



Teknoloji Bağımlılığı

Prof. Dr. Ömer Faruk Akça

NEÜ Tıp Fakültesi Çocuk ve Ergen Ruh Sağlığı ve Hastalıkları A.D.

29.01.2026

- Riskler nelerdir?
- Nasıl gerçekleşir?
- Bizde durum nasıl?
- Ne yapmalı?

Monitoring the future



An official website of the United States government [Here's how you know](#)

SAMHSA
Substance Abuse and Mental Health
Services Administration

In Crisis? Call or Text 988 >>

Search SAMHSA.gov Search

Find Help Practitioner Training Public Messages Grants **Data** Programs Newsroom About Us Publications

DAWN
Drug Abuse Warning Network

MH-CLD
Mental Health Client-Level Data

N-MHSS
National Mental Health Services Survey

N-SSATS
National Survey of Substance Abuse Treatment
Services

N-SUMHSS
National Substance Use and Mental Health
Services Survey

2021 National Survey on Drug Use and Health (NSDUH) Releases

Conducted annually, the National Survey on Drug Use and Health (NSDUH) provides nationally representative data on the use of tobacco, alcohol, and drugs; substance use disorders; receipt of substance use treatment; mental health issues; and the use of mental health services among the civilian, noninstitutionalized population aged 12 or older in the United States. NSDUH estimates allow researchers, clinicians, policymakers, and the general public to better understand and improve the nation's behavioral health. These reports and detailed tables present estimates from the 2021 National Survey on Drug Use and Health (NSDUH). Because of methodological changes in 2021, estimates from this year should not be compared with previous years.

Jump to: [Annual National Report](#) [Highlighted Pop Slides](#) [Detailed Tables](#) [Methodology](#)

2021 NSDUH Highlights

[Overall Highlights for 2021 NSDUH \(PDF\)](#)



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

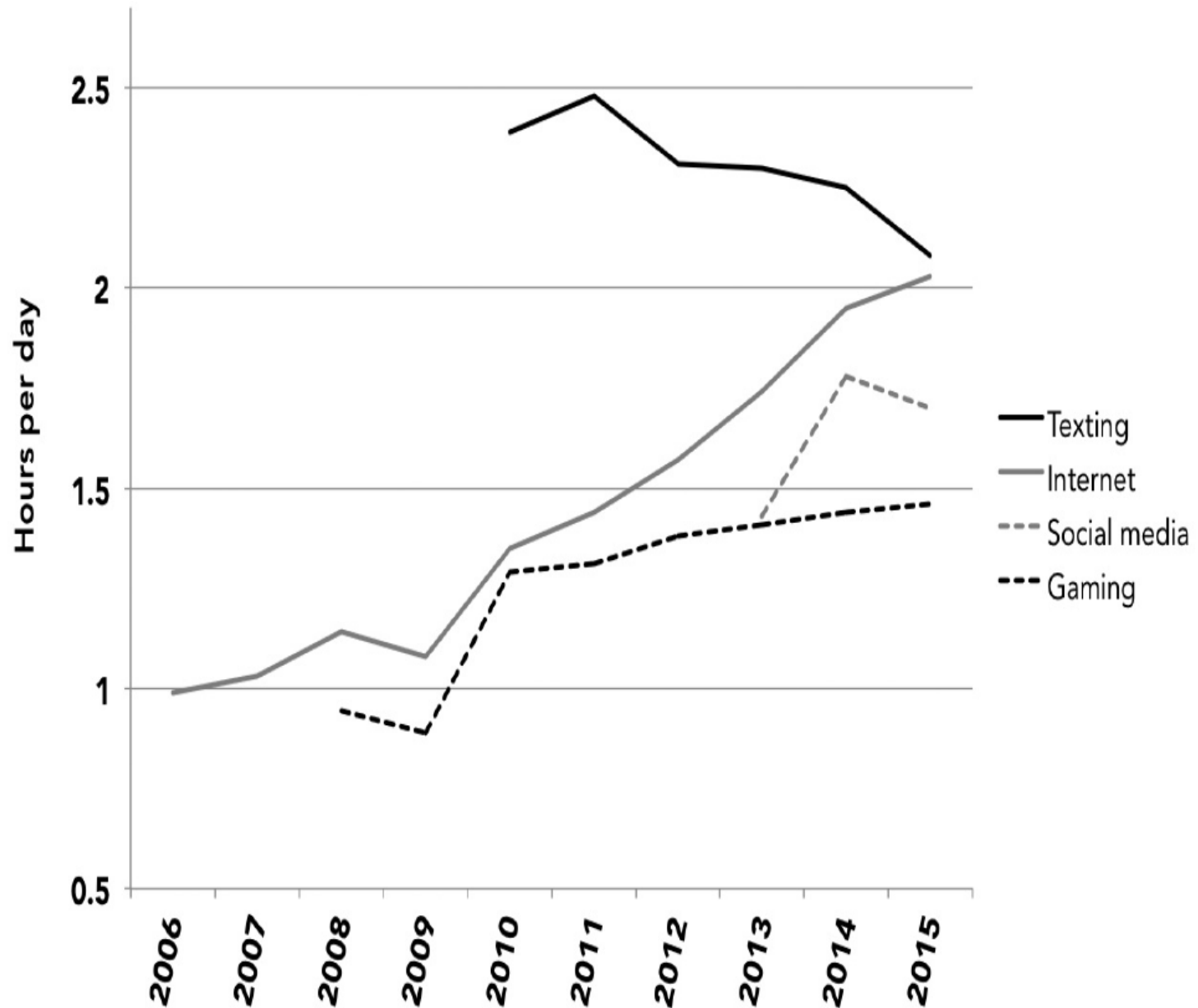


Figure 2.2. Hours per day spent by 12th graders on new media (texting, on the Internet, social media, and gaming). Monitoring the Future, 2006–2015.

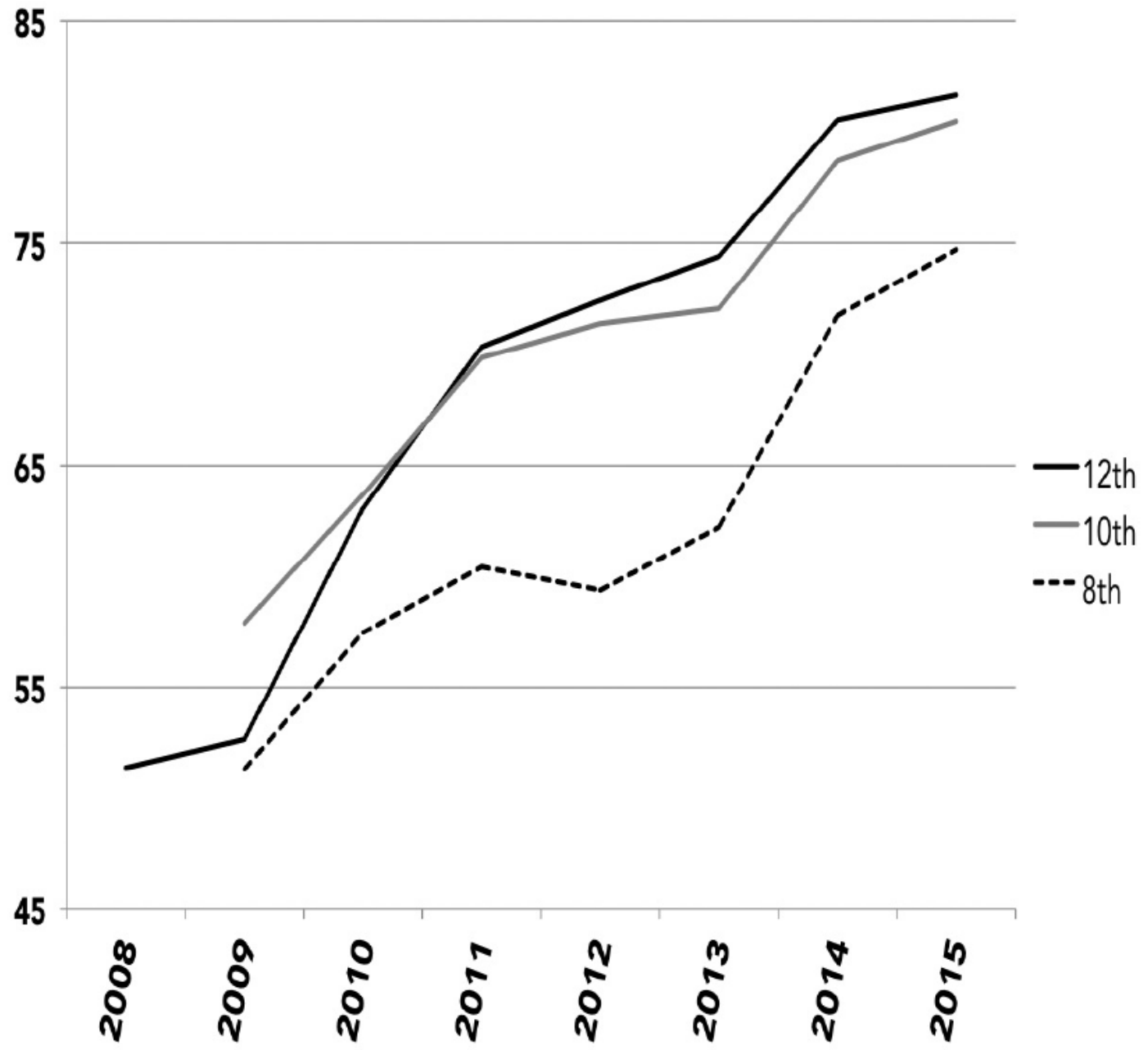


Figure 2.3. Percentage of 8th, 10th, and 12th graders using social networking sites almost every day. Monitoring the Future, 2008–2015.

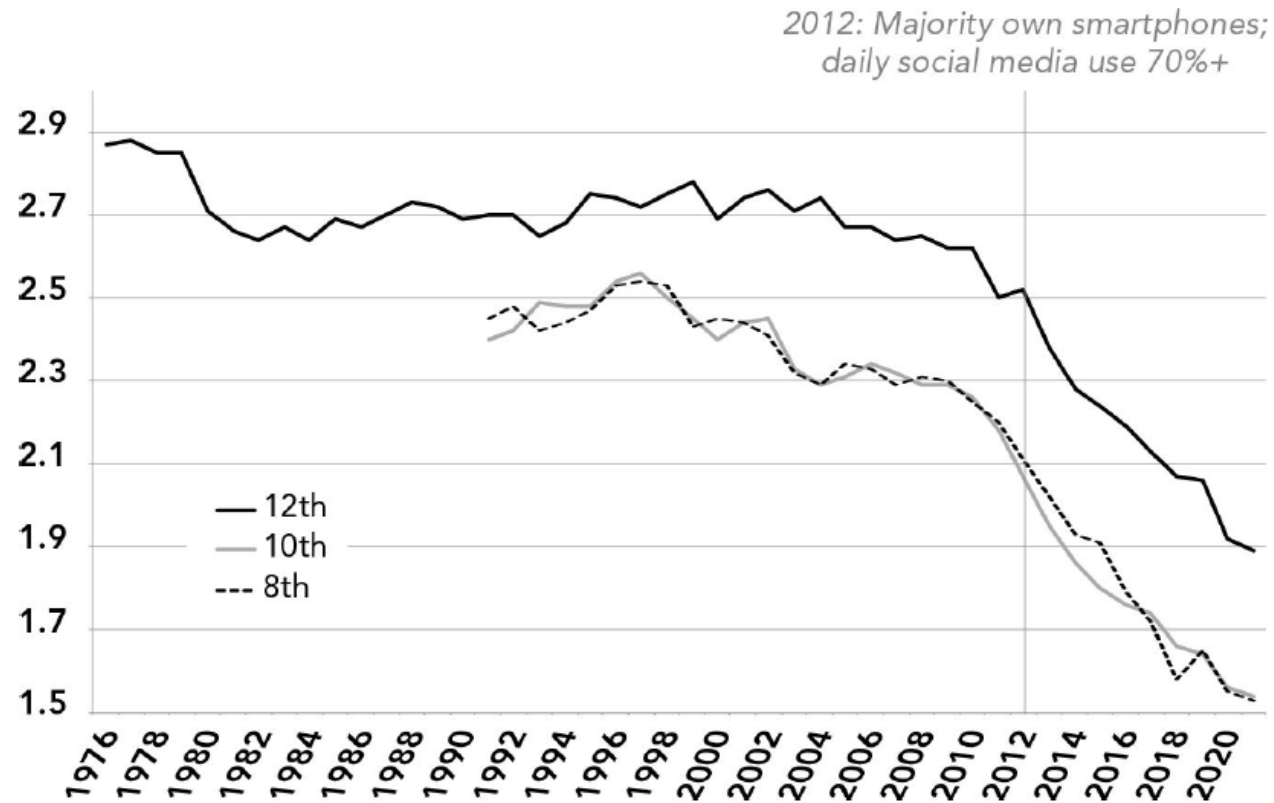


Figure 6.45: Times per week U.S. teens go out with friends, by grade level, 1976–2021

Source: Monitoring the Future

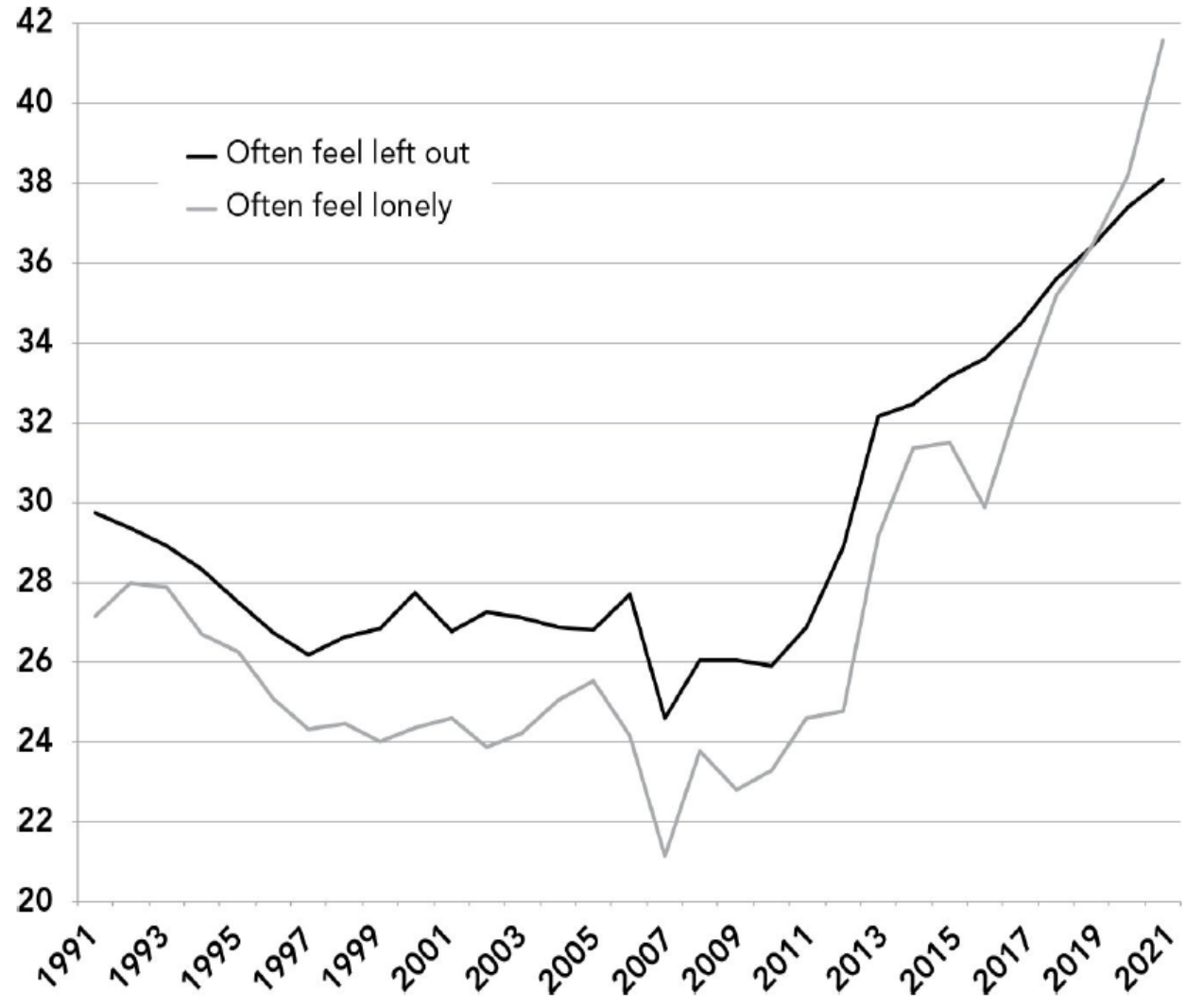


Figure 6.31: Percent of U.S. 8th, 10th, and 12th graders who feel left out or lonely, 1991–2021

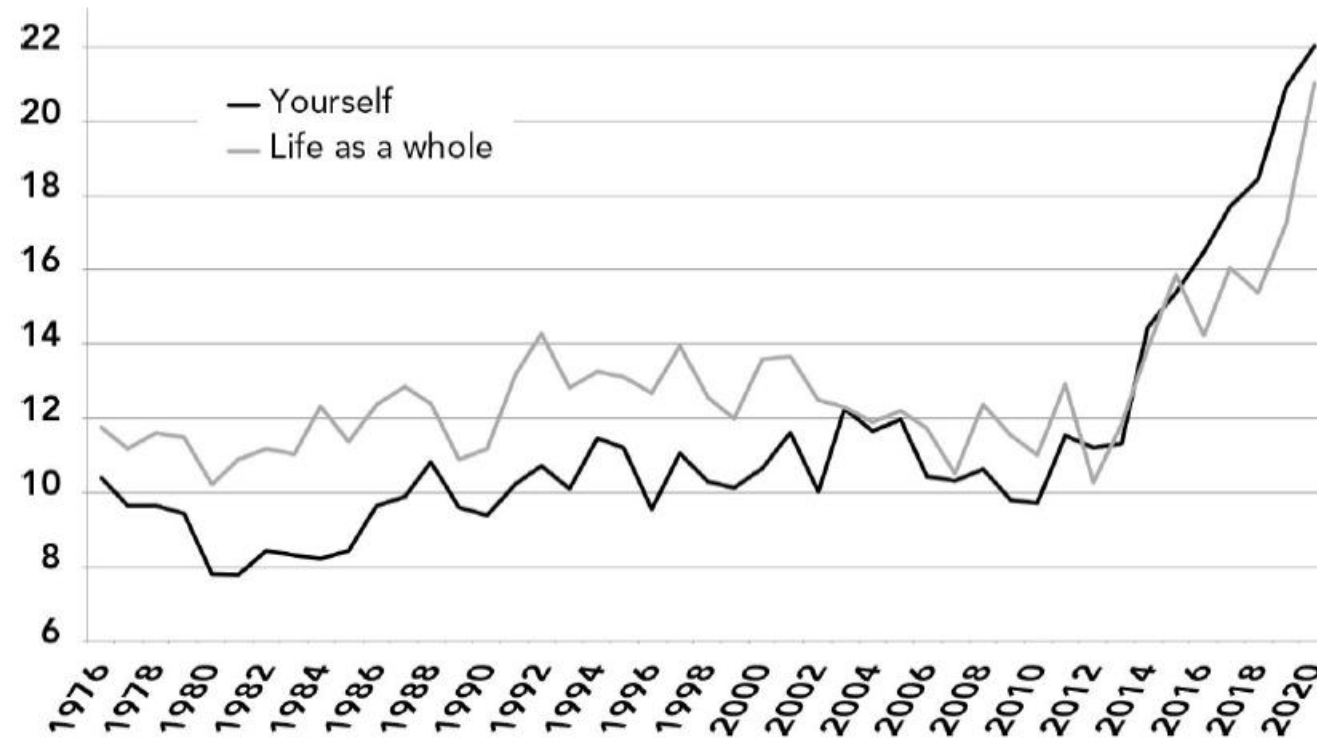


Figure 6.32: Percent of U.S. 12th graders not satisfied with themselves and not satisfied with their lives as a whole, 1976–2020

Source: Monitoring the Future

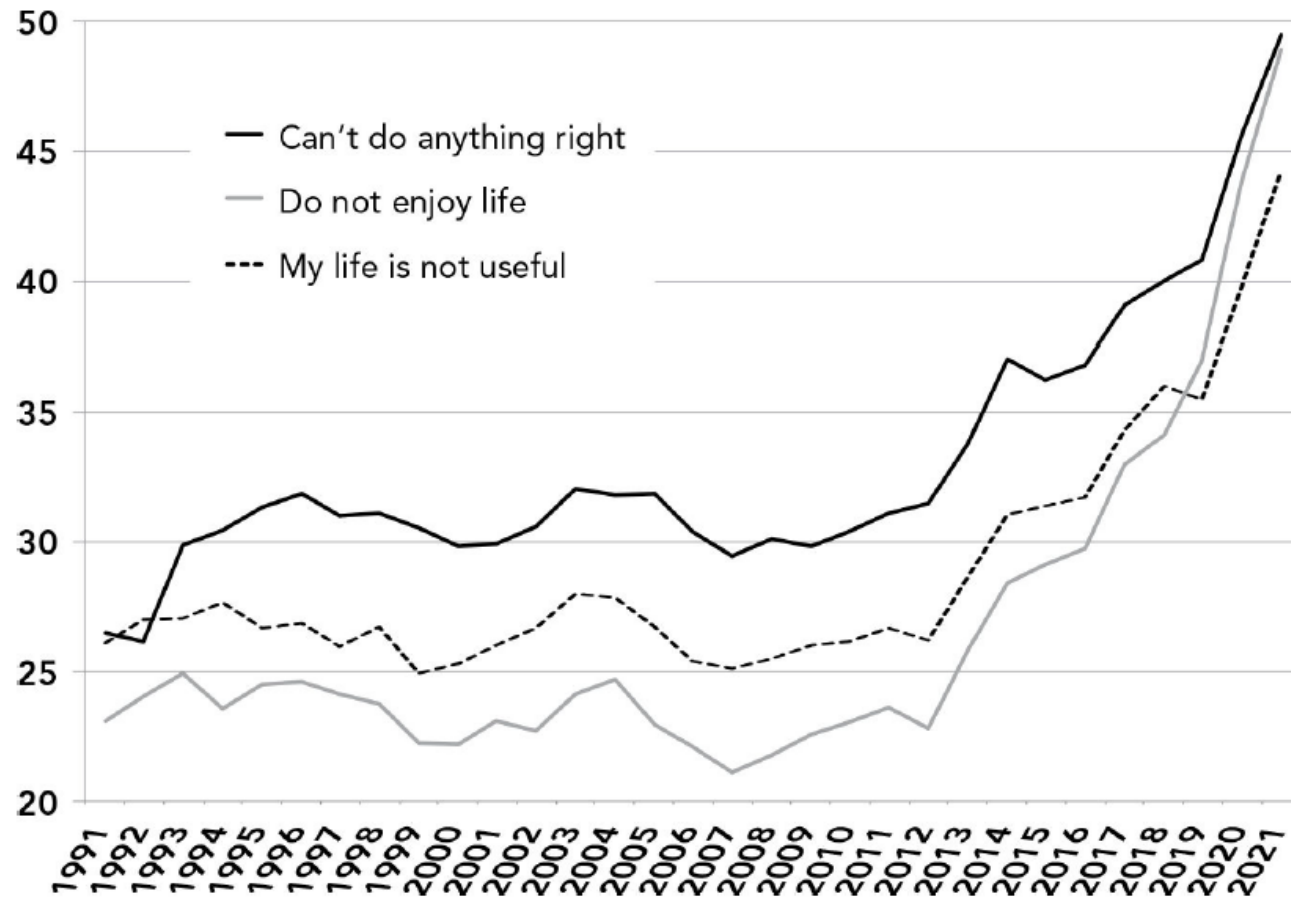


Figure 6.34: Percent of U.S. 8th, 10th, and 12th graders experiencing certain symptoms of depression, 1991–2021

Source: Monitoring the Future

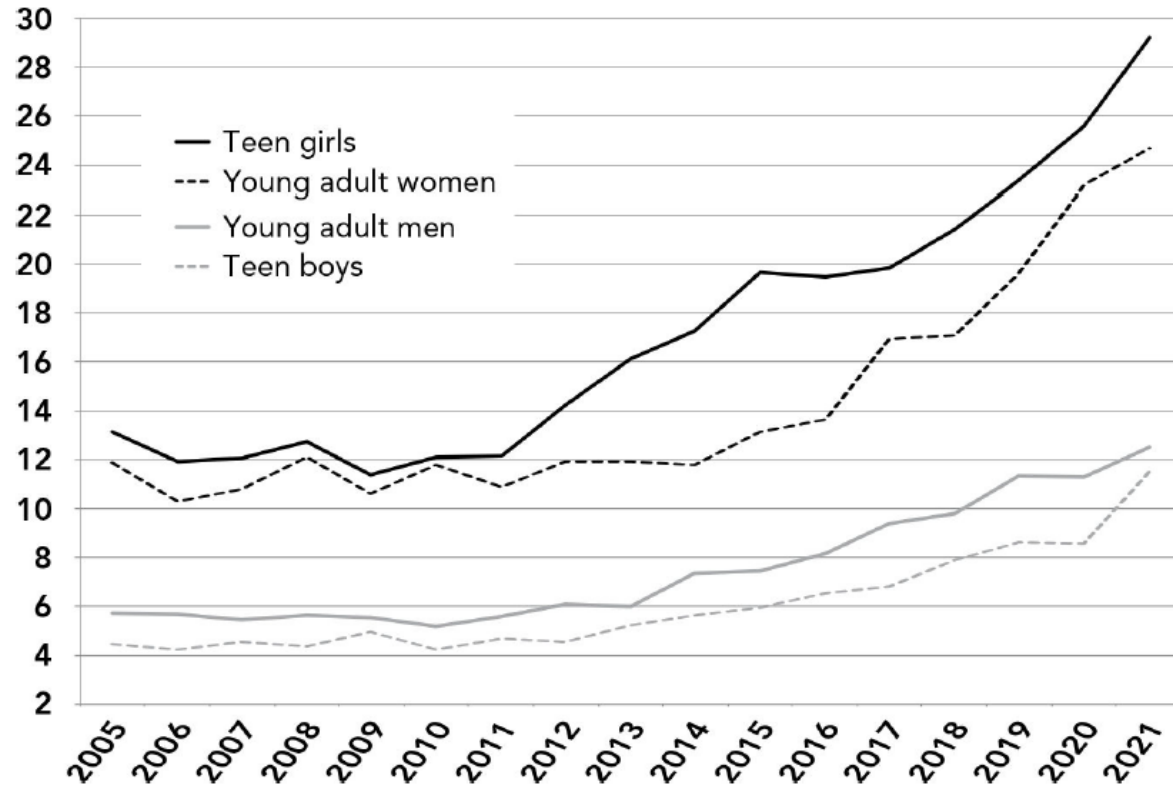


Figure 6.35: Percent of U.S. teens and young adults with clinical-level depression in the last year, by gender and age group, 2005–2021

Source: National Survey on Drug Use and Health

Notes: Teens are ages 12 to 17 and young adults are ages 18 to 25.

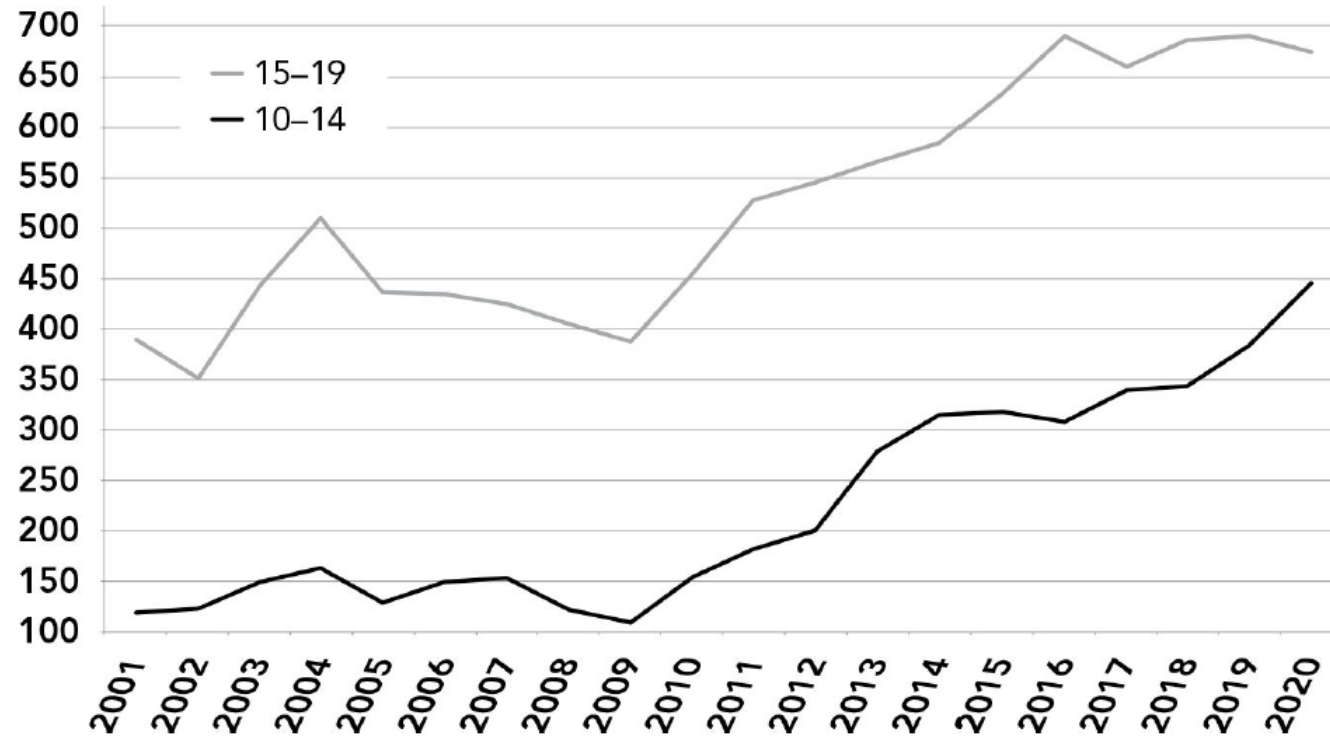


Figure 6.36: Rate of emergency department admissions for self-harm among U.S. girls and young women, by age group, 2001–2020

Source: WISQARS, CDC

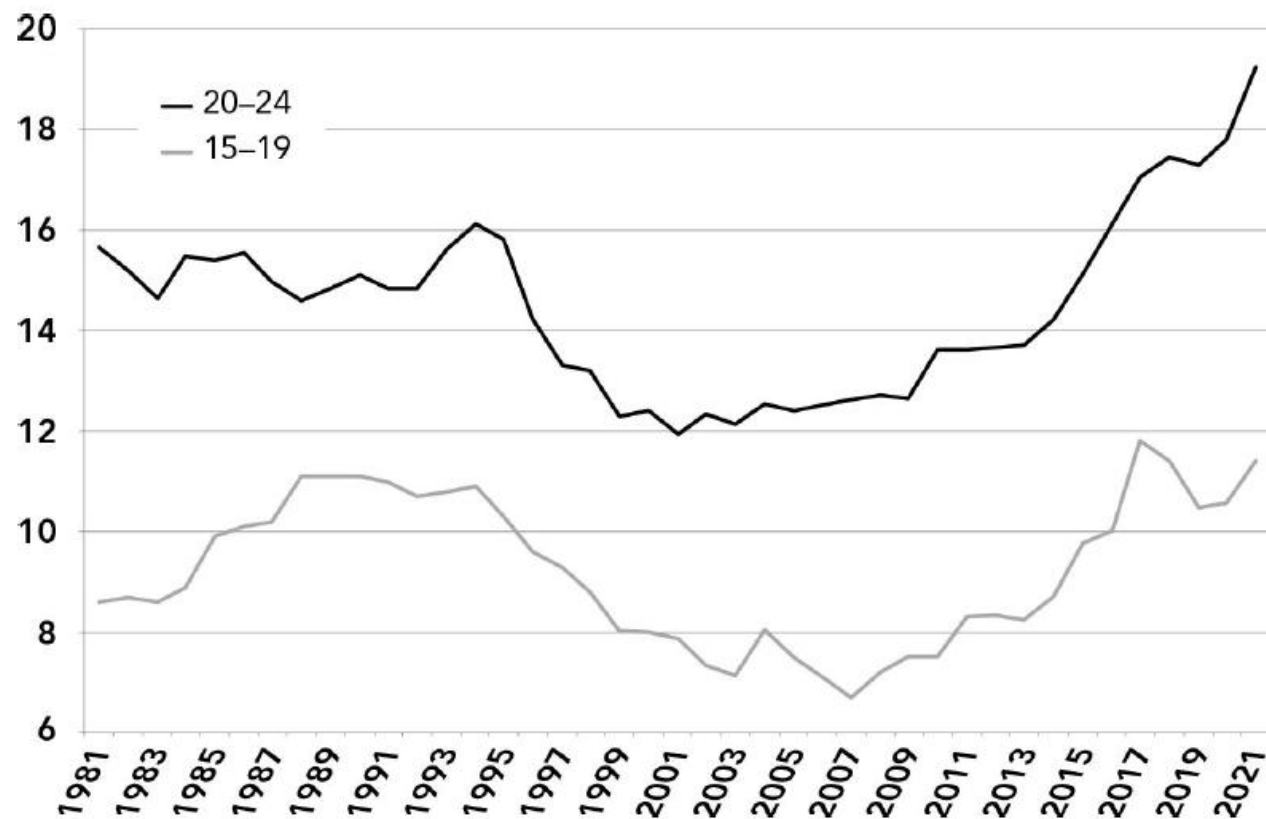


Figure 6.37: Suicide rate of U.S. teens and young adults, by age group, 1981–2021

Source: WISQARS, CDC

Notes: Suicide rates are out of 100,000 population. 2021 data are preliminary.

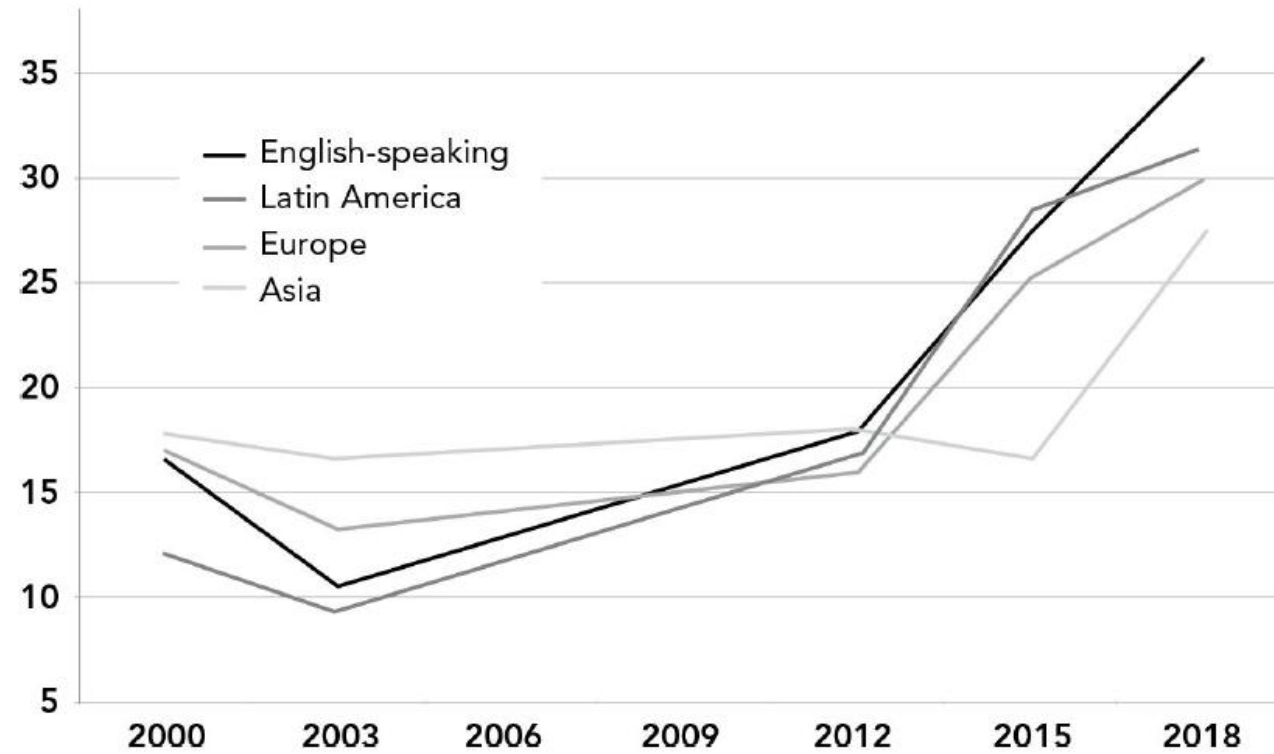


Figure 6.44: Percent of 15-year-olds high in loneliness, by world region, 2000–2018

Source: Program for International Student Assessment, Organisation for Economic Co-operation and Development

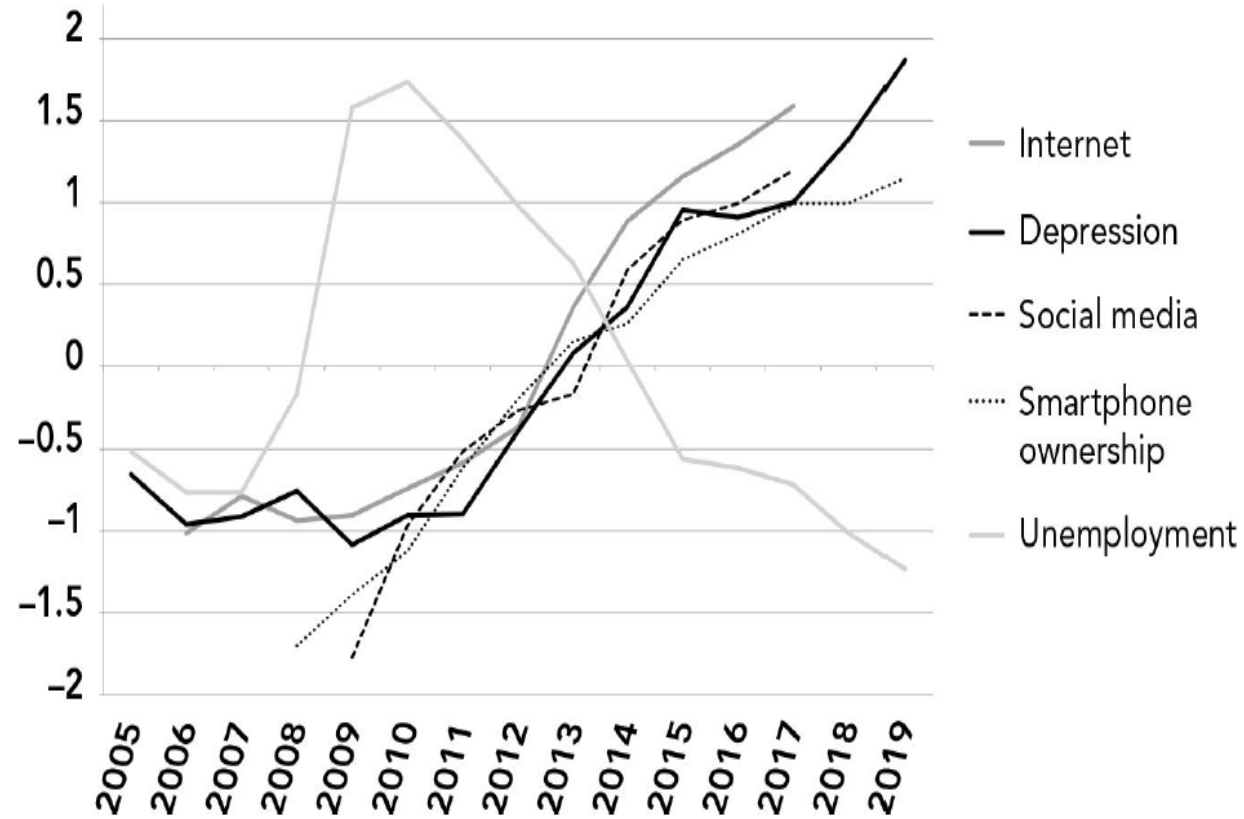


Figure 6.39: U.S. teen girls' depression rates and possible causes, 2005–2019

Sources: Monitoring the Future, NSDUH, Pew Research Center, U.S. Bureau of Labor Statistics

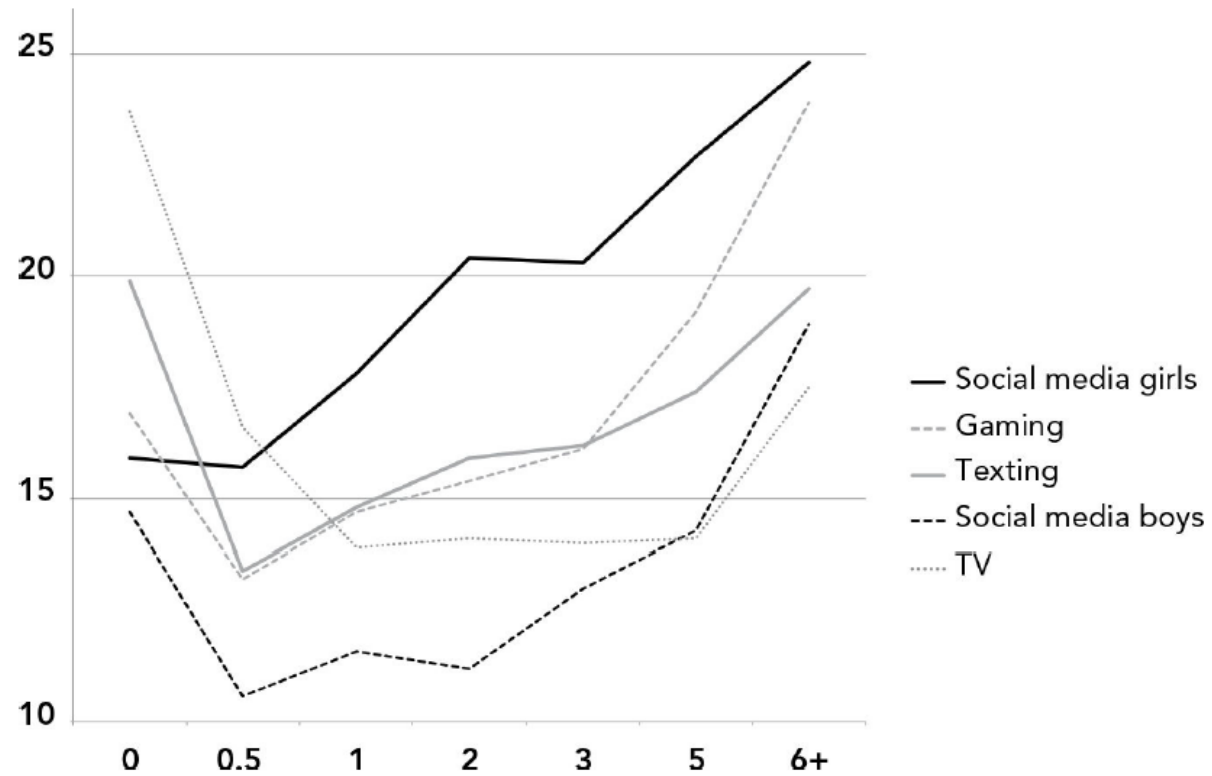


Figure 6.49: Percent of U.S. 8th and 10th graders who are unhappy by hours per day of certain types of digital media use

Source: Monitoring the Future

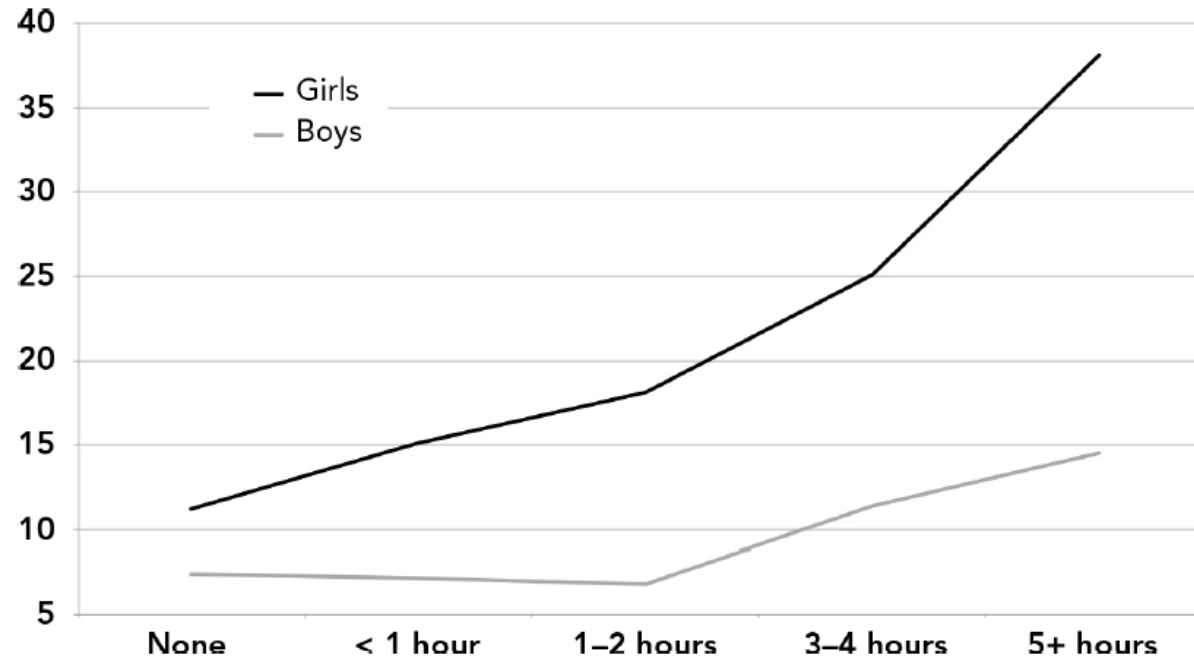


Figure 6.48: Percent of U.K. teens with clinically significant depression by gender and hours a day of social media use

Source: Millennium Cohort Study, United Kingdom (nationally representative)

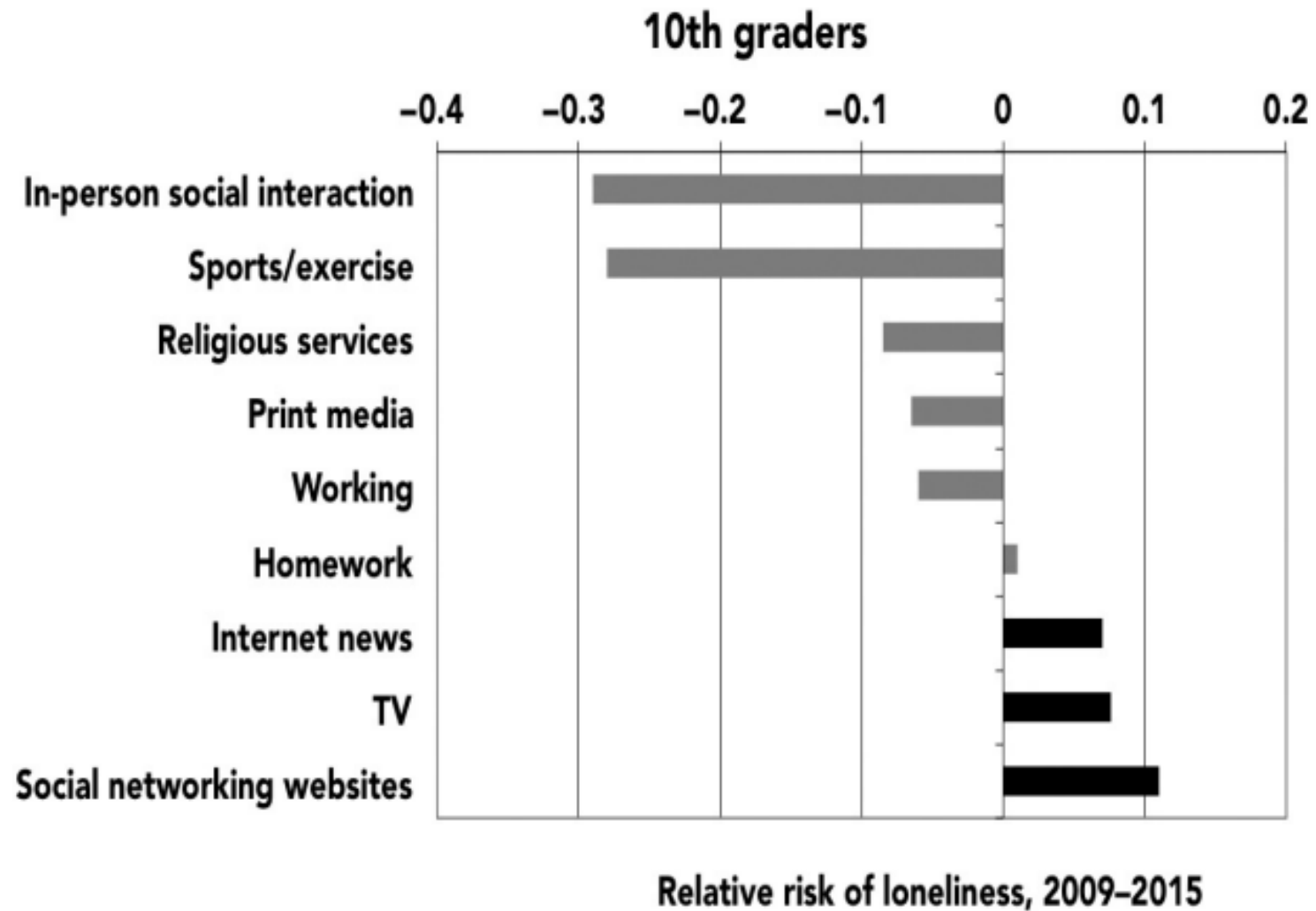


Figure 3.7. Relative risk of loneliness based on time spent on screen (black bars) and nonscreen (gray bars) activities, 10th graders. Monitoring the Future, 2009–2015.

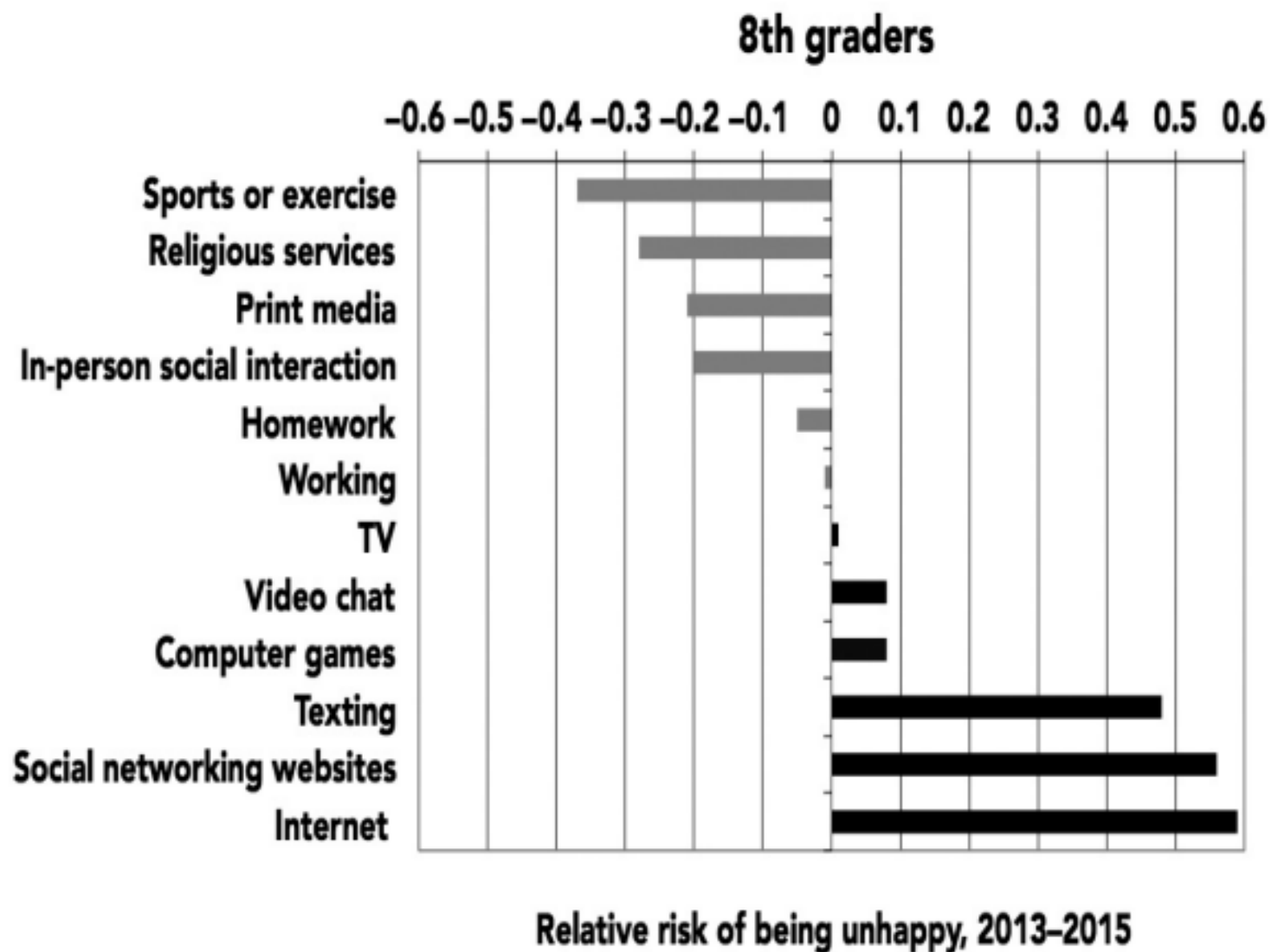
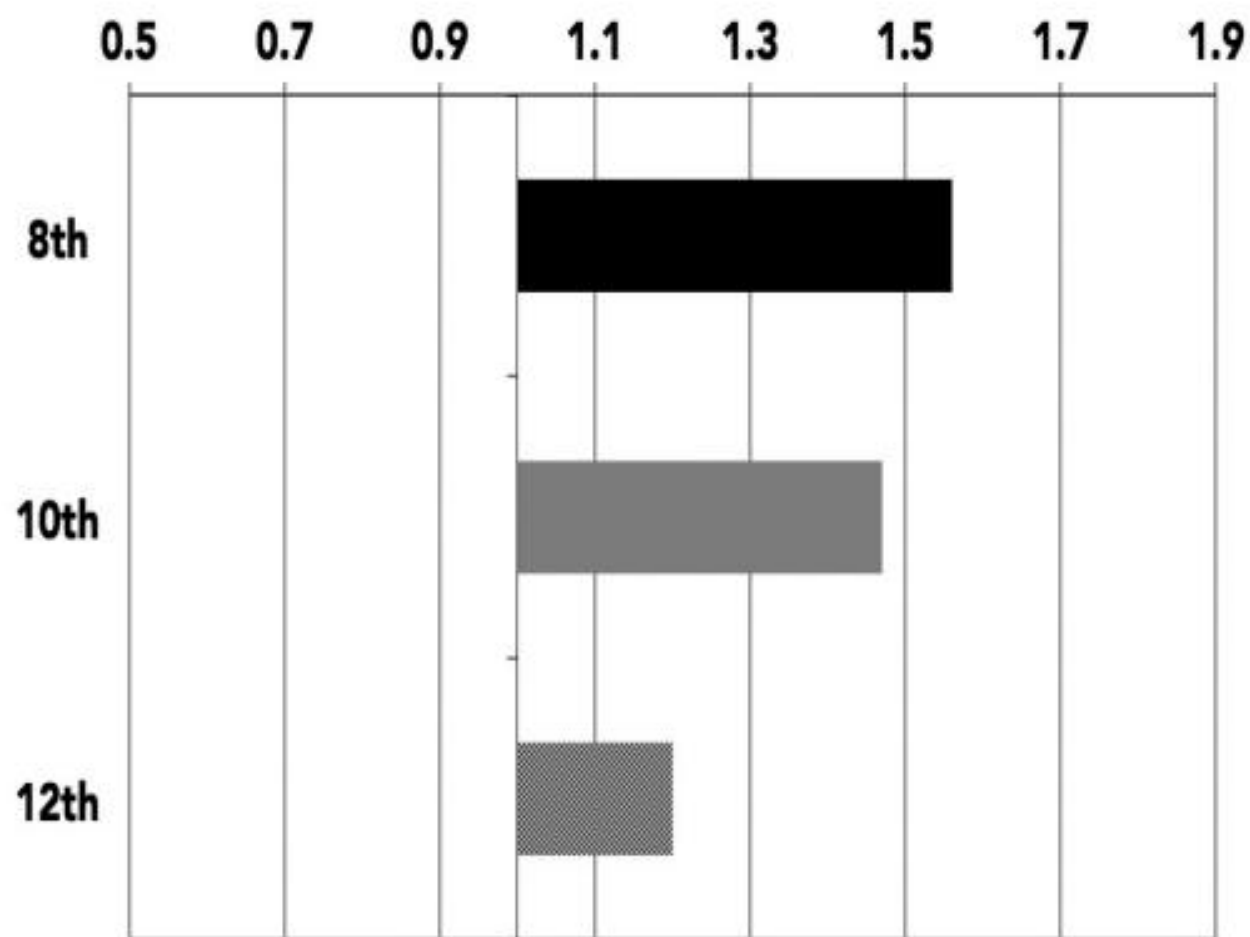


Figure 3.5. Relative risk of being unhappy based on time spent on screen (black bars) and nonscreen (gray bars) activities, 8th graders. *Monitoring the Future, 2013–2015.*

Social networking sites 10+ hours a week



Odds of being unhappy (with demographic controls), 2013–2015

Figure 3.6. Relative risk of being unhappy from spending ten or more hours a week on social networking sites, 8th, 10th, and 12th graders. Monitoring the Future, 2013–2015.

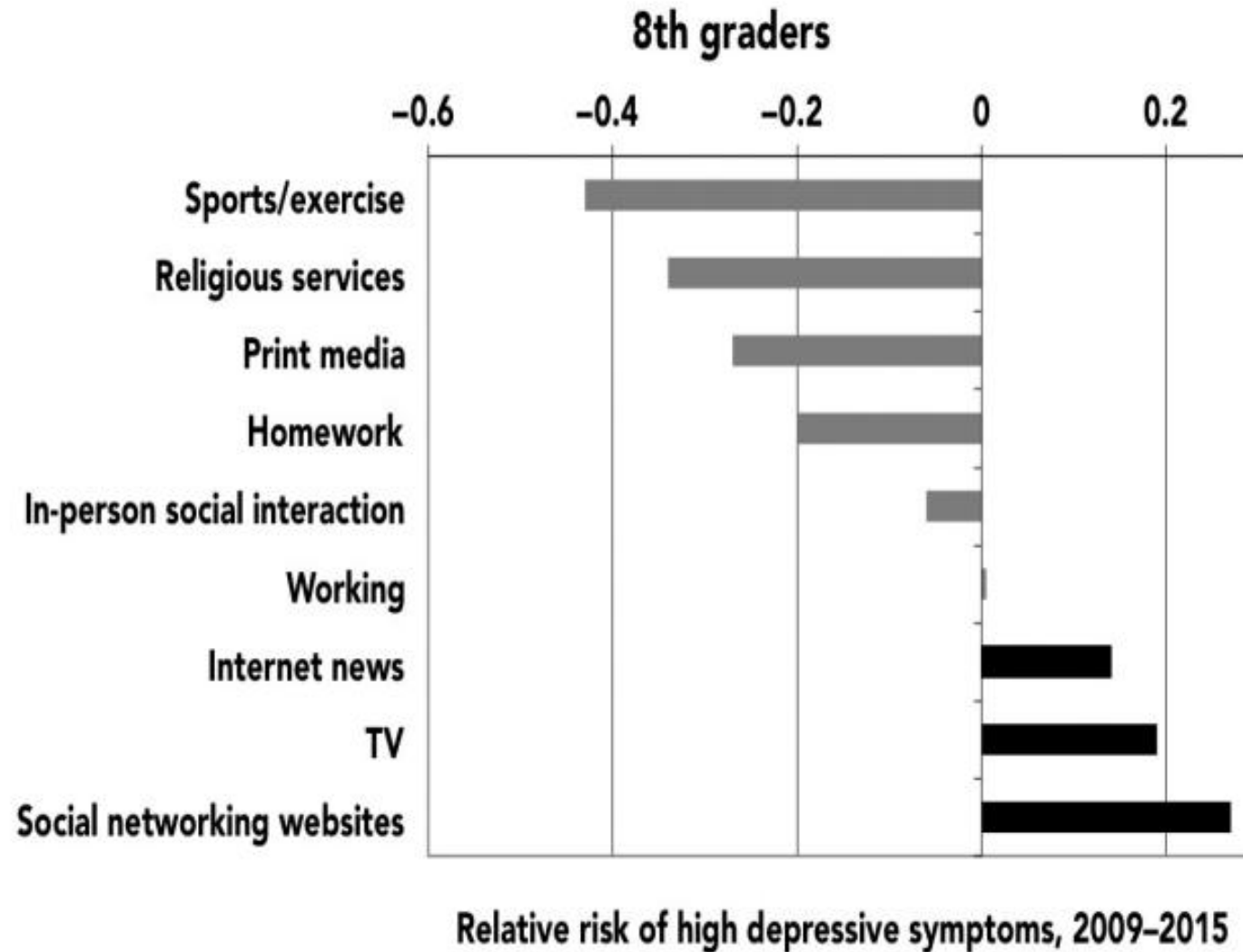


Figure 3.8. Relative risk of high depressive symptoms based on time spent on screen (black bars) and nonscreen (gray bars) activities, 8th graders, 2009–2015.

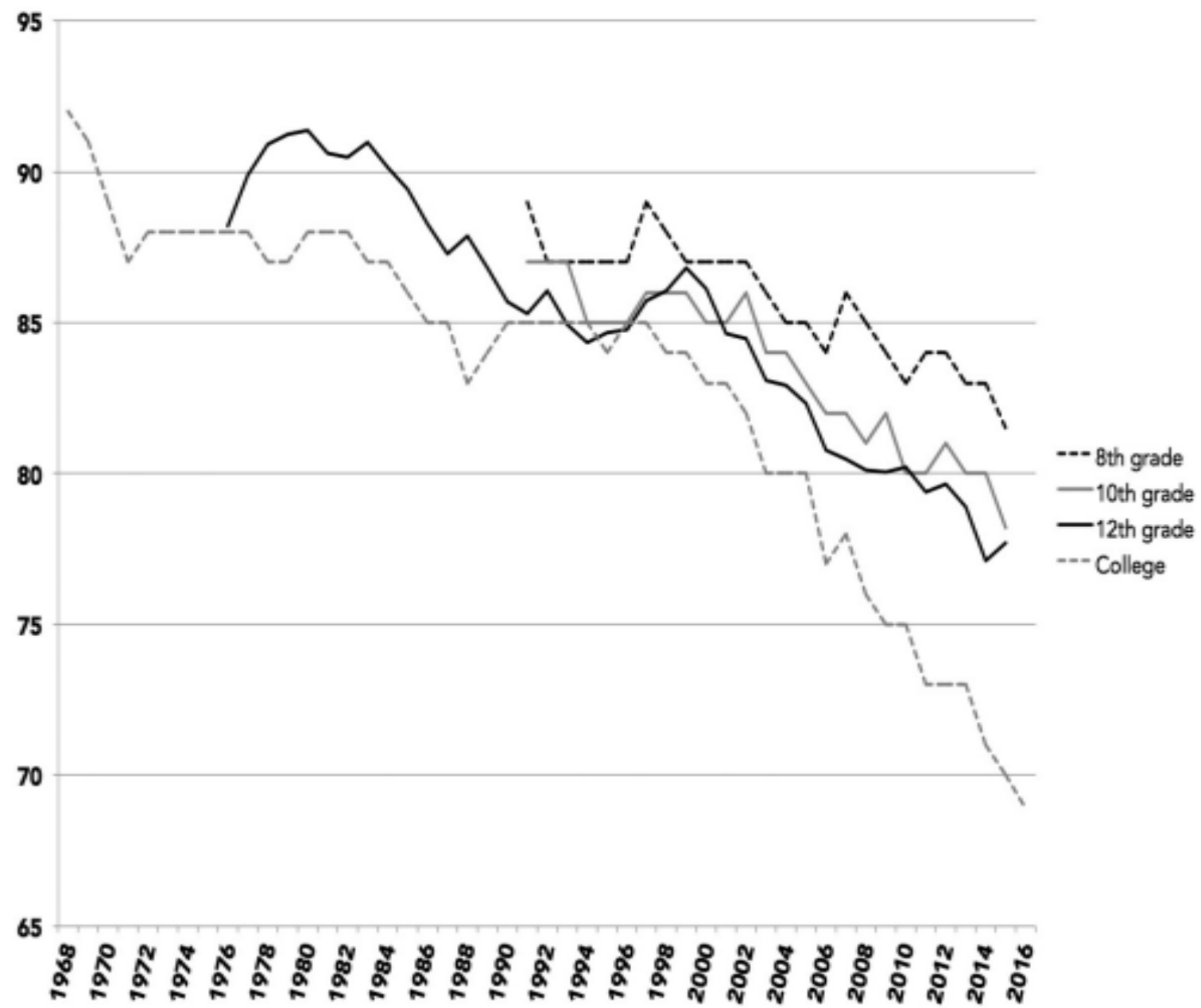


Figure 5.3. Percentage ever attending religious services, 8th, 10th, and 12th graders (Monitoring the Future) and entering college students (American Freshman Survey), 1968–2016.

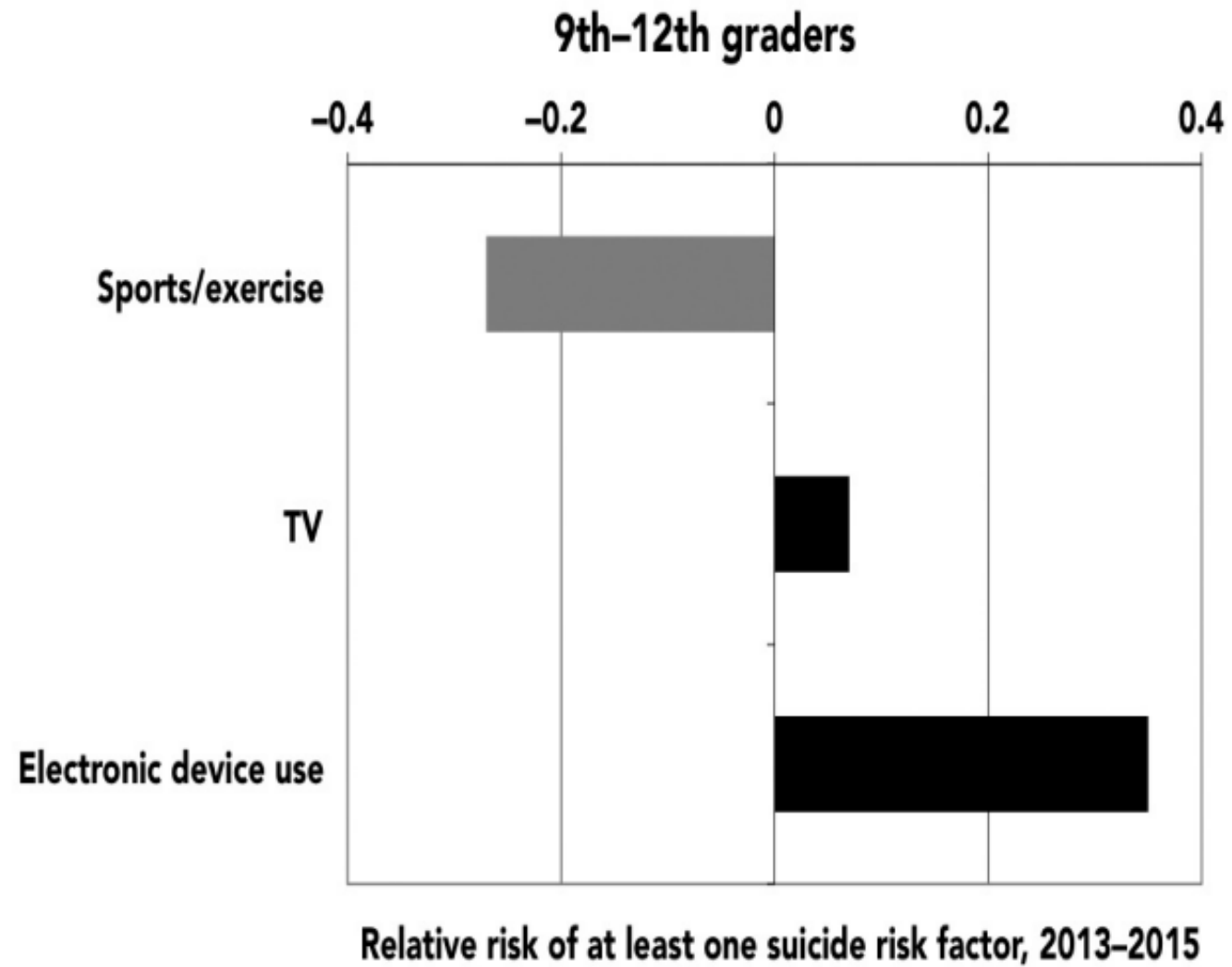


Figure 3.9. Relative risk of having at least one suicide risk factor based on time spent on screen (black bars) and nonscreen (gray bars) activities, 9th–12th graders. Youth Risk Behavior Surveillance System, 2013–2015. (Electronic devices include smartphones, tablets, video games, and computers.)

Nasıl?

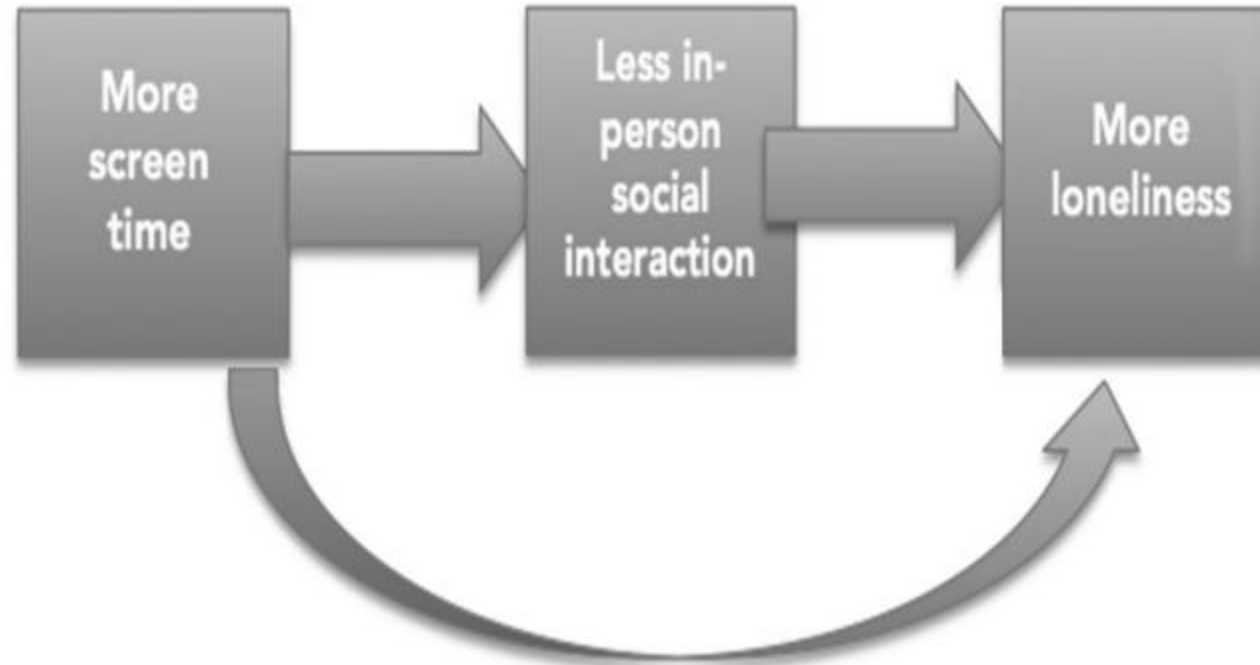


Figure 4.4. A possible model for the origin of iGen loneliness.

Nasıl?

- Uyku
- Bağımlılık
- D vitamini eksikliği
- Medya yanlılığı

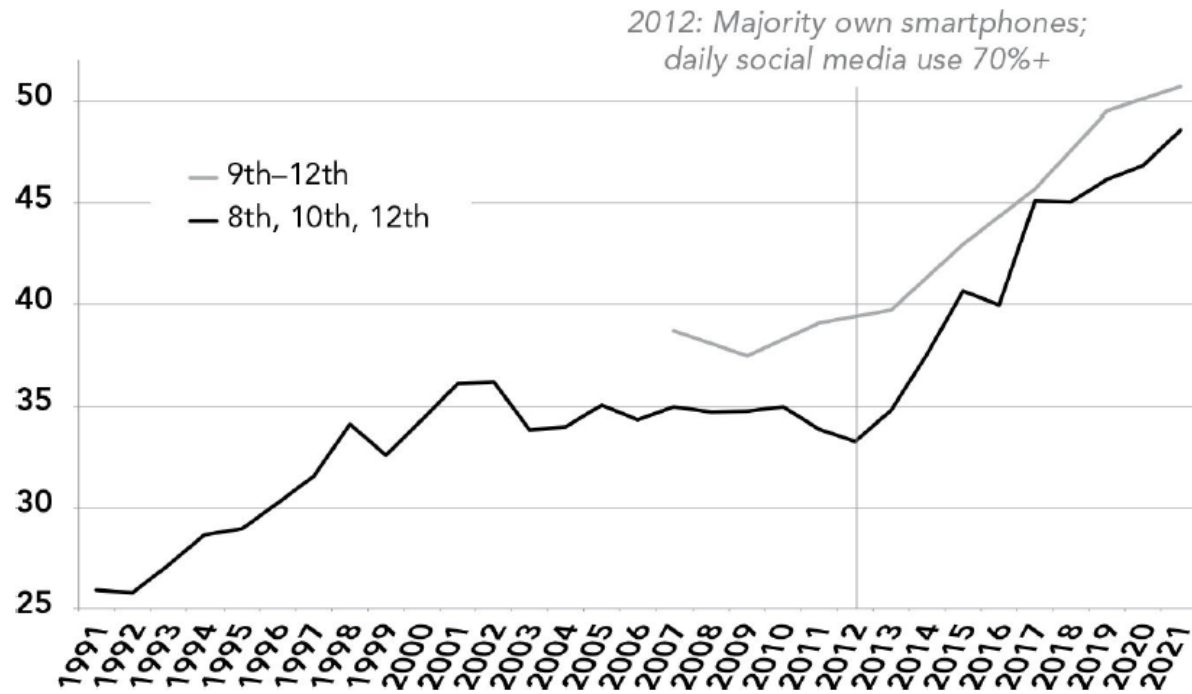
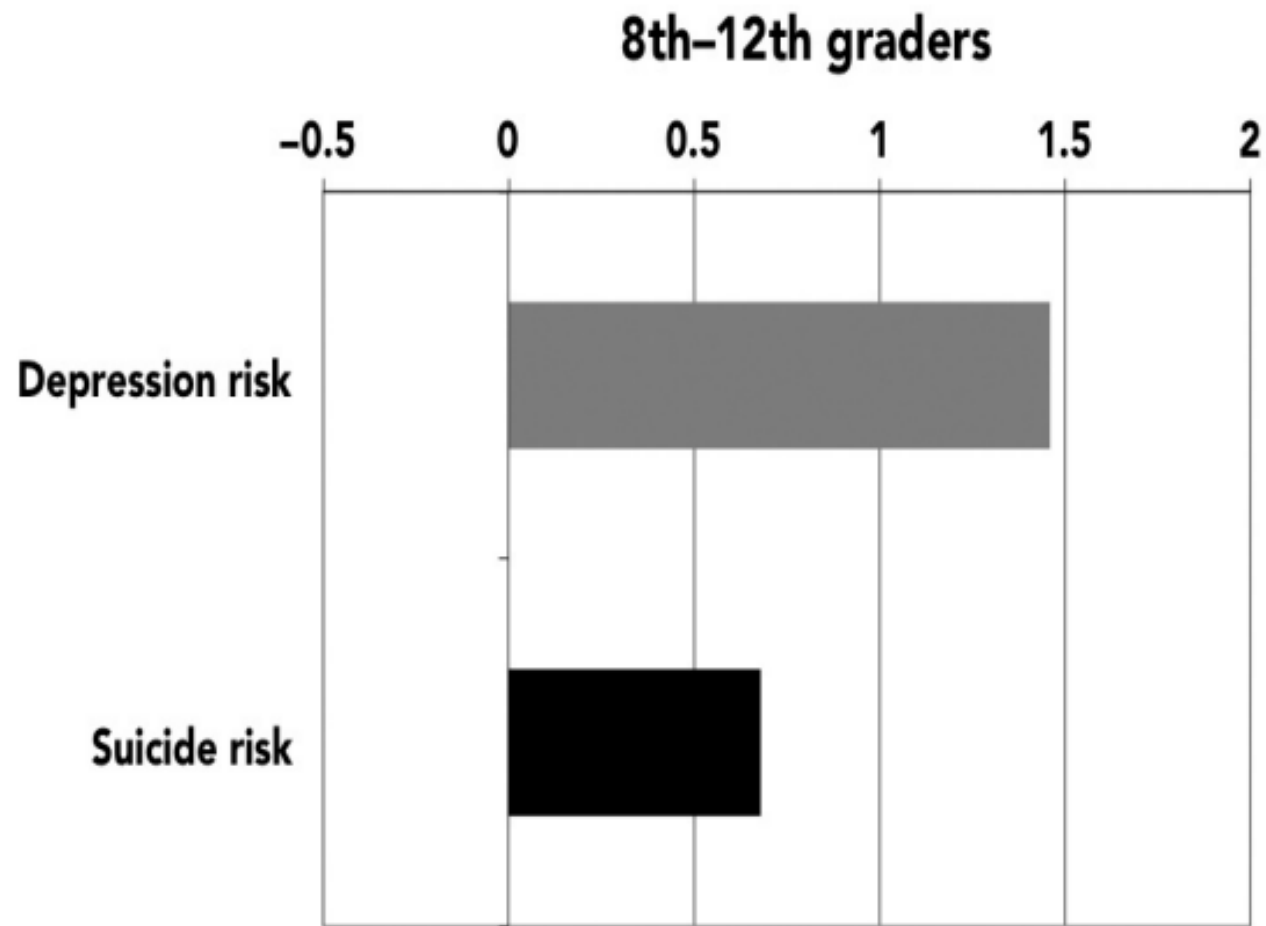


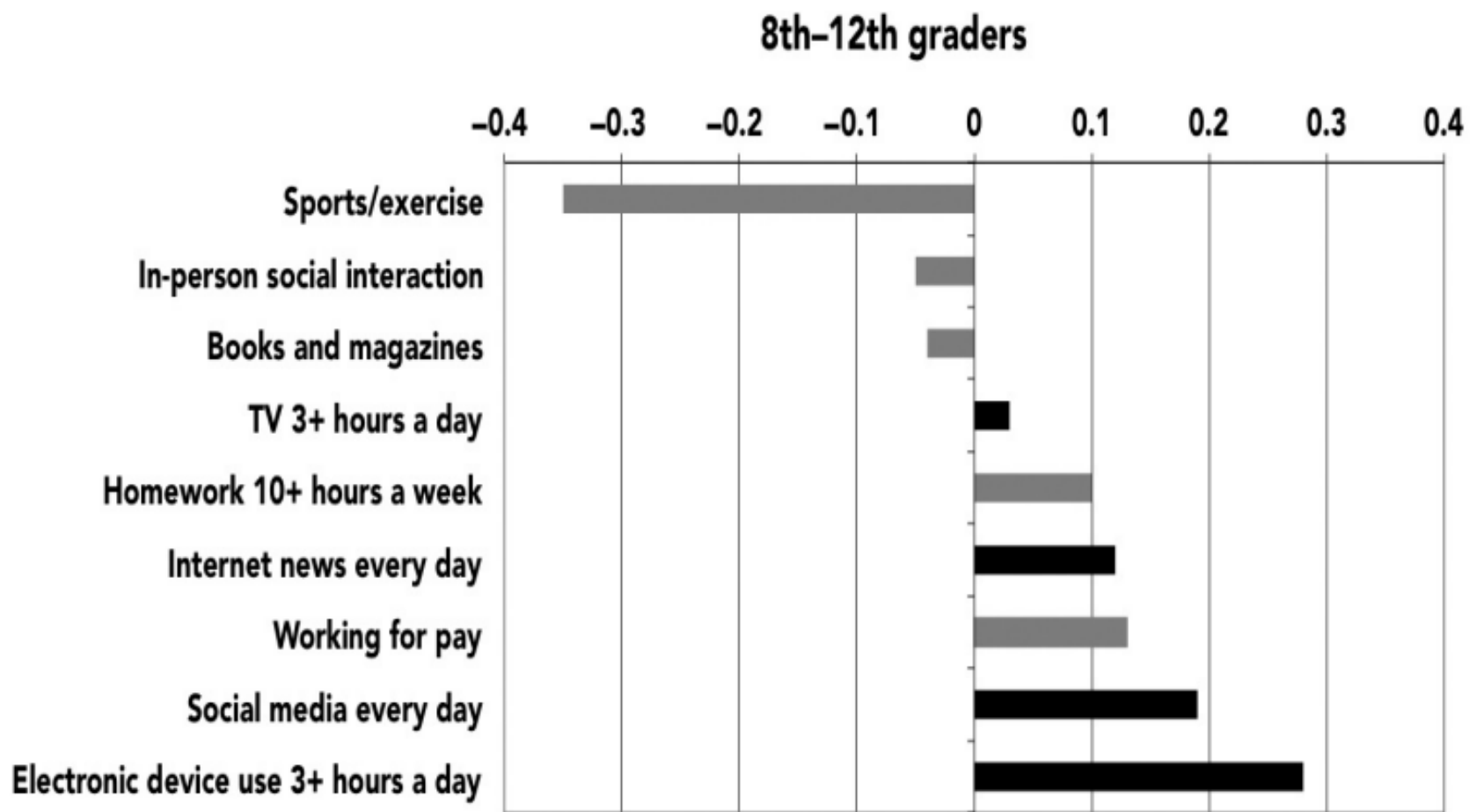
Figure 6.47: Percent of U.S. teens who get less than 7 hours of sleep on most nights, by grade groups, 1991–2021

Sources: Youth Behavior Surveillance System (9th–12th) and Monitoring the Future (8th, 10th, and 12th)



Relative risk for depression and suicide of getting less than 7 hours of sleep on most nights, 2009–2015

Figure 4.14. Relative risk of having a high level of depressive symptoms or having at least one suicide risk factor based on sleeping less than seven hours on most nights, 8th and 10th graders (Monitoring the Future) and 9th to 12th graders (Youth Risk Surveillance System), 2009–2015.



Relative risk of getting less than 7 hours of sleep on most nights, 2009–2015

Figure 4.13. Relative risk of getting less than seven hours of sleep on most nights based on screen (black bars) and nonscreen (gray bars) activities. Monitoring the Future and Youth Risk Behavior Surveillance System, 2009–2015.

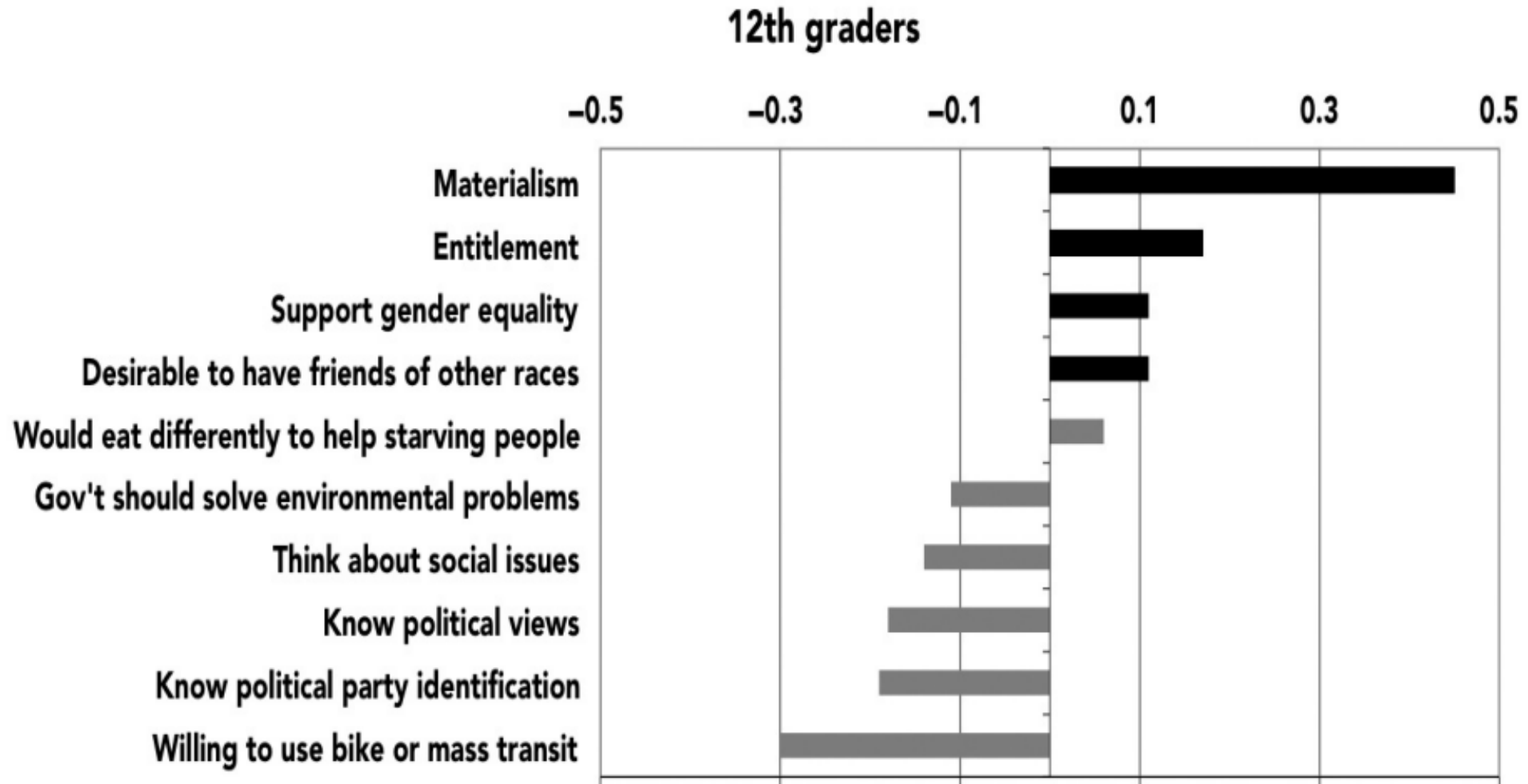


Figure 6.13. Relative risk of individualistic (black) and civic/caring (gray) attitudes and behaviors from spending 10+ hours a week on social media sites, 12th graders. *Monitoring the Future, 2013–2015.*

Nasıl?

- Uyku
- Bağımlılık
- D vitamini eksikliği
- Medya yanlılığı

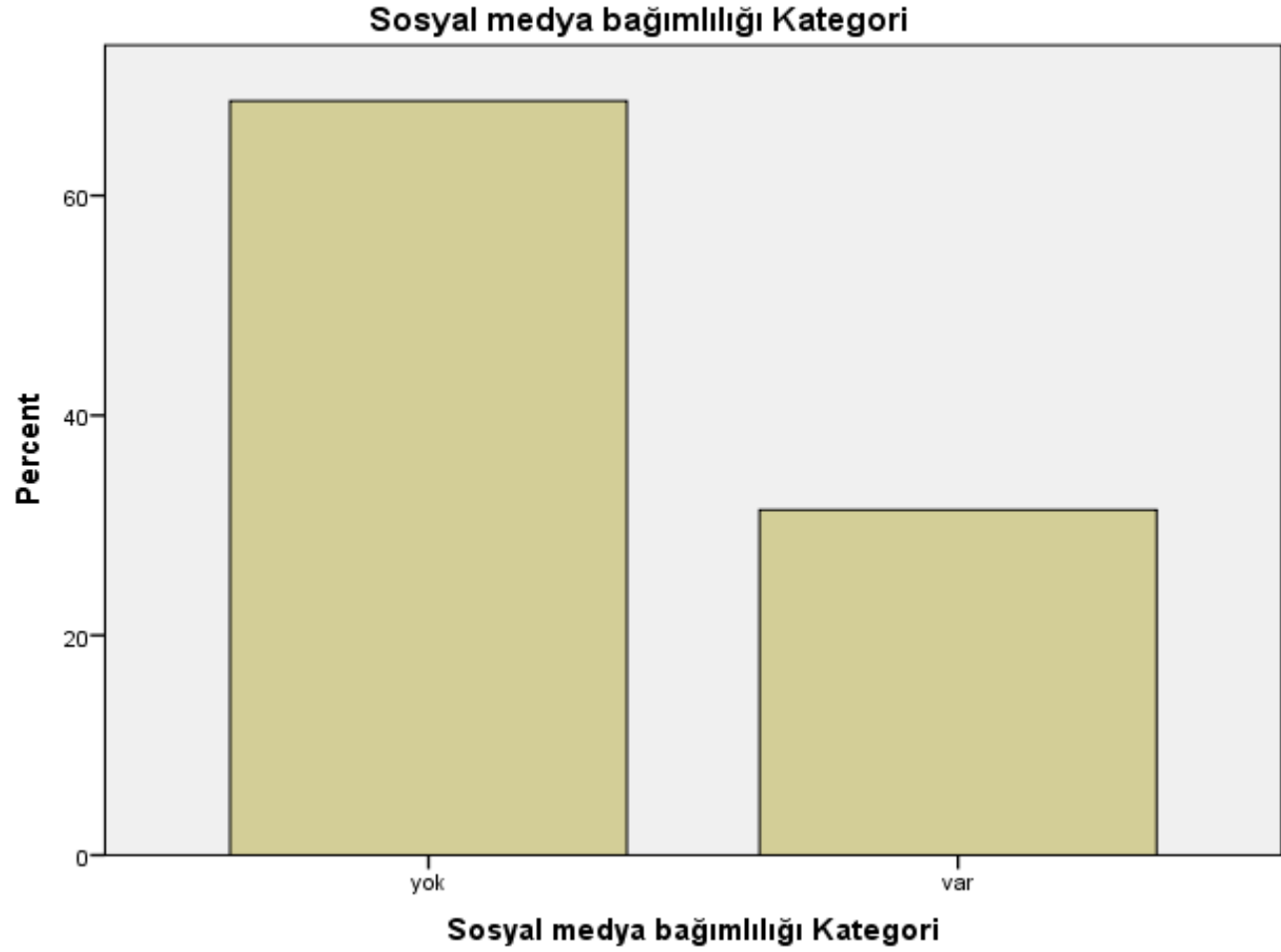
- N=500

- Lise öğrencileri

Sosyal medya bağımlılığı Kategorisi

| | | |
|---|---------|-----|
| N | Valid | 500 |
| | Missing | 0 |

| Sosyal medya bağımlılığı Kategorisi | | | | | |
|-------------------------------------|-------|-----------|---------|---------------|--------------------|
| | | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | yok | 343 | 68,6 | 68,6 | 68,6 |
| | var | 157 | 31,4 | 31,4 | 100,0 |
| | Total | 500 | 100,0 | 100,0 | |



Statistics

Sosyal medya bağımlılığı Kategorisi

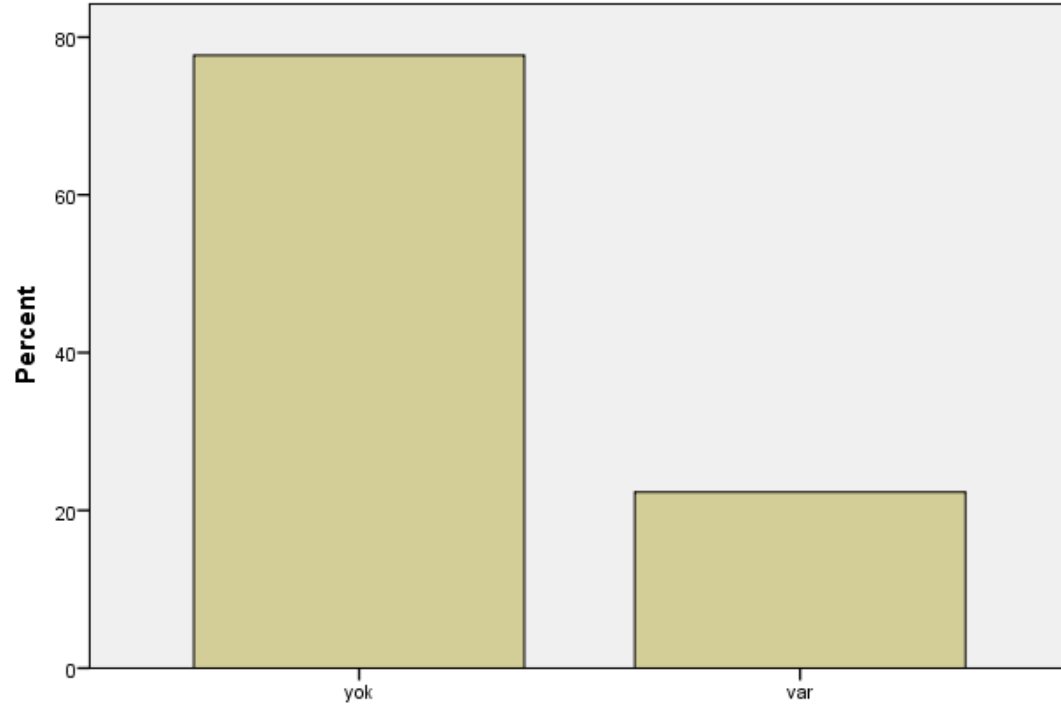
| ERKEK | N | Valid | 233 |
|-------|---|---------|-----|
| | | Missing | 0 |
| KIZ | N | Valid | 267 |
| | | Missing | 0 |

Sosyal medya bağımlılığı Kategorisi

| CİNSİYET | | | Frequency | Percent | Valid Percent | Cumulative Percent |
|----------|-------|-------|-----------|---------|---------------|--------------------|
| ERKEK | Valid | yok | 181 | 77,7 | 77,7 | 77,7 |
| | | var | 52 | 22,3 | 22,3 | 100,0 |
| | | Total | 233 | 100,0 | 100,0 | |
| KIZ | Valid | yok | 162 | 60,7 | 60,7 | 60,7 |
| | | var | 105 | 39,3 | 39,3 | 100,0 |
| | | Total | 267 | 100,0 | 100,0 | |

Sosyal medya bağımlılığı Kategorisi

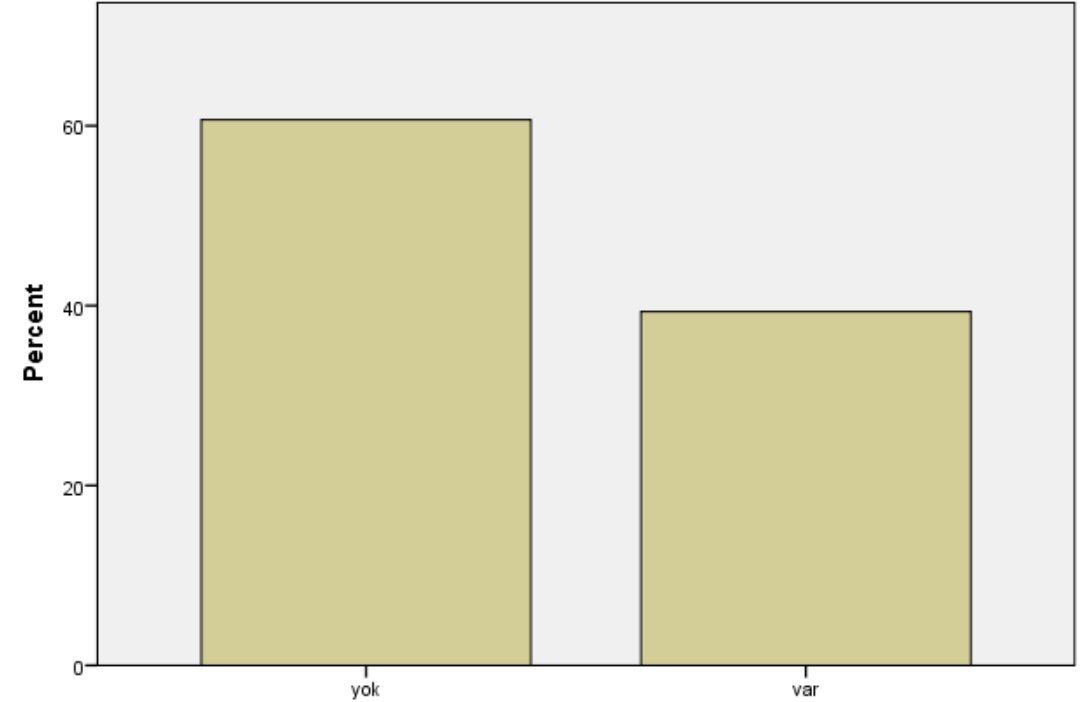
CİNSİYET: ERKEK



Sosyal medya bağımlılığı Kategorisi

Sosyal medya bağımlılığı Kategorisi

CİNSİYET: KIZ



Sosyal medya bağımlılığı Kategorisi

Count

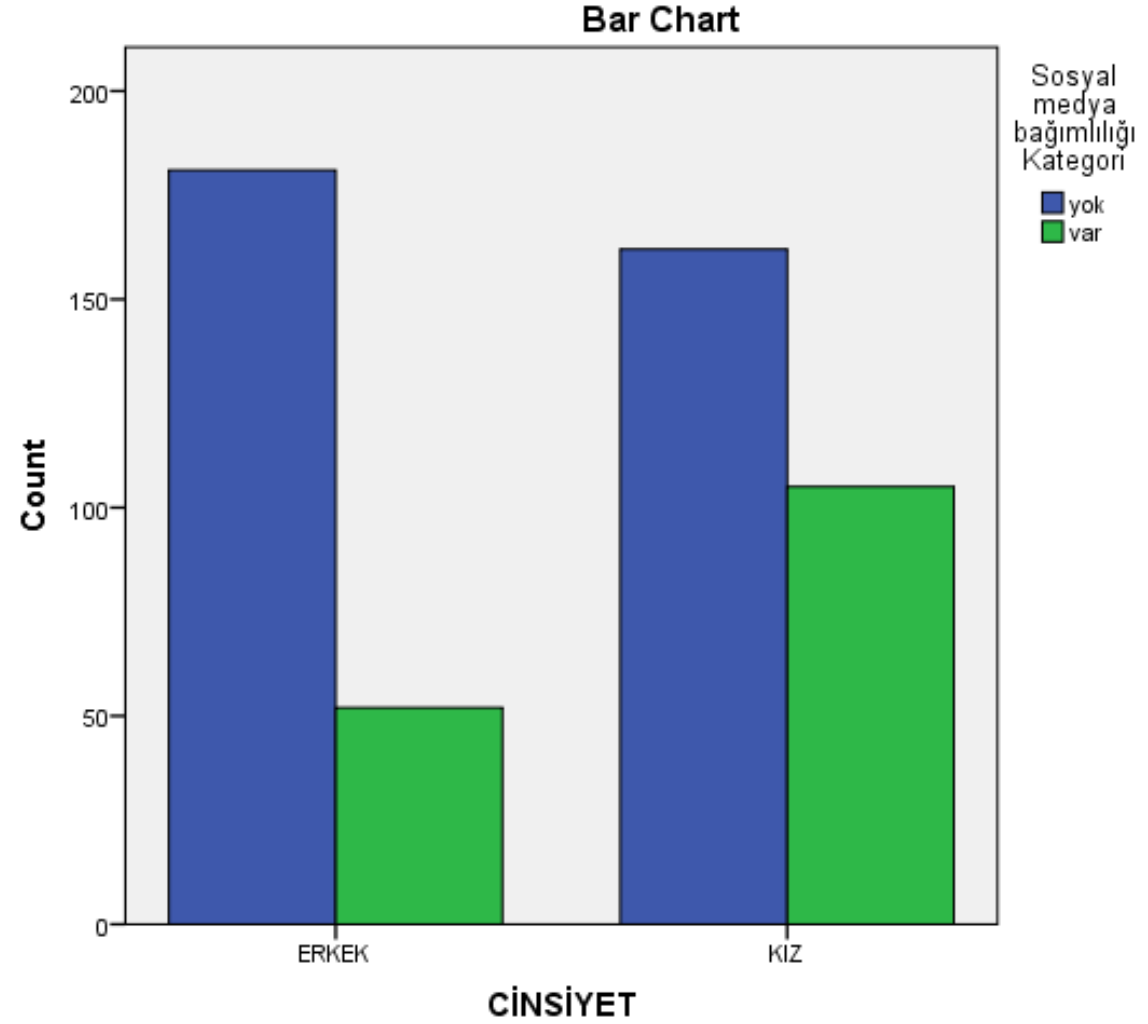
| | | Sosyal medya bağımlılığı Kategorisi | | Total |
|----------|-------|-------------------------------------|-----|-------|
| | | yok | var | |
| CİNSİYET | ERKEK | 181 | 52 | 233 |
| | KIZ | 162 | 105 | 267 |
| Total | | 343 | 157 | 500 |

Chi-Square Tests

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|------------------------------------|---------------------|----|-----------------------|----------------------|----------------------|
| Pearson Chi-Square | 16,709 ^a | 1 | ,000 | | |
| Continuity Correction ^b | 15,929 | 1 | ,000 | | |
| Likelihood Ratio | 16,987 | 1 | ,000 | | |
| Fisher's Exact Test | | | | ,000 | ,000 |
| Linear-by-Linear Association | 16,676 | 1 | ,000 | | |
| N of Valid Cases | 500 | | | | |

a. 0 cells (0,0%) have expected count less than 5. The minimum expected count is 73,16.

b. Computed only for a 2x2 table



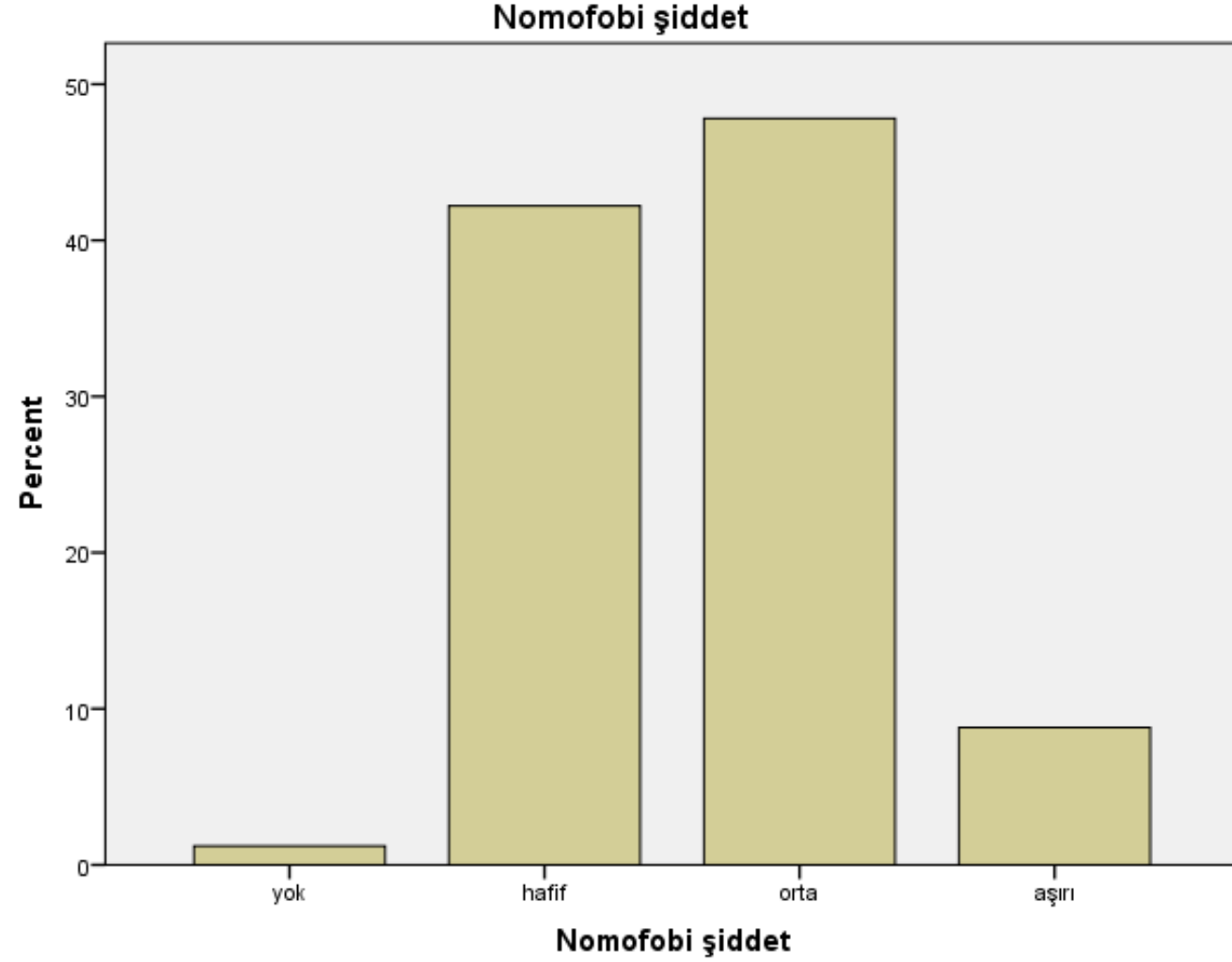
Statistics

Nomofobi şiddet

| | | |
|---|---------|-----|
| N | Valid | 500 |
| | Missing | 0 |

Nomofobi şiddet

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|-----------|-----------|---------|---------------|--------------------|
| Valid yok | 6 | 1,2 | 1,2 | 1,2 |
| hafif | 211 | 42,2 | 42,2 | 43,4 |
| orta | 239 | 47,8 | 47,8 | 91,2 |
| aşırı | 44 | 8,8 | 8,8 | 100,0 |
| Total | 500 | 100,0 | 100,0 | |



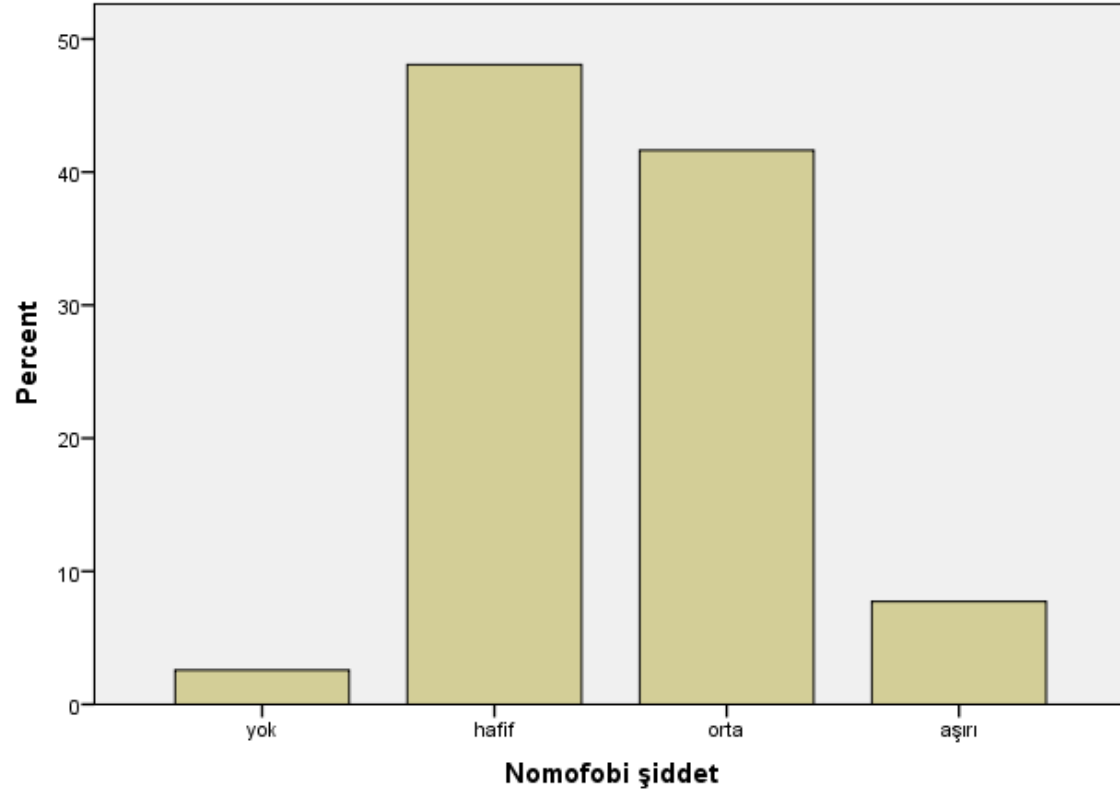
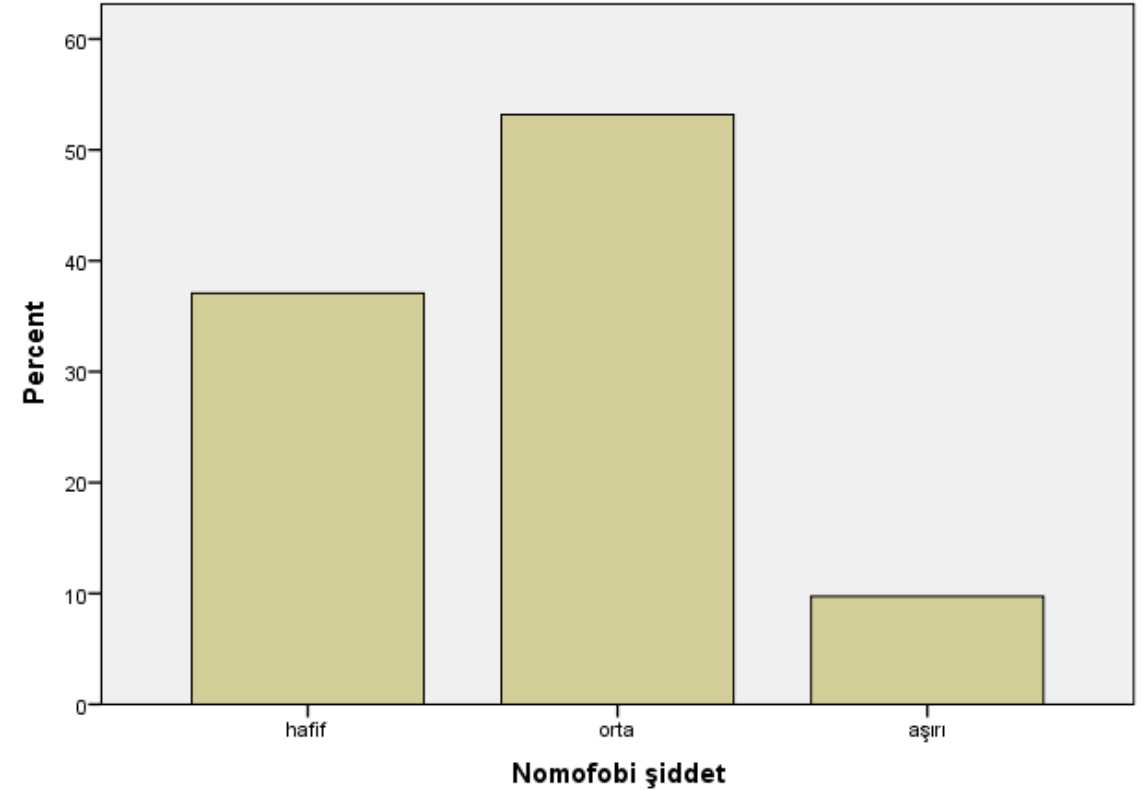
Statistics

Nomofobi şiddet

| | | | |
|-------|---|---------|-----|
| ERKEK | N | Valid | 233 |
| | | Missing | 0 |
| KIZ | N | Valid | 267 |
| | | Missing | 0 |

Nomofobi şiddet

| CİNSİYET | | | Frequency | Percent | Valid Percent | Cumulative Percent |
|----------|-------|-------|-----------|---------|---------------|--------------------|
| ERKEK | Valid | yok | 6 | 2,6 | 2,6 | 2,6 |
| | | hafif | 112 | 48,1 | 48,1 | 50,6 |
| | | orta | 97 | 41,6 | 41,6 | 92,3 |
| | | aşırı | 18 | 7,7 | 7,7 | 100,0 |
| | | Total | 233 | 100,0 | 100,0 | |
| KIZ | Valid | hafif | 99 | 37,1 | 37,1 | 37,1 |
| | | orta | 142 | 53,2 | 53,2 | 90,3 |
| | | aşırı | 26 | 9,7 | 9,7 | 100,0 |
| | | Total | 267 | 100,0 | 100,0 | |

Nomofobi şiddet**CİNSİYET: ERKEK****Nomofobi şiddet****CİNSİYET: KIZ**

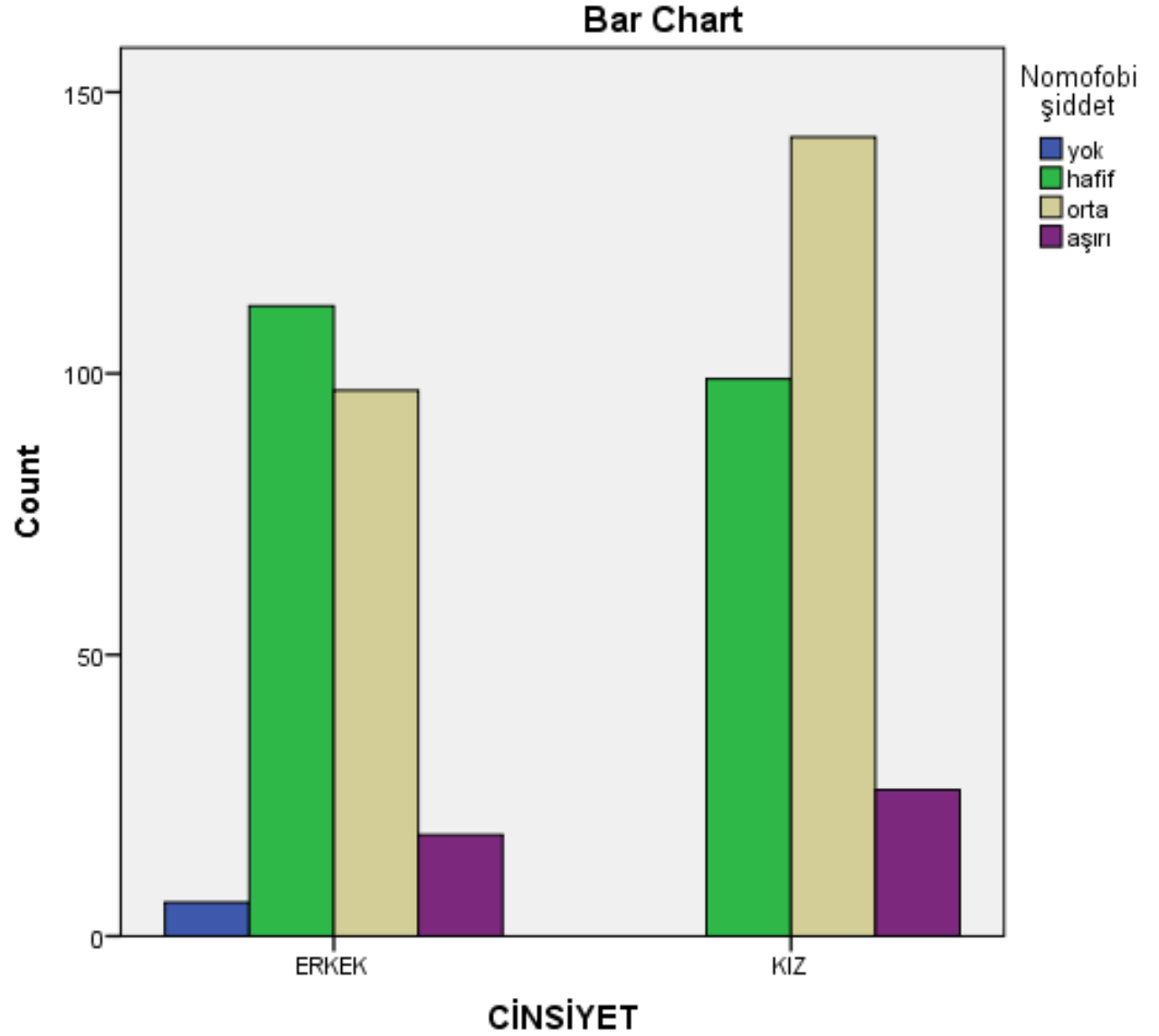
CİNSİYET * Nomofobi şiddet Crosstabulation

| Count | | Nomofobi şiddet | | | | Total |
|----------|-------|-----------------|-------|------|-------|-------|
| | | yok | hafif | orta | aşırı | |
| CİNSİYET | ERKEK | 6 | 112 | 97 | 18 | 233 |
| | KIZ | 0 | 99 | 142 | 26 | 267 |
| Total | | 6 | 211 | 239 | 44 | 500 |

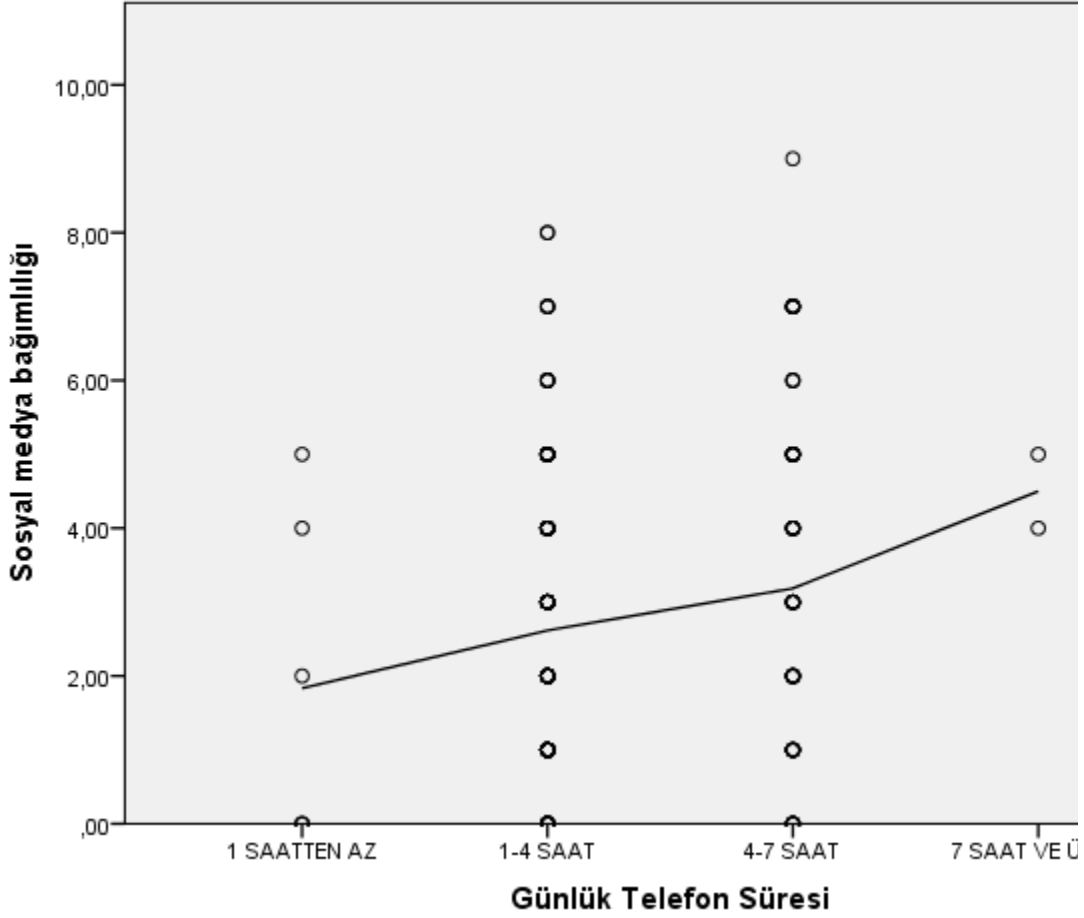
Chi-Square Tests

| | Value | df | Asymp. Sig. (2-sided) |
|------------------------------|---------------------|----|-----------------------|
| Pearson Chi-Square | 14,483 ^a | 3 | ,002 |
| Likelihood Ratio | 16,792 | 3 | ,001 |
| Linear-by-Linear Association | 9,519 | 1 | ,002 |
| N of Valid Cases | 500 | | |

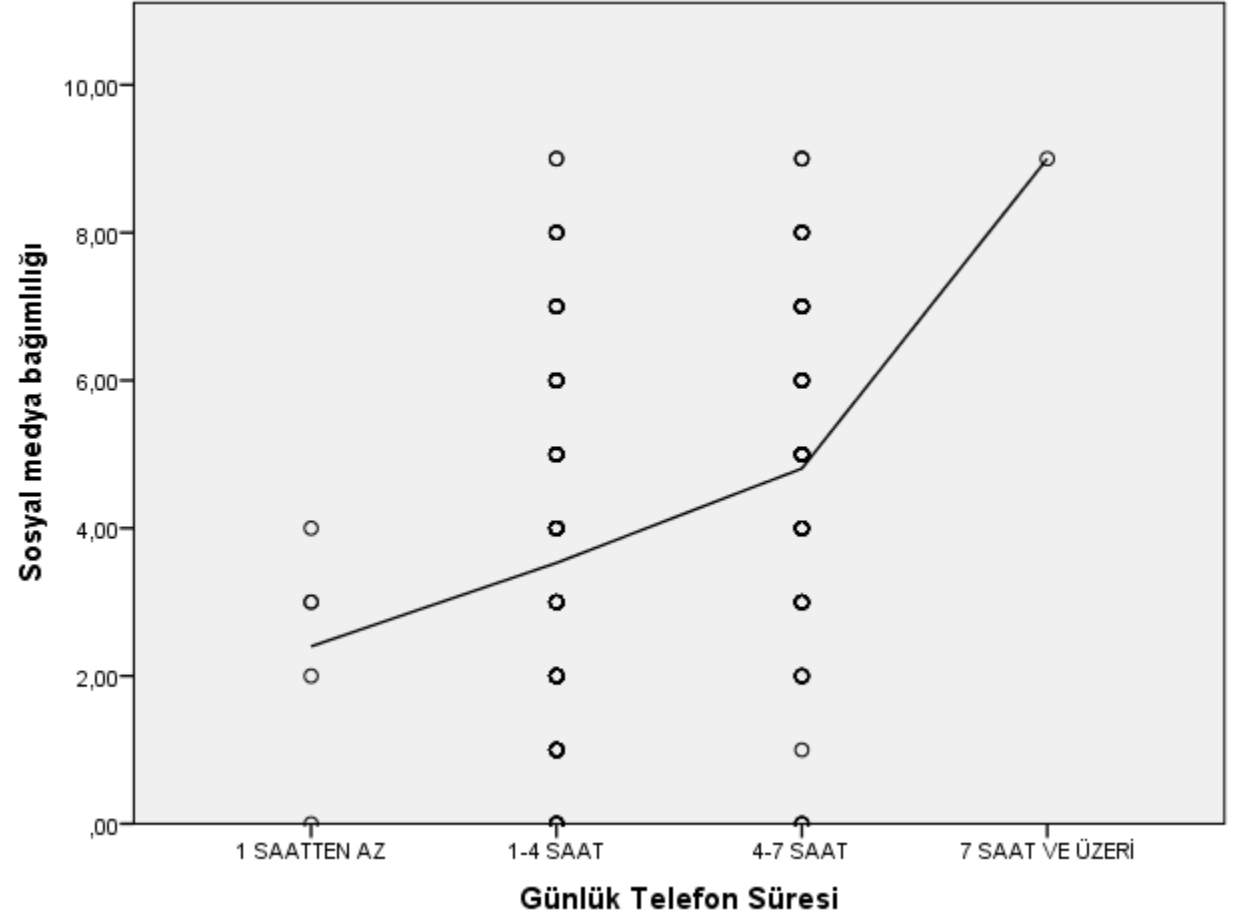
a. 2 cells (25,0%) have expected count less than 5. The minimum expected count is 2,80.



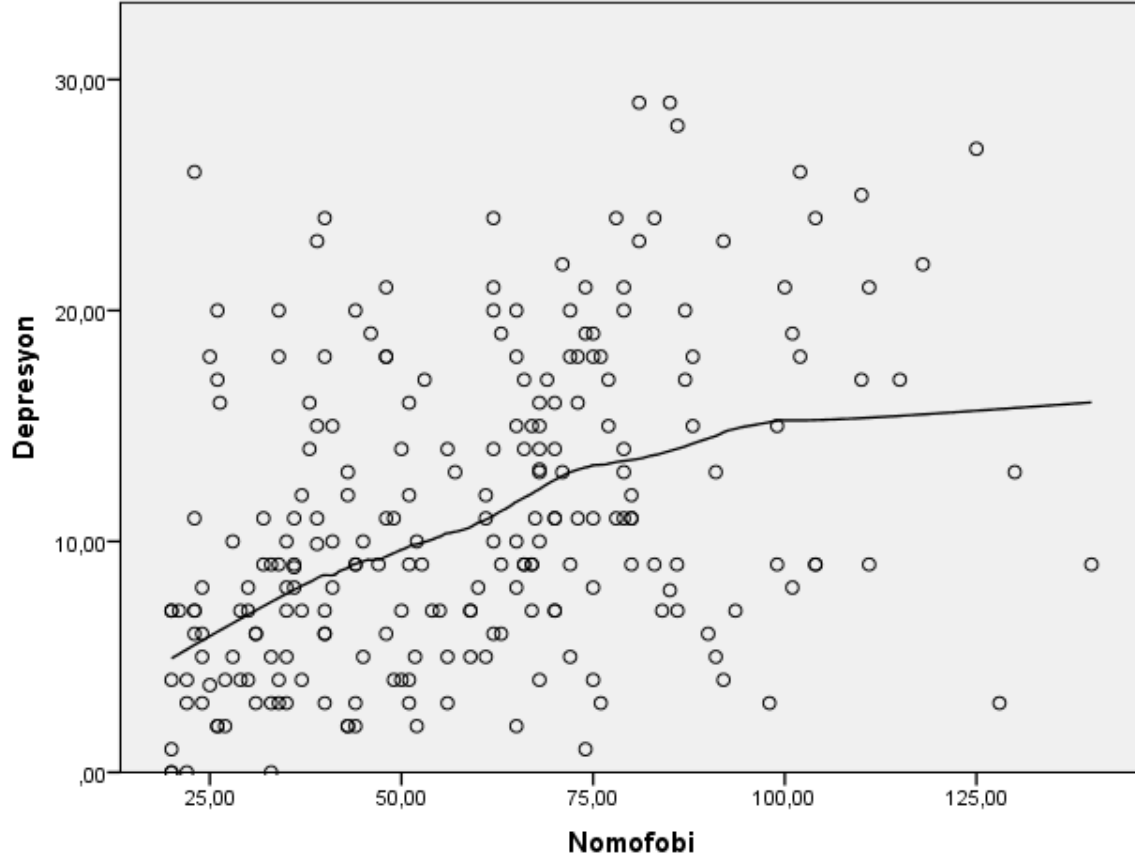
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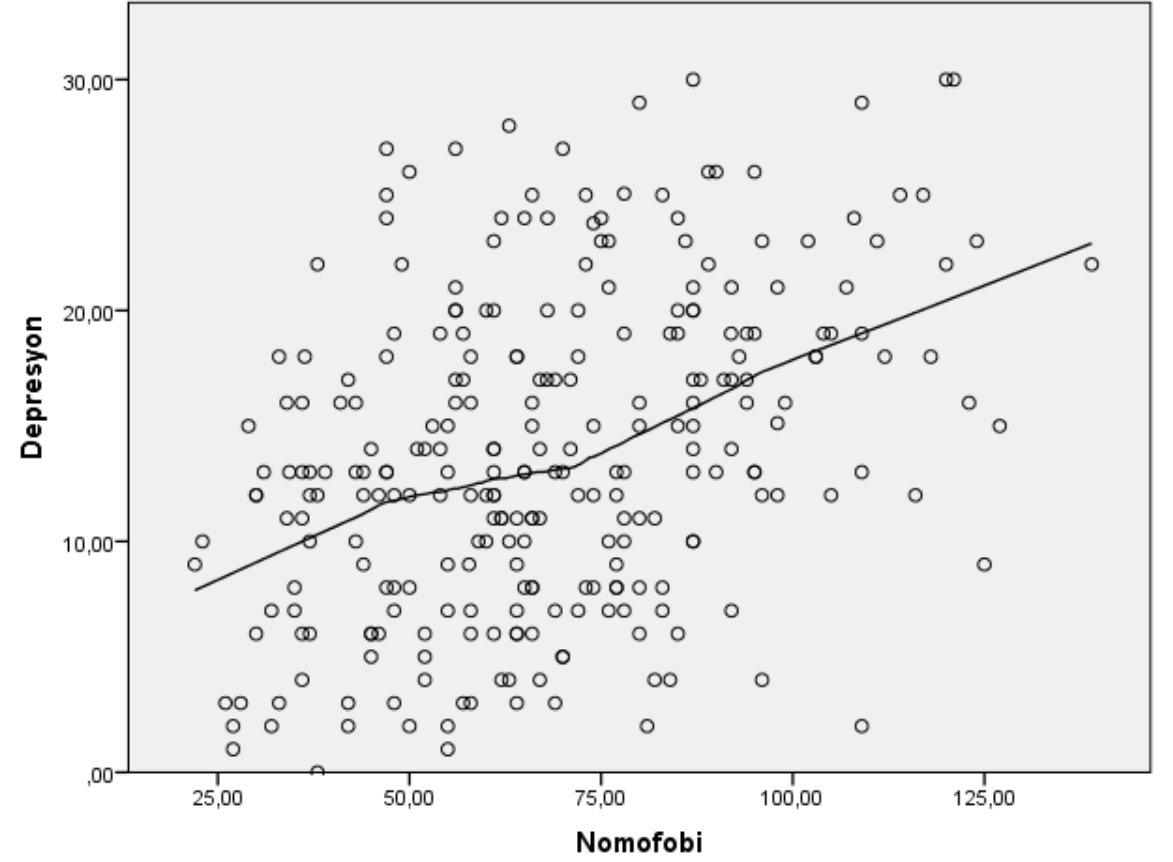
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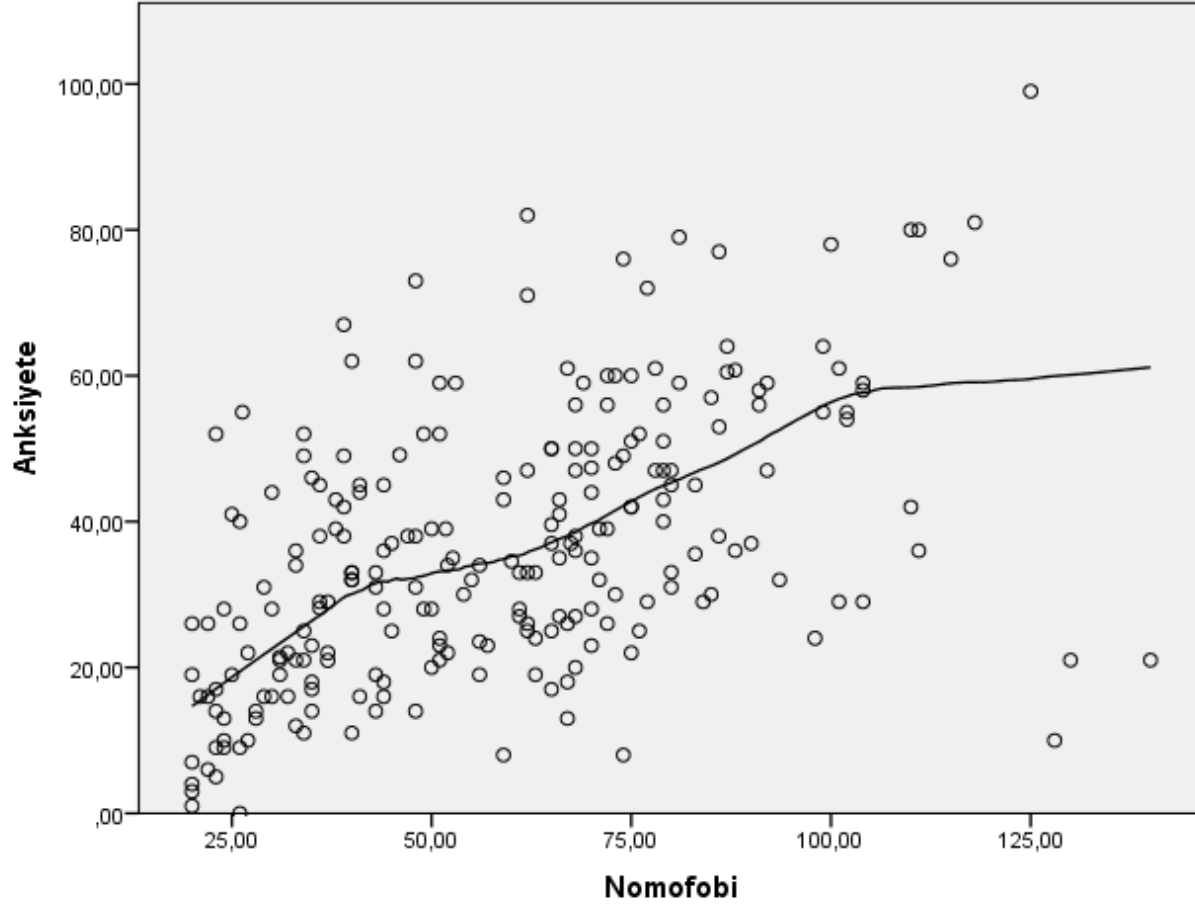
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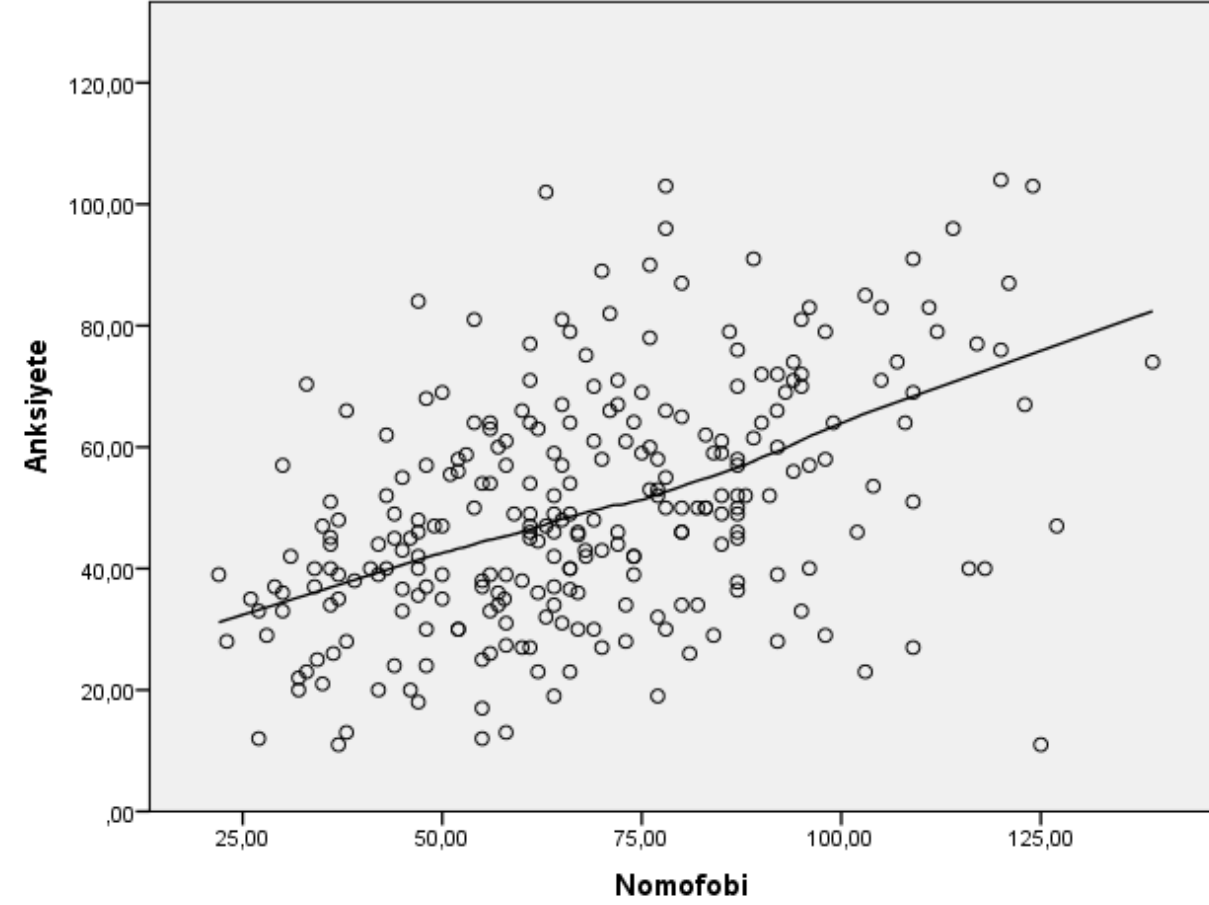
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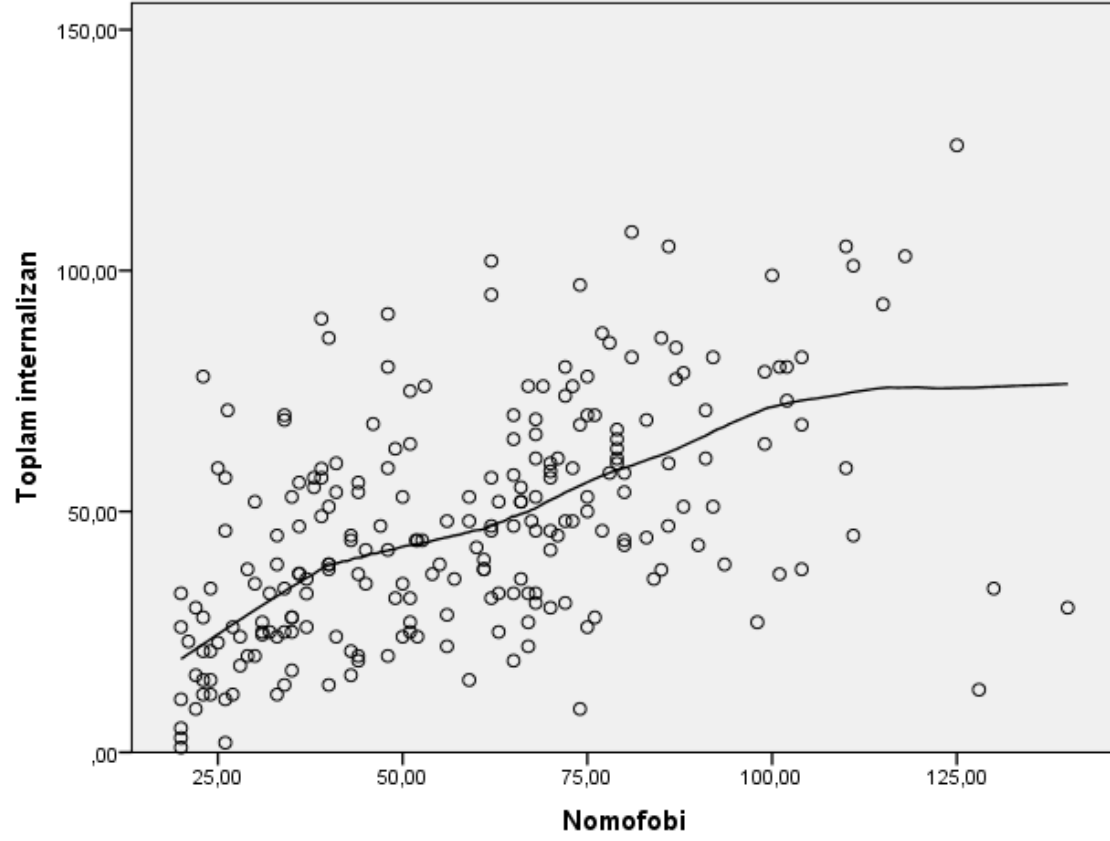
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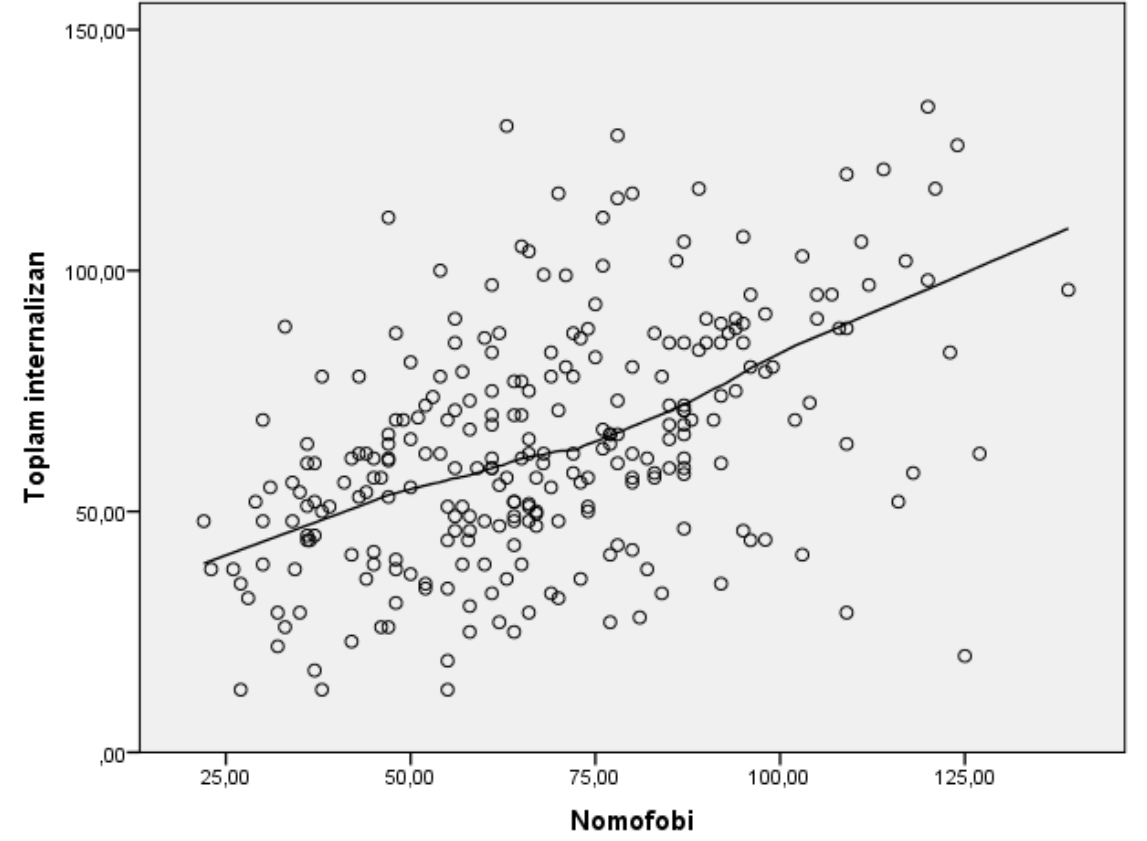
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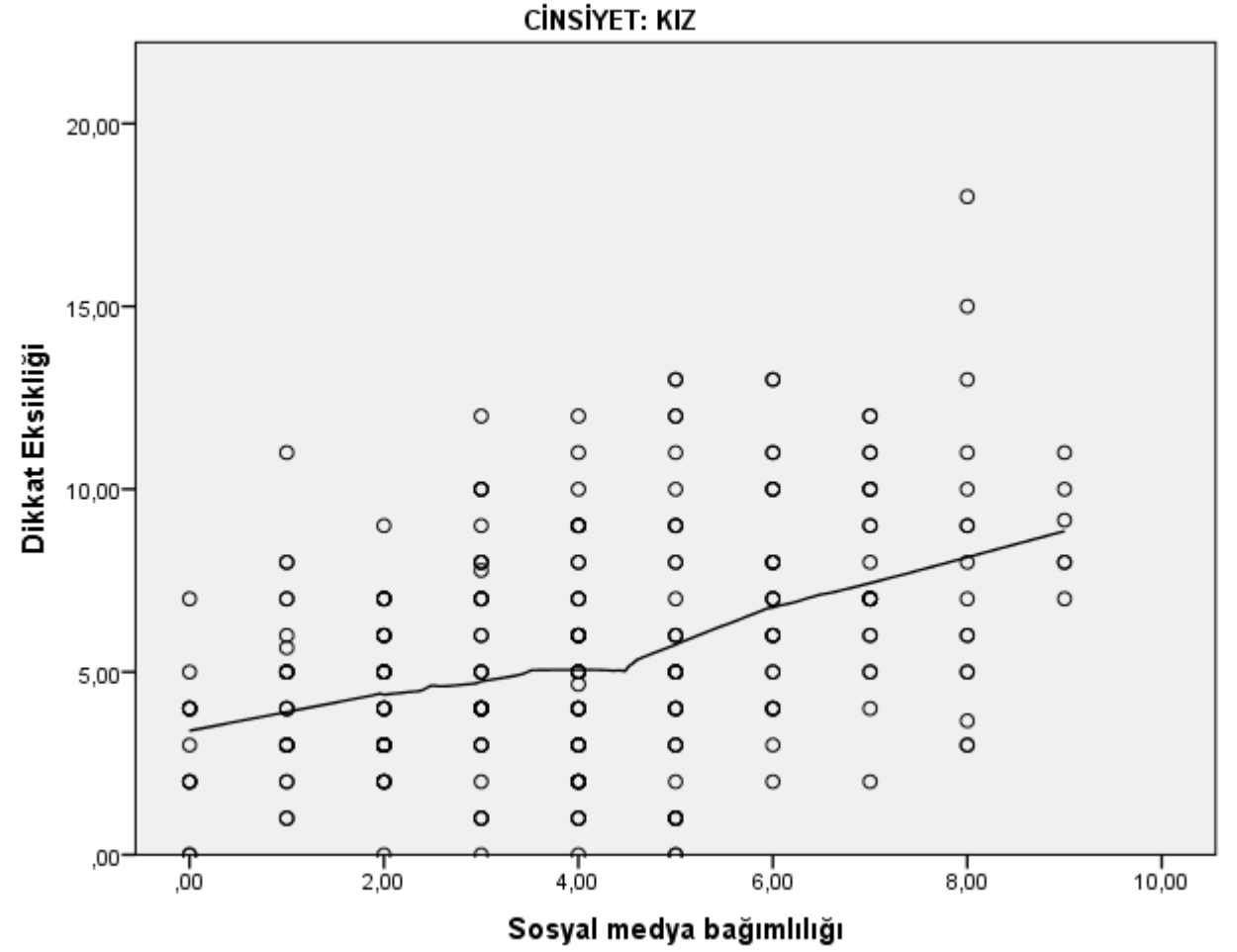
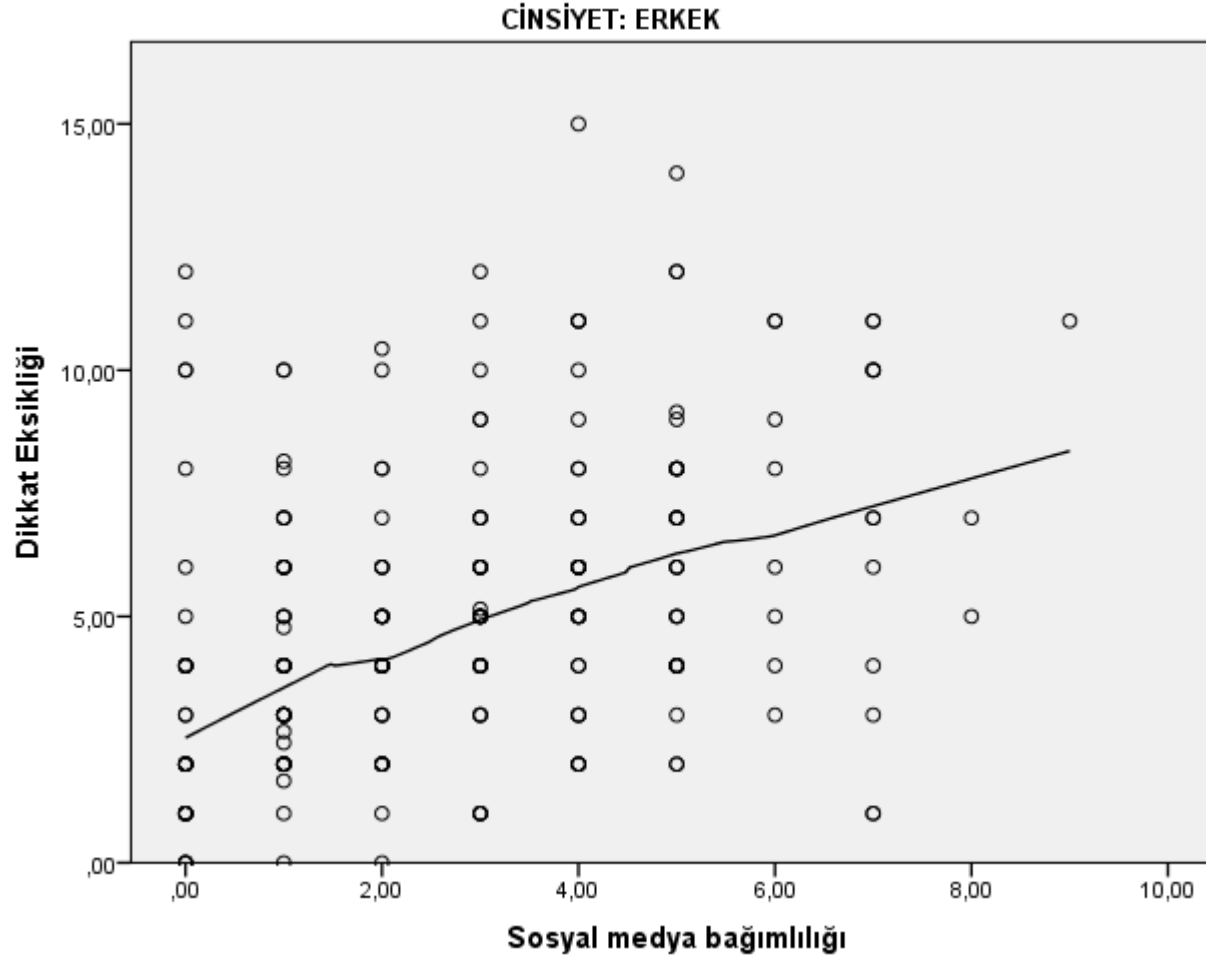


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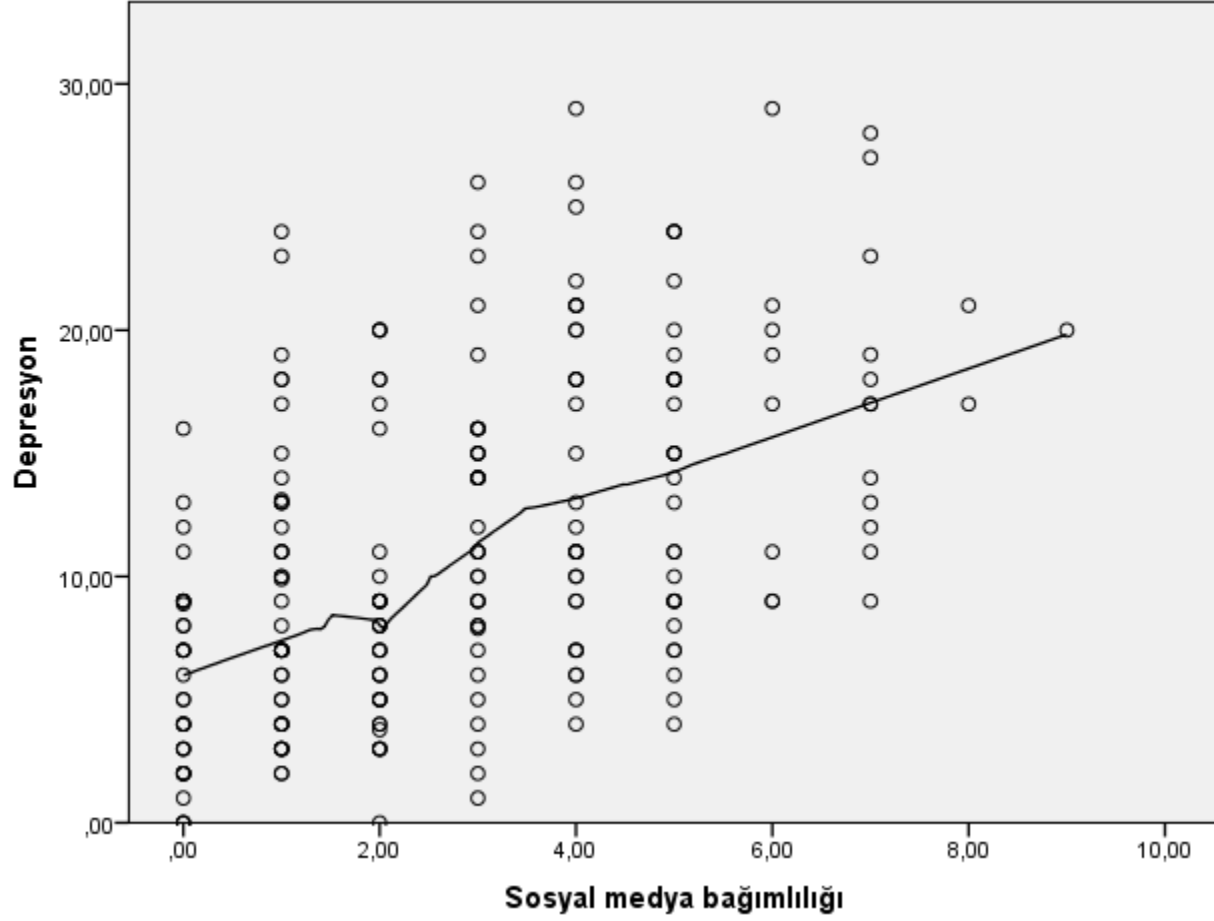


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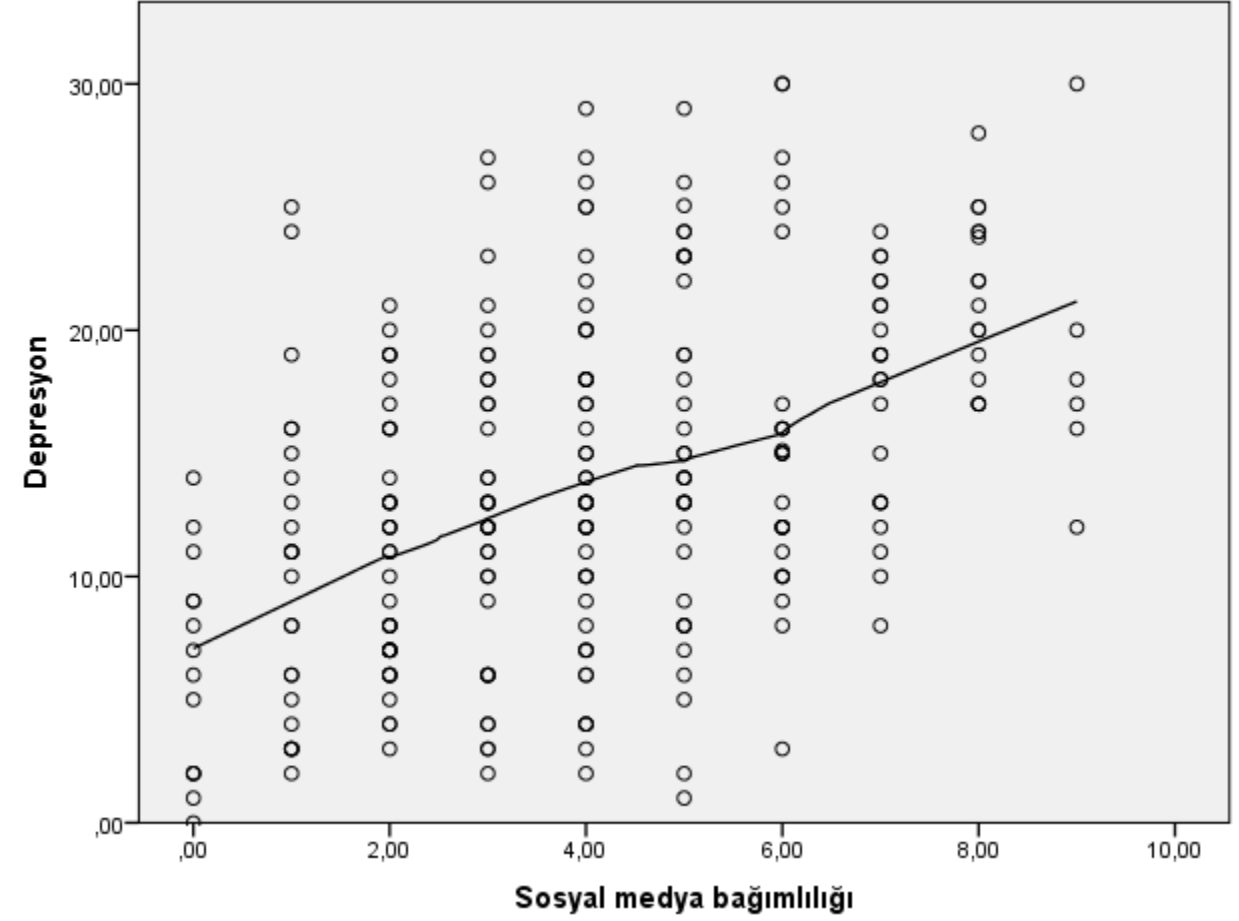




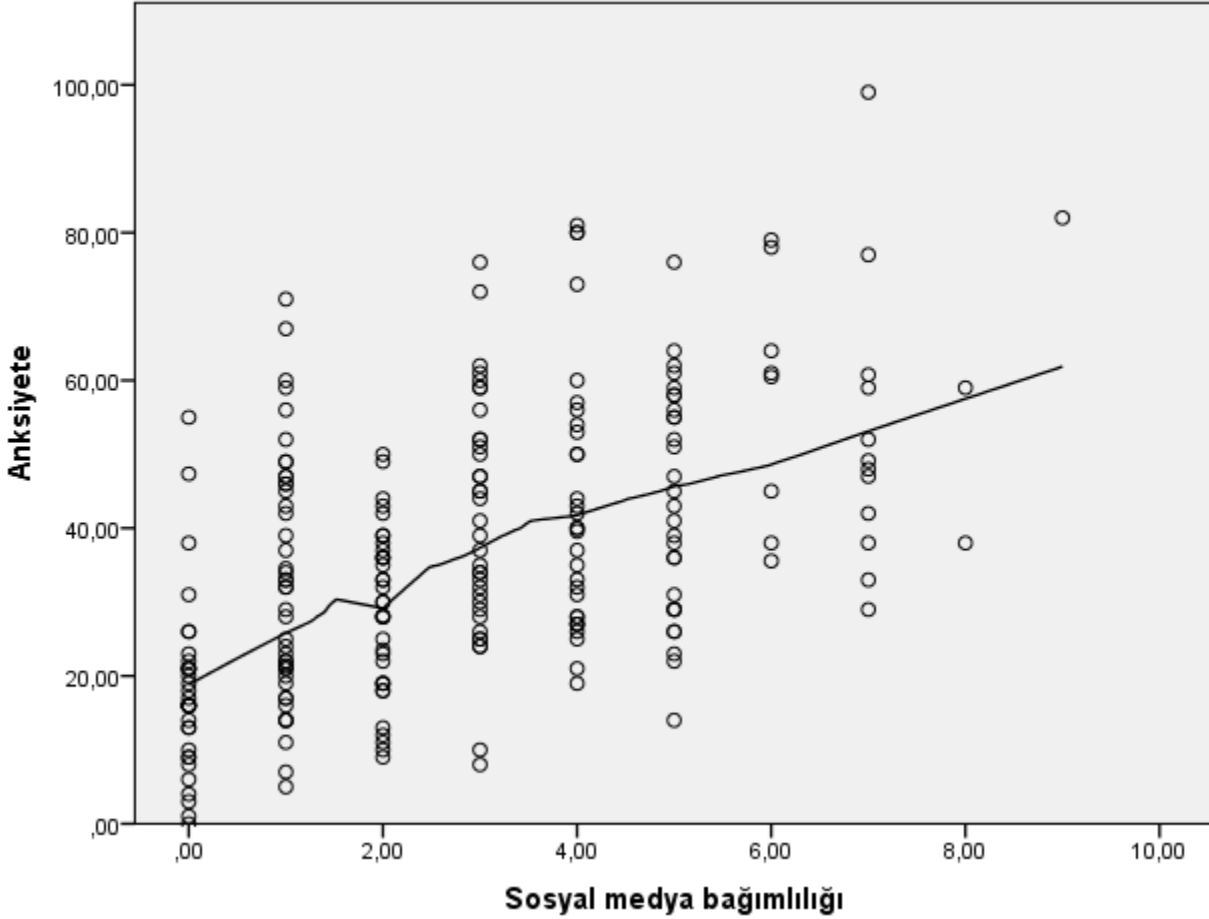
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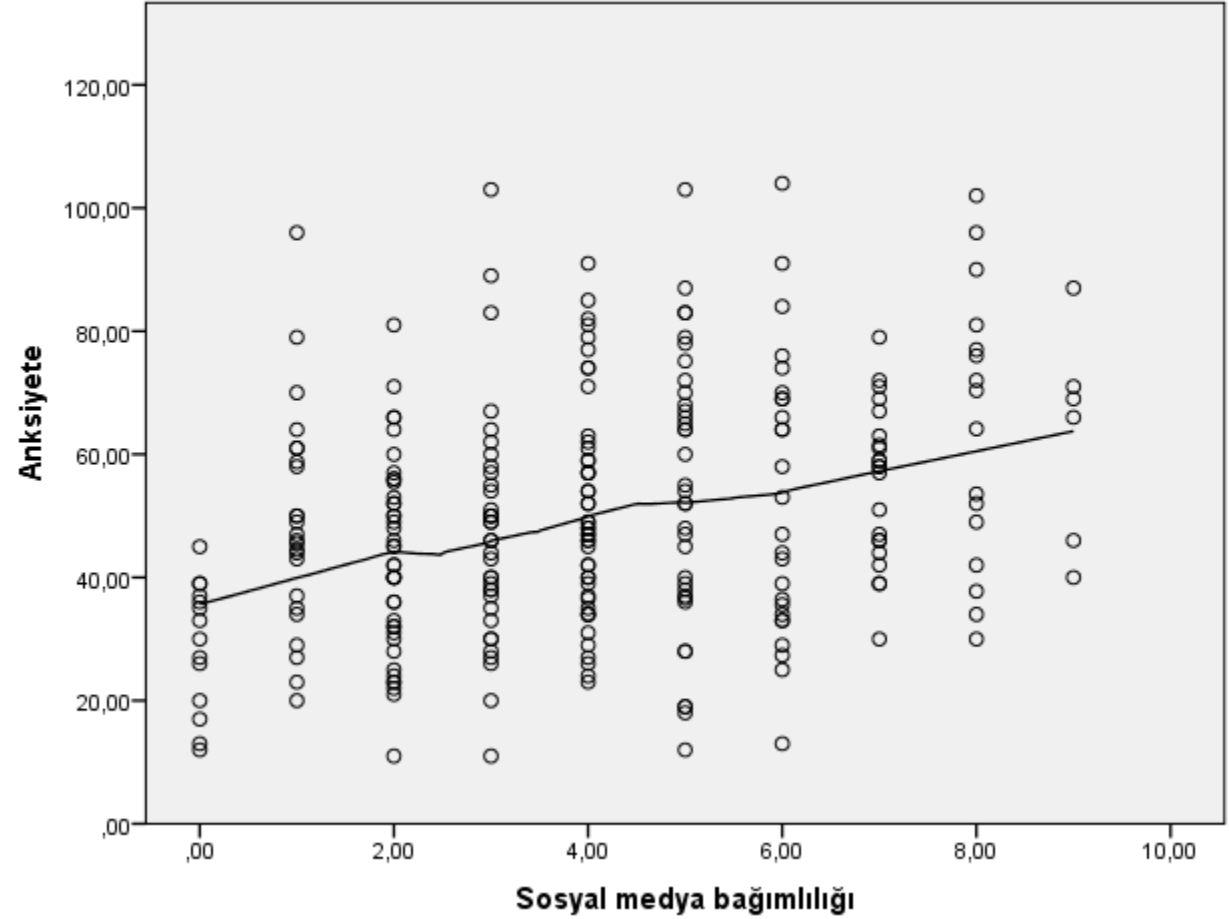
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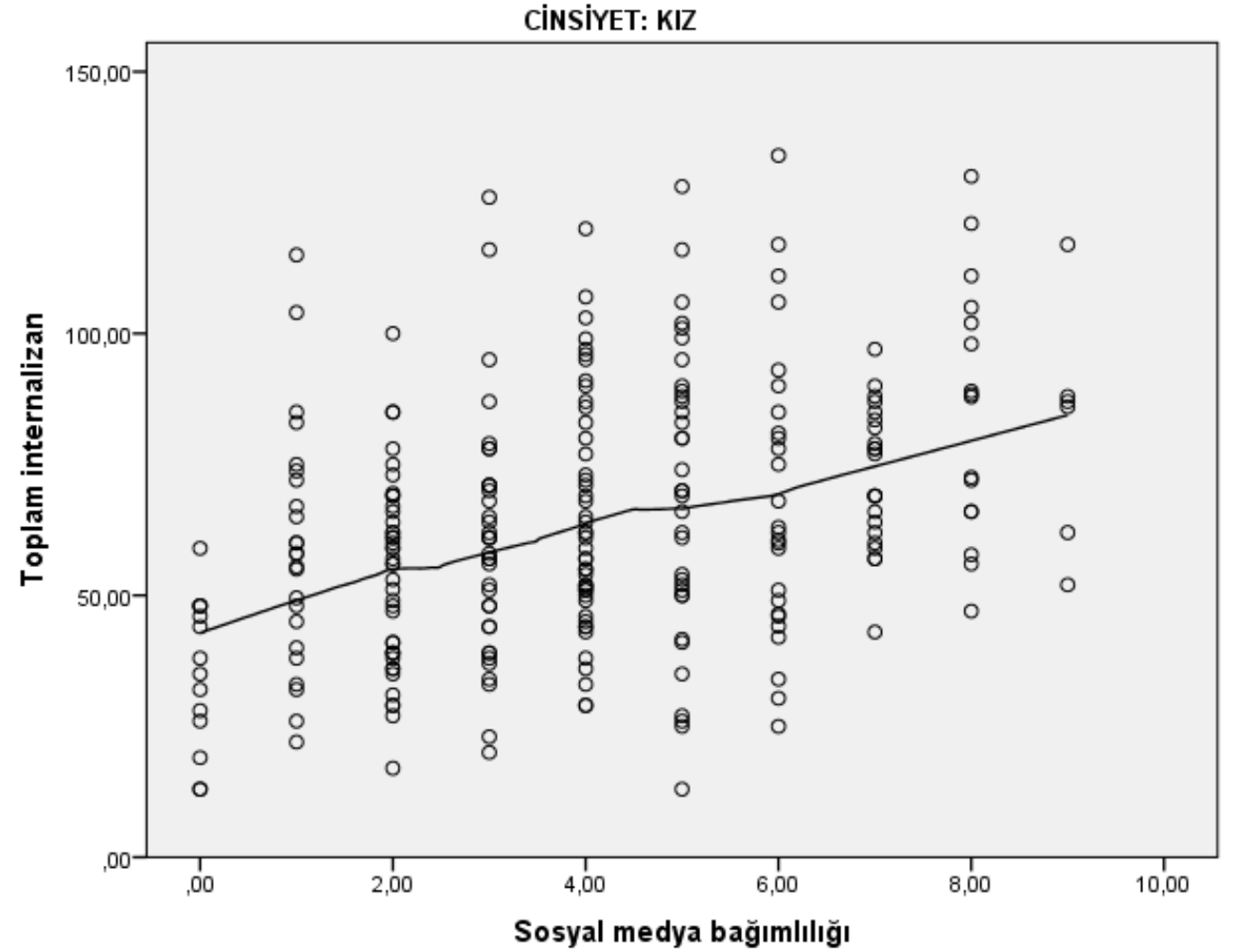
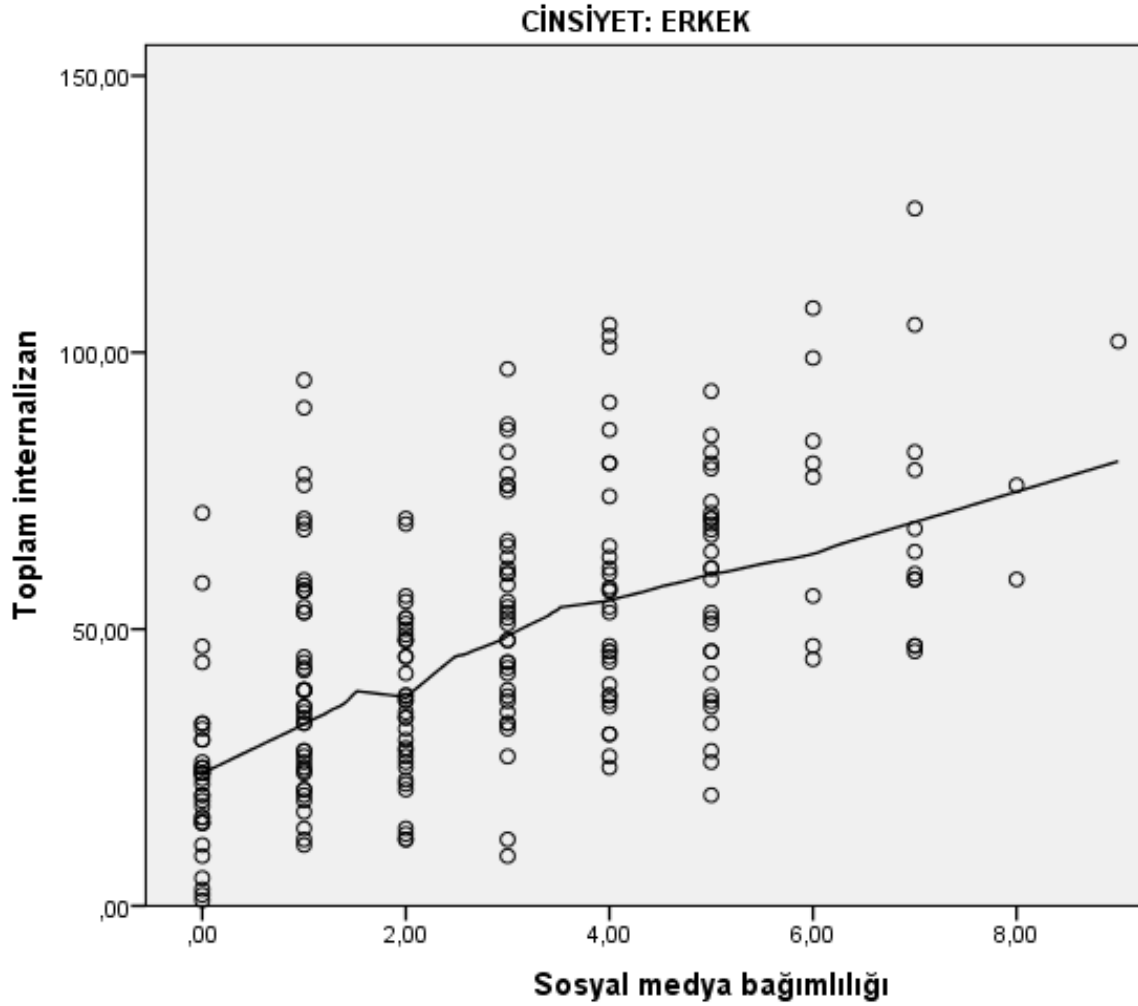


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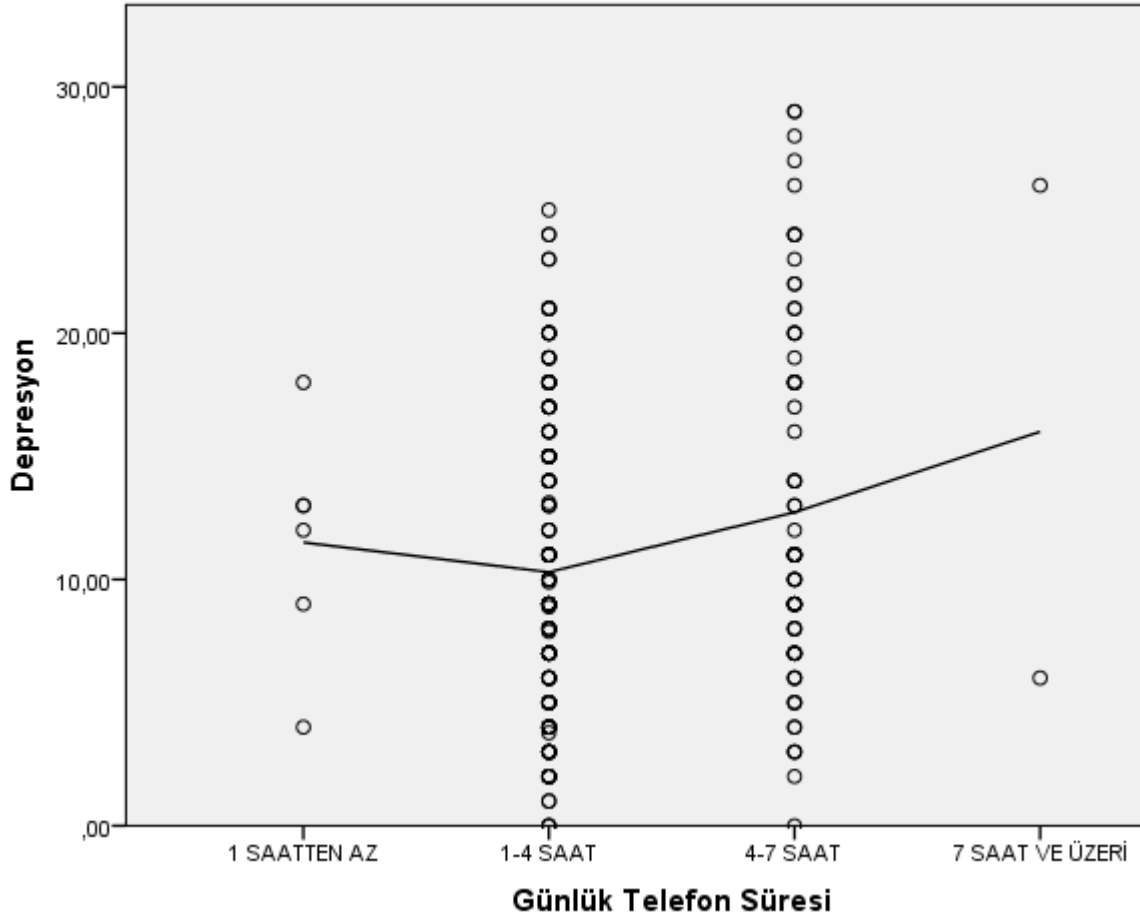


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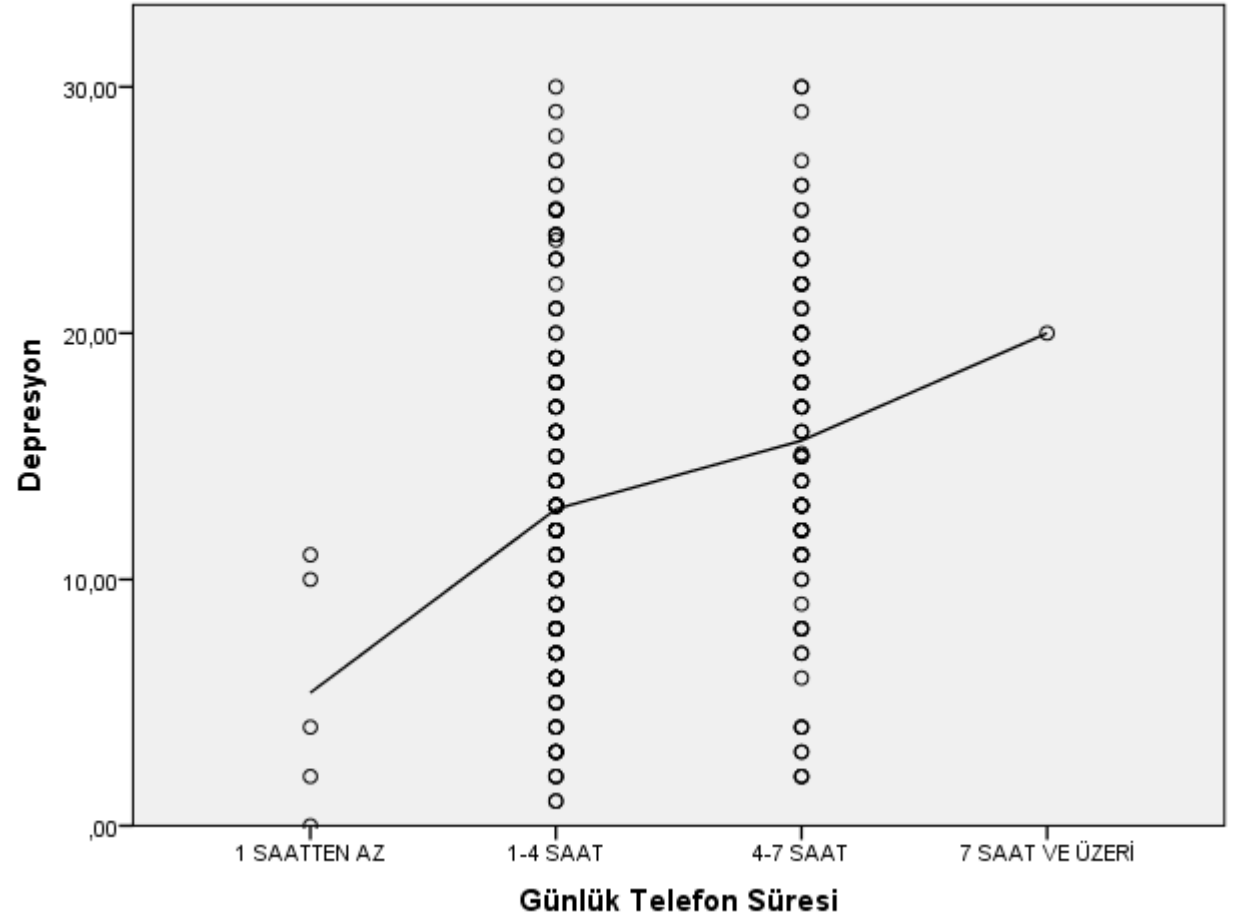




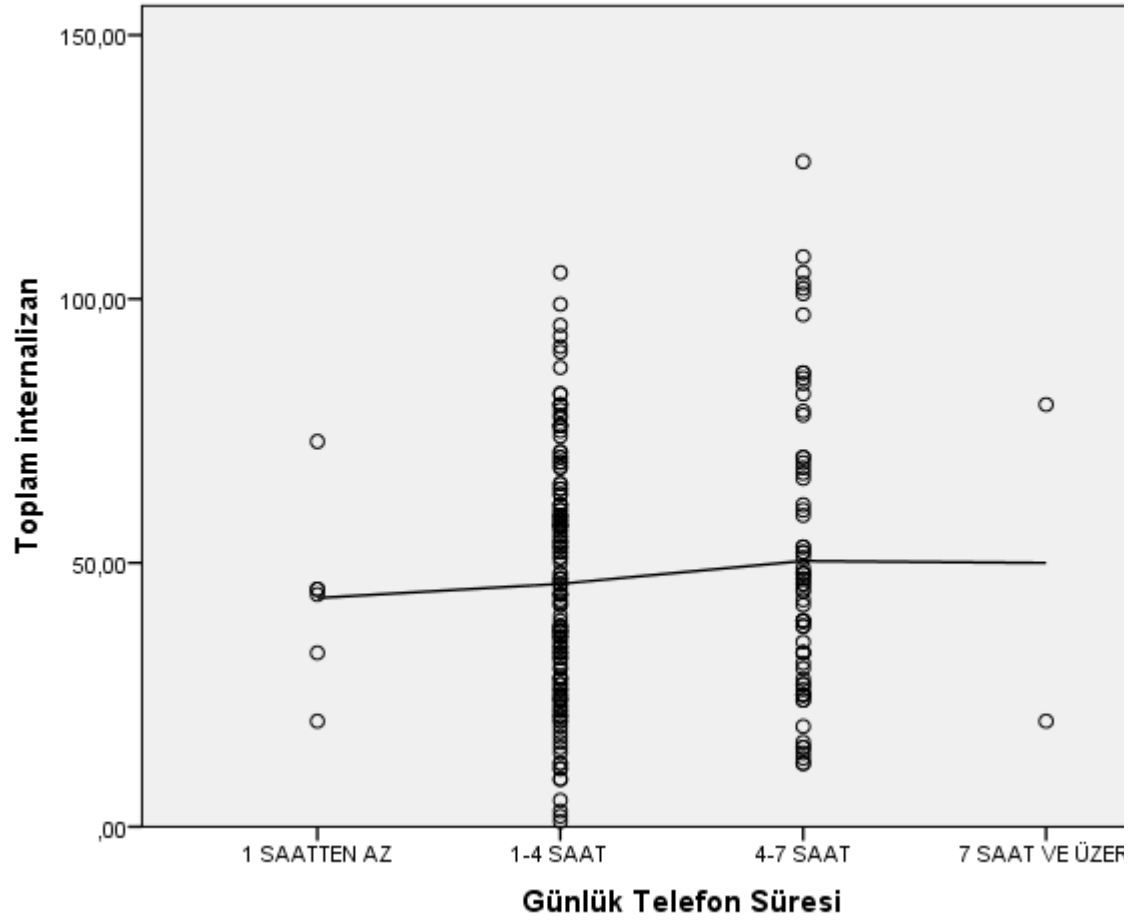
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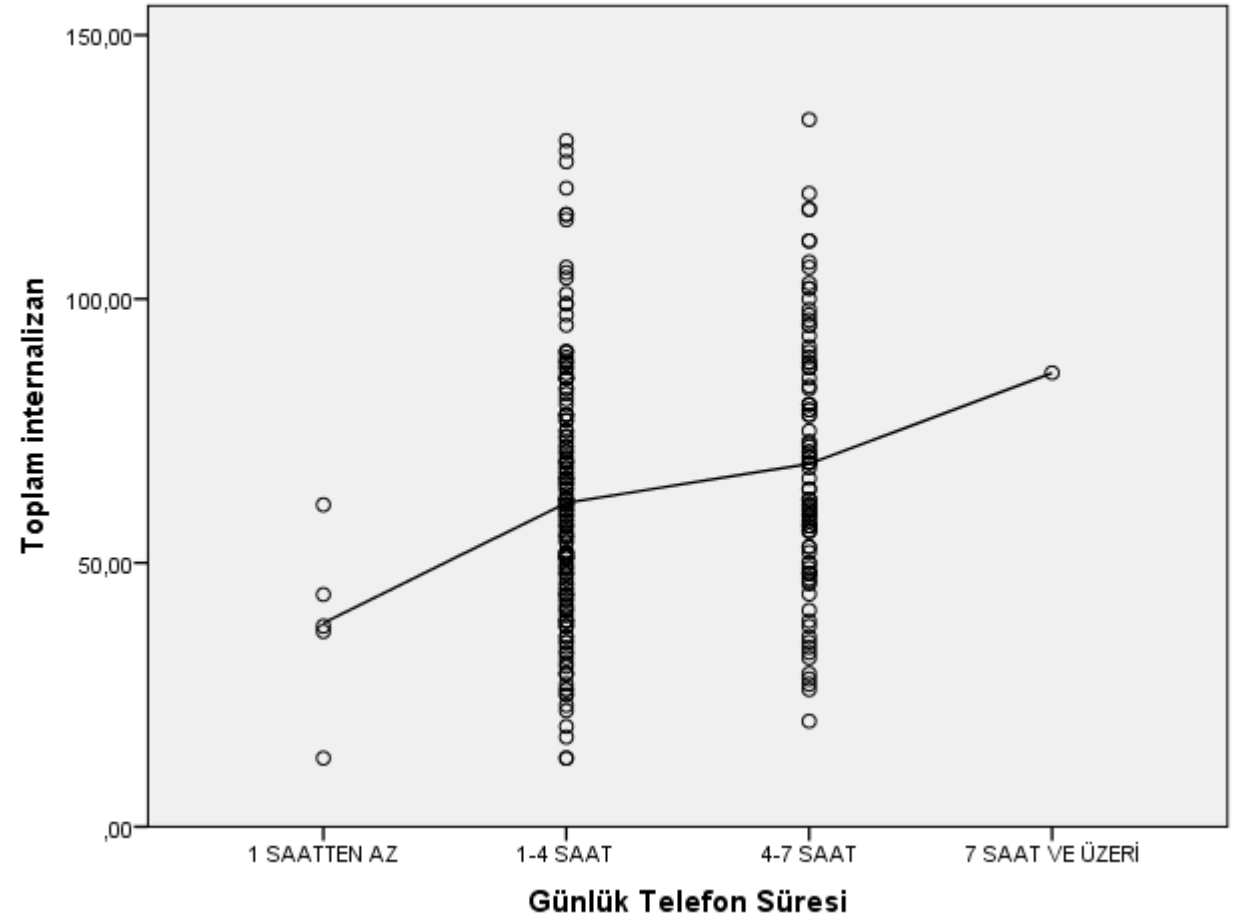
CİNSİYET: KIZ

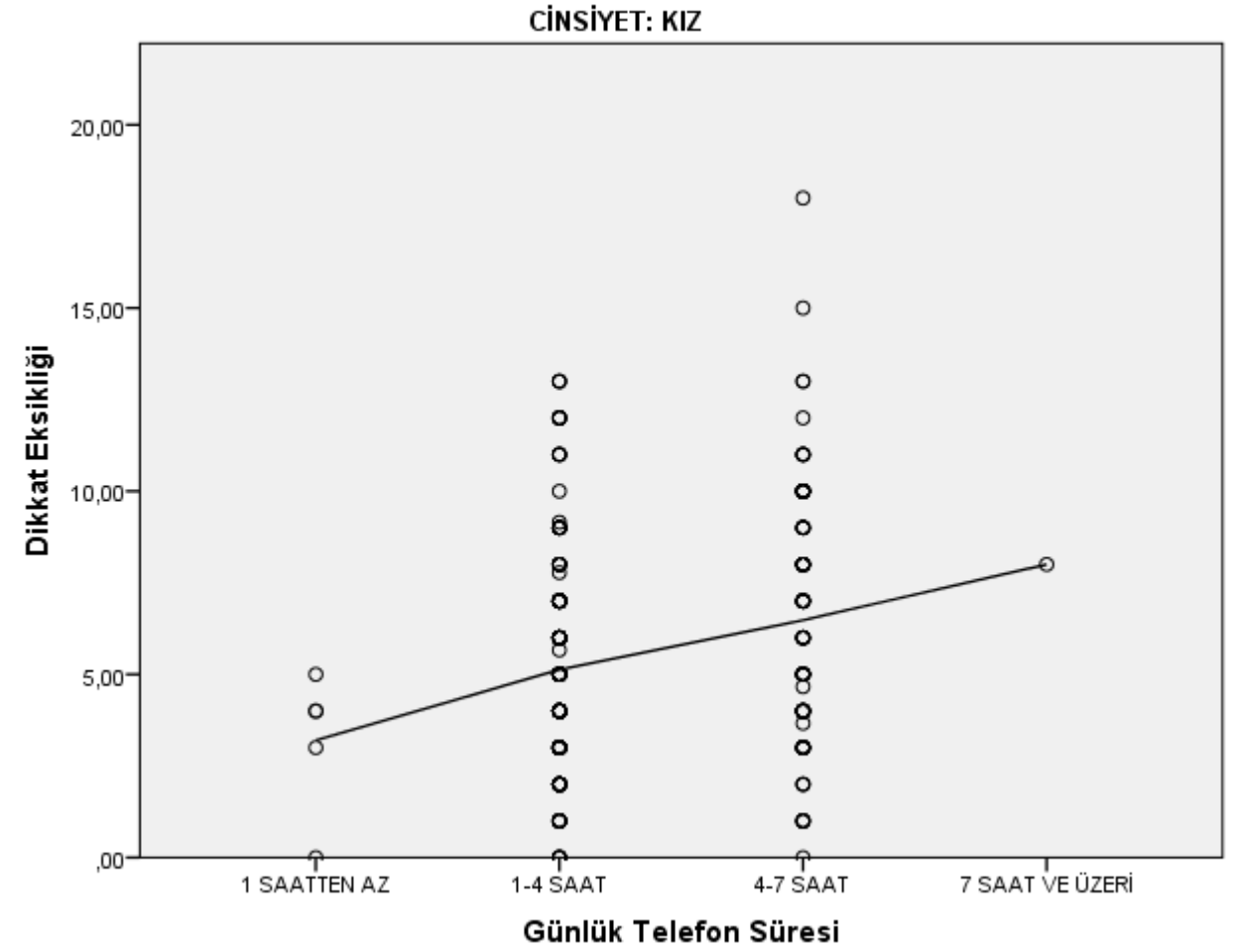
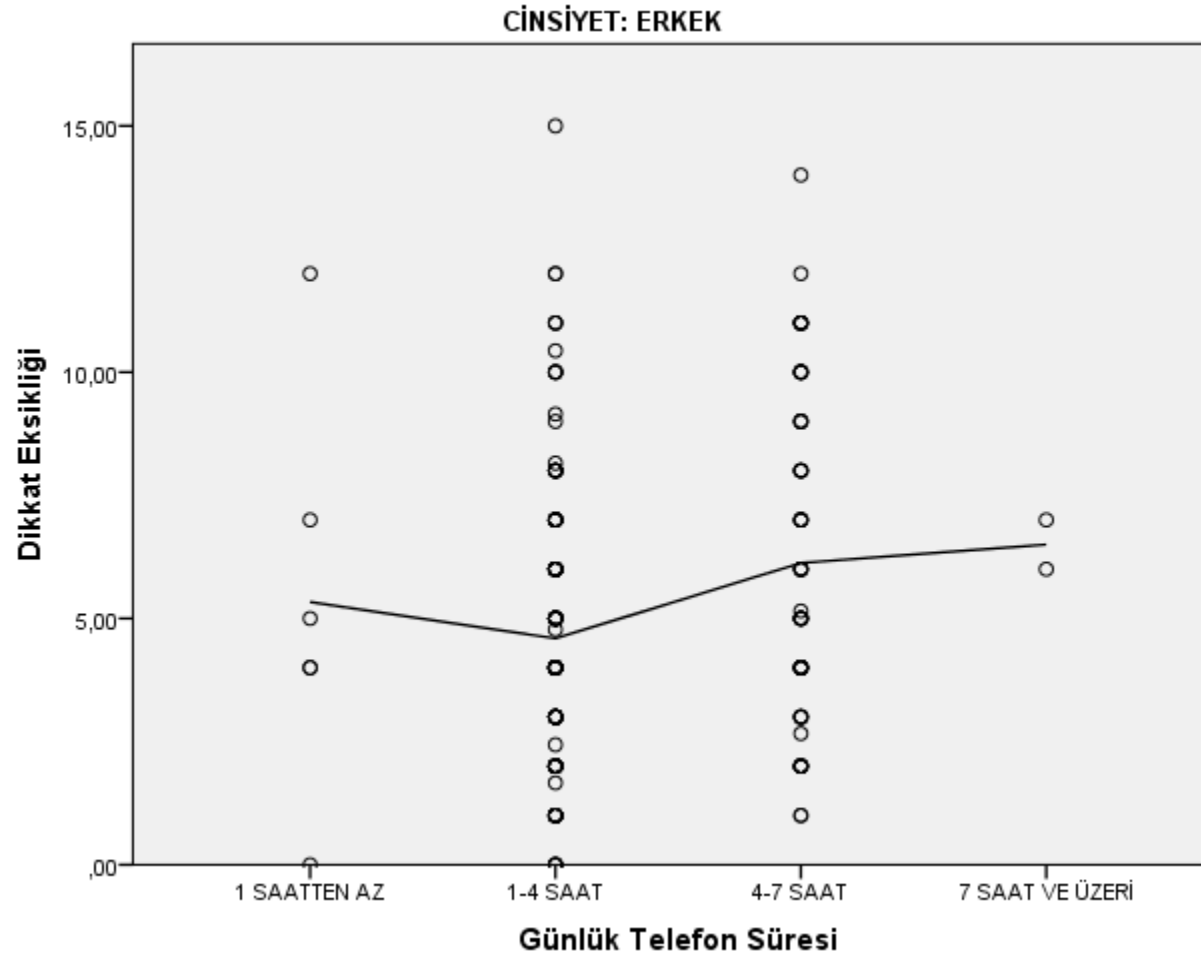


CİNSİYET: ERKEK



CİNSİYET: KIZ





Story >

Smartphones in school? Only when they clearly support learning



Ne yapalım?

- Eğitim süreci
- İlk 3 yaş sıfır ekran
- İlkokula kadar günde bir saat
- Mobil telefon ortaokula kadar görmesin
- Ortaokul teorik eğitim
- Lise uygulamalı eğitim
- Sosyal medya hesabı açma yaşı 18

- Teşekkür ederim 😊