivity, and entertainment.

**Chapter Two** is about understanding "Gadget Addiction", the benefits and necessity of Gadgets, and the negative effects of "Gadget Addiction", formulates the factors influencing "Gadget Addiction", discusses the role of individual factors (e.g., personality traits, self-control), the influence of societal and cultural factors on the perceived necessity of gadgets, technological design elements, and strategies employed to promote gadget addiction.

**Chapter Three** presents the balancing use and addressing "Gadget Addiction", strategies for responsible gadget use, and establishing **healthy digital habits**.

**The conclusion** presents the main findings of the research.

**The bibliography** gives the list of all the materials, both books and internet sources used for the realization of the research work.

# Chapter One

## 1. *Defining gadgets, their evolution, and their role in society.*

The vocabulary says that "Gadget" was first spelled in the 1850s as a slang sailors used to use while talking about a mechanism or ship part that either didn't have a name or was forgotten. It was spelled as "gadjet" in French it is *gâchette*, which means "piece of a mechanism."

If you think that gadgets have been made in the past centuries then you are strongly mistaken. Gadgets have always been, in different shapes, and multiple forms, for various purposes. Now you will see a gadget which has been made approximately in the 1st Century B.C.



Antikythera Computer

This gadget was discovered in the 1900's, and only this metallic piece survived from the whole ship. Scientists considered it as a second fiddle to the classical statues, but later in 2006, it was undoubtedly concluded as a fully functional mechanical computer, which helped people sail from Alexandria to Athens.

This was just one example to imagine how gadgets used to look like in the past. Antikythera Computer was from the past, but nowadays it is more common to come across gadgets such as smartphones, laptops, tablets, etc. Let's start with smartphones as it is the only thing people carry with them every day because without smartphones life would be complicated.

## Smartphones



This picture clearly shows how smartphones were developed over decades.

So, the first cell phone was a cellphone, the Motorola DynaTAC 8000X invented by Martin Cooper in April 1973. Although this cell phone was not portable, it still had its role and showed the first prerequisites in smartphone history.

Alright, it is time for the first portable mobile device which was invented by the Motorola company approximately 40 years ago in 1984. DynaTAC 8000X cost 4000\$, weighed two pounds, and the battery lasted for 30 minutes which was very good back then. Because of its heaviness, the device got its nickname "The Brick".

Finally, the long-awaited smartphone for mankind. IBM released it in 1992, which however started being utilized two years later. The Simon Personal Communicator added some features that are common nowadays, such as a touch screen that required a stylus (special pen for devices). The battery life lasted about an hour.

If people back then used to think that smartphones were able to make calls or write texts, then they were not introduced to camera phones, which Sharp company made in 2000. The phone weighed 4 ounces and was one step closer to today's sleek and slim phones. The Sharp J-SH04 camera quality was 110,000 pixels. To imagine the quality, the iPhone 14 camera has 48-megapixel.

2007 was a game-changer for smartphones. The world had never seen something like that until Steve Jobs announced the world's first iPhone at January's Macworld convention. The phone included a touch screen, iPod, camera, and access to The Internet. It was lightweight and available in 4GB. The prices were different. For 4GB 499\$ and 8 599\$. The most surprising thing was that you could download applications.

Jobs wasn't wrong when he described the iPhone as a "revolutionary and magical product that is five years ahead of any other mobile phone." It was, far and away, the most advanced smartphone the world had seen. Almost 1.4 million iPhones were sold. By 2008 the numbers reached 11.6 million.

The first Android smartphone was the HTC Dream, the T-Mobile G1. The smartphone had a 3.2-inch touchscreen display, a slide-out QWERTY keyboard, and a 3.2-megapixel camera. It was a groundbreaking device that marked the beginning of the Android era.

Modern cell phones have more memory, speed, and power than previous ones, and countless apps have become available and monetized. Humanity has seen incredible advancements in almost every aspect of the smartphone. For instance, smartphone cameras take high-quality pictures (including selfies) and stream music, videos and games.

## The Evolution of the Modern Laptop: From 1982 to Present

*John Ellenby was known as the “godfather” of the laptop as his company Grid Systems released the first laptop in 1982 called the Compass which nowadays has the same idea of opening and closing a laptop.*



**Grid Compass** is one of the first laptops ever made. Nowadays, it is hard to carry as its weight is over 5 kg/11lbs. The price of this “portable” laptop started at \$8000.

**The Macintosh** Portable laptop is considered to be one of the worst Apple products. The first launch was made in 1989 with a \$7300 price tag. The storage is especially mind-blowing since that’s only enough to hold about a dozen photos, let alone an entire operating system.

The **IBM ThinkPad** series gained significant popularity following its release in 1992 which could fold in half, with the display on top and the keyboard on the bottom.

**The Toshiba Libretto** was the pioneering laptop marketed as a subnotebook due to its compact dimensions. The Libretto stood out for its unparalleled portability, making it easy to transport.

The **Apple iBook** was introduced in 1999 as a portable version of the iMac, marking the beginning of a design trend that valued shinier aesthetics. It was a pioneering laptop model as it was the first to incorporate Wi-Fi connectivity, eliminating the need for a wired connection.

**Dell** emerged as a dominant player in the computer market in the early 2000s, epitomized by the well-known slogan “Dude, you’re getting a Dell”. During this period, laptops continued to slim down and shed weight, while displays extended closer to the edges.

**Apple** is frequently featured on this list due to being one of the most groundbreaking computer companies. In 2008, Apple introduced the world's thinnest laptop, the MacBook Air, which gained notoriety for its omission of a disc drive, Ethernet port, and many other ports.

Besides smartphones and laptops, many more gadgets on the planet may seem strange to call "Gadgets", but they are. Here you can find other portable and easy-to-move gadgets that make people's lives easier and easier.

## Biolite Fire Pit + Grill



Biolite's Fire Pit + Grill challenges the notion that where there's smoke, there's fire. With its patented airflow technology, this grill can eliminate smoke within just 30 seconds by introducing oxygen. You can enjoy your favorite meals cooked on the Firepit + Grill without the inconvenience of smoke - making it a standout Cool Gadget choice.

## Cotodama Lyric Canvas Speaker



If you ever forget the lyrics to your favorite song, Cotodoma's Lyric Canvas Speaker can lend a hand. This innovative speaker visually showcases real-time lyrics in sync with the music being played, allowing you to follow along and sing along with ease.

## Communication and productivity via gadgets

In the contemporary digital era, gadgets hold a pivotal position in reshaping interpersonal communication. Ranging from smartphones and tablets to smartwatches and voice assistants, technological progress has transformed the methods through which we interact, cooperate, and communicate, be it in personal or professional contexts.

Gadgets exert a profound influence on contemporary communication patterns by facilitating immediate connectivity regardless of time or place. Through the use of smartphones and other portable devices, individuals can maintain contact with their social circle, family, and coworkers irrespective of their location. Whether through text messaging, voice calls, or video calls transcending global boundaries, gadgets empower individuals to communicate in real time, effortlessly overcoming geographical barriers.

The advent of advanced technologies like 5G networks and high-speed internet connections further enriches connectivity levels, facilitating smooth communication interactions. With the provision of fast and dependable internet connectivity, users can seamlessly engage in bandwidth-heavy activities such as video conferencing, online gaming, and streaming content.

Sproke presents an array of cutting-edge gadgets and technologies engineered to elevate connectivity and communication experiences. From state-of-the-art smartphones outfitted with 5G capabilities to smart home gadgets enabling voice-activated communication, their products cater to the contemporary consumer demographic seeking swift, dependable, and user-friendly communication solutions.

Productivity is the assessment of employees' efficiency and effectiveness in completing tasks. Various factors such as the work environment, employee morale, and company procedures can influence productivity.

Enhancing productivity is typically a primary objective for business leaders, with a key focus on discovering innovative tools to boost employee efficiency. Whether employees are working remotely or on-site, technology can enhance productivity by providing improved collaboration, communication, and time-saving resources. However, without evaluating the impact of new technologies, organizations run the risk of employees using unnecessary tools that could potentially impede productivity.

One significant method technology can enhance productivity is through time-saving tools, particularly through automation. By delegating monotonous or repetitive tasks to technology, employees can allocate more time to creative work. Time-saving tools further facilitate quicker task completion, directly benefiting productivity. Additionally, this efficiency can contribute to improved employee engagement, ultimately boosting morale and reinforcing the productivity cycle.

## Chapter Two

### **2. *Understanding gadget addiction, benefits and necessity of gadget: negative effects of gadget addiction***

It is no secret that gadgets have now become an inseparable part of our lives. But as it is said too much of anything is harmful, and so are gadgets! By saying “Gadget addiction” we mean *using devices that hurt one’s health and well-being*.

Gadget addiction, also known as technology addiction or digital addiction, refers to the compulsive and excessive use of technological devices such as smartphones, tablets, computers, and gaming consoles, leading to negative consequences in various aspects of life

**Information Access:** Gadgets provide access to a vast amount of information and resources, empowering users to learn, explore, and stay informed. Search engines, educational websites, and online libraries offer valuable knowledge and learning opportunities.

**Productivity:** Gadgets enhance productivity by providing tools for organization, time management, and task completion. From email clients and productivity apps to project management software and cloud storage solutions, technological devices streamline workflows and improve efficiency.

**Entertainment:** Gadgets serve as sources of entertainment, offering access to a wide range of media content. Streaming services, gaming platforms, e-readers, and social media apps provide avenues for relaxation, recreation, and self-expression.

**Health and Wellness:** Gadgets contribute to health and wellness by monitoring vital signs, tracking fitness metrics, and promoting healthy habits. Wearable fitness trackers, health apps, and online support communities encourage individuals to prioritize their well-being and adopt healthier lifestyles.

### **Negative Effects of Gadget Addiction:**

**Social Isolation:** Excessive gadget use can lead to social isolation and withdrawal from real-life interactions. Spending excessive time online or on devices may detract from face-to-face communication and interpersonal relationships, leading to feelings of loneliness and disconnection.

**Physical Health Issues:** Prolonged gadget use can have adverse effects on physical health, including eye strain, neck and back pain, and repetitive strain injuries. Sedentary behaviors associated with excessive screen time may also increase the risk of obesity, cardiovascular disease, and other health problems.

**Mental Health Concerns:** Gadget addiction has been linked to various mental health issues, including anxiety, depression, and attention problems. Excessive use of social media and online platforms may contribute to feelings of inadequacy, comparison, and self-esteem issues.

**Sleep Disruptions:** Gadgets emit blue light, which can interfere with the body's natural sleep-wake cycle and disrupt sleep patterns. Excessive screen time before bedtime has been associated with difficulty falling asleep, poor sleep quality, and daytime drowsiness.

## **Life Without Gadgets**

People born before the 1980s had no access to The Internet or didn’t have any kind of gadget. The list below shows how life looked like without gadgets, and whether it was for good or not.

- Children engaged in outdoor play, promoting physical activity.
- Face-to-face verbal communication was prevalent, fostering interpersonal connections.
- Quality time was spent outdoors with loved ones.



- The news was primarily obtained from newspapers or radio broadcasts.
- Communication was considered to be slow.

## Life With Gadgets

Integrating internet-enabled gadgets has significantly revolutionized our daily routines and altered our reliance on technology for essential tasks. This transformation is evidenced by:

- Access to vast information resources instantly through devices
- Enhanced research capabilities with abundant data access
- On-demand video streaming from various platforms such as Netflix and Amazon
- Reading e-books online without the need to visit libraries
- Accelerated communication speed leading to swift decision-making

Despite the benefits of this era of information and gadget reliance, there is a growing concern regarding the constant desire for instant satisfaction and its impact on our cognitive abilities. The question arises whether our current consumption habits hinder analytical thinking and creativity, disrupt communication focus, and reduce us to mere data retrievers rather than knowledge bearers. This prompts reflection on the potential addiction to gadgets and its implications for our society.

### ***“Don’t see humans as the problem and technology as the solution”***

Douglas Rushkoff, who is a writer, documentarian, and professor of media at the City University of New York, said, *“The companies would have to adopt different profit models, based on revenue rather than growth. They would have to decide whether the future of the species is important to them. Most see humans as the problem, and technology as the solution. They seek to replace humanity before the environment is destroyed, or to get off the planet before that happens. If, instead, they decided to align with humanity, our species could indeed survive another century or more. If they continue to see humans as the enemy, we won’t have much longer.”*

## Chapter Three

### **3. Factors influencing gadget addiction and necessity: balancing the use of gadgets.**

The way we perceive the world has been transformed by mobile phones, the Internet, social media platforms, and texting. With approximately 6.9 billion mobile users worldwide electronic gadgets have become nearly as prevalent as the global population. Individuals who engage excessively with electronic devices may develop musculoskeletal issues.

Those who excessively utilize smartphones may experience a decline in face-to-face interactions, leading to feelings of inadequate social support and fulfillment, as well as a sense of disconnection from contributing to others' happiness and well-being. Overuse of smartphones can result in

repetitive strain injuries or overuse syndromes, impacting hand functionality and causing thumb pain. Prolonged use of electronic gadgets can have adverse effects on the human body. It is crucial to advocate for healthy smartphone usage practices and emphasize the significance of maintaining strong relationships with friends and family to enhance psychological well-being. Healthcare professionals should stay informed about these emerging disorders, and the younger generation should receive adequate education on ergonomic habits and health precautions related to gadget use.

Gadget addiction, encompassing the compulsive and excessive use of electronic devices, is a phenomenon increasingly prevalent in today's society. Several factors contribute to the development of this addiction and the perception of gadget use as a necessity.

Firstly, the pervasive nature of technology in daily life plays a significant role in fostering gadget addiction. With smartphones, tablets, laptops, and other electronic devices becoming essential tools for communication, work, entertainment, and information access, individuals are constantly surrounded by opportunities for gadget use. The convenience and efficiency afforded by these devices often lead to increased dependence on them, blurring the line between necessary and excessive use.

Secondly, the design and functionality of modern gadgets are engineered to be highly engaging and stimulating, catering to users' desires for instant gratification and constant connectivity. Features such as notifications, social media feeds, and immersive multimedia experiences create a sense of reward and pleasure that reinforces repetitive gadget use. The addictive nature of these design elements can contribute to the development of a compulsive need to engage with devices, even when not strictly required.

Moreover, societal norms and expectations regarding technology use can influence individuals' perceptions of gadget necessity. In today's interconnected world, being proficient in using technology is often seen as essential for success in various aspects of life, including education, work, and social interactions. The pressure to stay connected and informed through gadgets can lead individuals to prioritize their device usage, sometimes to the detriment of their well-being and relationships.

Furthermore, psychological factors such as escapism, emotional regulation, and social validation can also play a role in driving gadget addiction and reinforcing the belief in the necessity of constant device engagement. For some individuals, gadgets serve as a means of escaping reality, numbing negative emotions, or seeking validation and approval from online interactions. These psychological needs can fuel compulsive gadget use and contribute to the perception that gadgets are indispensable for coping with life's challenges.

## 1. Recognize the Issue

To address any addiction, the initial step is acknowledging the problem. Admitting to being dependent on electronic devices is pivotal in kick-starting the recovery journey.

Reflect on the amount of time spent on gadgets, its impact on your life, and the negative repercussions it carries.

## 2. Set Achievable Objectives

Begin by establishing practical goals to lessen your reliance on gadgets gradually. Avoid expecting an immediate transition from spending extensive hours on devices to quitting entirely overnight. Instead, work towards reducing gadget usage gradually by dedicating specific time slots for usage and progressively shortening these durations.

## 3. Establish a Routine

Create a daily schedule that incorporates productive tasks and hobbies. This will help fill the gap left by excessive gadget use and steer your focus toward more meaningful activities. Plan endeavors like reading, exercising, pursuing hobbies, socializing with friends, or engaging in outdoor pursuits.

## 4. Exercise Self-Control

Cultivate self-discipline in your gadget usage habits. Set clear boundaries and adhere to them. For instance, designate gadget-free areas or time frames where you refrain from device usage consciously.

## 5. Disconnect and Step Away

Physically distance yourself from electronic devices to reduce temptation. This may involve disabling notifications, relocating gadgets to another room, or utilizing apps and software that restrict access during certain periods or block distracting applications.

## 6. Explore Substitute Pastimes

Explore new interests or reignite old passions that bring joy and satisfaction. Involvement in activities like sports, arts, music, writing, or volunteering not only serves as a distraction from gadget dependency but also fosters a sense of achievement and personal development.

Balancing the use of gadgets is essential for maintaining a healthy lifestyle and managing productivity. It's important to set boundaries on the time spent using devices, prioritize face-to-face interactions, and take breaks to engage in offline activities such as exercise or hobbies. Regularly evaluate your screen time and adjust as needed to ensure a healthy balance between technology use and the real world.

### *The statistics of Armenia and the number of people who used the Internet in 2023.*

## The state of digital in Armenia in 2023

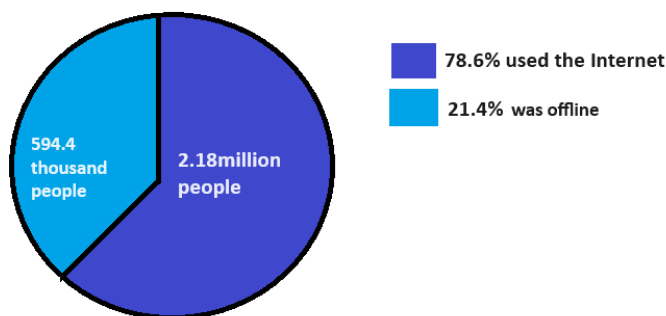
- At the beginning of 2023, Armenia had 2.18 million internet users, representing a penetration rate of 78.6%.

- In January 2023, Armenia had 1.85 million social media users, accounting for 66.6% of the overall population.
- As of early 2023, Armenia had a total of 4.10 million active cellular mobile connections, surpassing the total population at 147.4%.

## Internet use in Armenia in 2023

- In January 2023, there were 2.18 million internet users in Armenia, with a penetration rate of 78.6% among the total population.
- According to Kepios's analysis, the number of internet users in Armenia decreased by 4,334 (-0.2%) between 2022 and 2023.
- This data indicates that 594.4 thousand individuals in Armenia were not using the internet at the beginning of 2023, highlighting that 21.4% of the population was offline at that time.

Internet users in Armenia in 2023 **January**



## The state of digital in Georgia in 2023

The key points regarding digital usage in Georgia in early 2023 are as follows:

- At the beginning of 2023, Georgia had 2.86 million internet users, with an internet penetration rate of 76.4%.
- In January 2023, there were 3.05 million social media users in Georgia, representing 81.7% of the total population.
- In early 2023, Georgia had a total of 5.87 million active cellular mobile connections, which accounted for 157.1% of the total population.

## Internet use in Georgia in 2023

- In January 2023, there were 2.86 million internet users in Georgia, representing 76.4% of the total population.
- According to Kepios's analysis, the number of internet users in Georgia declined by 14,000 (-0.5%) from 2022 to 2023.

- It was observed that 880,000 individuals in Georgia did not use the internet at the beginning of 2023, indicating that 23.6% of the population remained offline at the start of the year.

## Conclusion

*Gadgets are a necessity we are all addicted to...*

In the ever-evolving landscape of modern society, gadgets have become integral components of our daily routines, shaping the way we interact, work, and entertain ourselves. From smartphones to smart home devices, these gadgets have revolutionized the world, offering convenience, efficiency, and connectivity at our fingertips. While the benefits of gadgets are undeniable, there is a growing concern about the fine line between their utility and the potential for addiction.

To sum up this research paper, we concluded that using gadgets can be both helpful and harmful. As society continues to advance technologically, gadgets have emerged as ubiquitous companions in our daily lives.

- These devices, ranging from smartphones and laptops to smartwatches and tablets, have transformed the way we communicate, work, learn, and entertain ourselves.
- The convenience and efficiency that gadgets offer have undeniably reshaped our routines and interactions, creating a sense of reliance on these modern tools.

However, amidst the myriad benefits that gadgets bring, there looms a growing concern over the fine line between their necessity and the potential for addiction.

- The constant connectivity provided by gadgets can lead to a dependence that blurs the boundaries between work and personal life.
- The allure of social media, gaming, and endless content consumption can contribute to a compulsive need for constant engagement with our devices, often at the expense of face-to-face interactions and mental well-being.

While gadgets have undoubtedly revolutionized the way we live and have enriched many aspects of our lives, it is crucial to acknowledge the risks associated with over-reliance and addiction. Finding a balance between harnessing the benefits of gadgets and mitigating the negative consequences of excessive usage is imperative. Practicing mindfulness, setting boundaries, and being cognizant of our gadget usage can help us navigate the digital landscape responsibly.

In the fast-paced and technology-driven world we inhabit, the issue of gadgets being a necessity versus an addiction is a nuanced and multifaceted one. It is up to individuals to assess their relationship with technology, prioritize human connections, and cultivate a healthy balance that allows for the benefits of gadgets to enhance our lives without overshadowing our well-being. By approaching gadgets with intentionality, self-awareness, and moderation, we can harness their power to facilitate productivity, creativity, and connectivity while safeguarding ourselves from the perils of excessive dependence.

By fostering a mindful approach to gadget usage, prioritizing human connections, and staying attuned to the impact of technology on our lives, we can harness the power of gadgets to enhance our experiences while mitigating the risks of addiction and over-reliance. Ultimately, the path forward lies in cultivating a harmonious relationship with technology that empowers us to leverage its capabilities for growth, innovation, and connection, while remaining grounded in our humanity and values.

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