 

Country:Belgium

Committee: World Heald Organization (WHO)

Agenda Item: Uncontrolled use of technology and digital obesity

Nowadays, people are victims of digital obesity, and day by day, the percent of people who have digital obesity is increasing. And also, internet addiction, which triggers each other when obesity struggles, arises from immobility that threatens the health of the community and starts to affect the mental health of the depression like anxiety and so on from very young ages. Technology addiction is a control disorder that involves people continuing to use mobile devices and the internet in an obsessive manner despite the negative consequences of technology on them. Addiction, stress, low self-esteem, and social anxiety are all reasons for uncontrolled technology use. These factors encourage a person to continue overusing technology to reduce negative emotions.

Since we all have access to cellphones, laptops, tablets, and mobile internet, it would be easy to assume that the digital divide does not have an impact on our developed Western society. But this is not the case. Not only poorer nations have become aware of this phenomena. Digital exclusion is a concern in Western nations like Belgium. If it hasn't happened already, the most financially disadvantaged households may soon find themselves shut out of the digital economy as a result of direct or indirect economic effects brought on by rising energy costs and inflation in general. The importance of digital tools in our life is being underlined as a result of the COVID-19 problem, where we have used them more than before. Examples include teleworking and continuous educationThe most obvious reason for digital exclusion is economic. It may stop someone from investing in computer hardware that is appropriate for their needs. 8% of Belgians between the ages of 16 and 74 reported having no internet access at home in 2021. This amounts to around 399,000 individuals. Only taking into account households in financial difficulty, roughly one in five (18%) lacked Internet access in 2021.

As a solution we should cut down on our Internet usage. Other hobbies, including reading, should be favored as an alternative to time spent online to prevent boredom and loneliness. It is necessary for eliminating the conditions that lead to technology addiction. If there are lifestyle-related causes, one should alter their way of life; if there are social-related reasons, one should examine how they interact with others.