

Instagramification of the Brain

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Editorial

Volume 4 Issue 1

Received Date: June 06, 2019

Published Date: June 11, 2019

DOI: 10.23880/nnoaj-16000133

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Abstract

Internet usage is the most widespread technological advancement in the history of humanity. It plays a major role in search for information, entertainment area, and management of social networks and relationships in day-to-day life. In a recent research conducted by a team of international researchers from various universities across the globe found that the Internet usage resulted in acute and sustained modifications in cognition, attention span, memory and social interactions in users.

Keywords: Screen Media Activity (SMA); Irrational online media usage; Morphological changes in brain

Instagramification of the Brain

Internet usage is the most widespread technological advancement in the history of humanity. It plays a major role in search for information, entertainment area, and management of social networks and relationships in day-to-day life [1].

Screen Media Activity (SMA)

Time spent on Watching videos, electronic gaming and usage of social media is referred to as SMA. Various studies suggest connotation between SMA and problematic outcomes. It was found that frequent SMA is allied with internalizing psychopathology in anxiety and depression, as well as externalizing psychopathology such as indulging in risky behaviours, attempting suicide [2].

Morphological Changes in Brain

Functional neuroimaging studies in internet addicts revealed failure in recruitment of frontal-basal pathways involved in constraining unwanted actions, decreased volume of grey matter in bilateral anterior cingulate cortex, supplementary motor area, superior parietal cortex, left dorsal lateral prefrontal cortex, left insula, and bilateral cerebellum. In more frequent SMA users, the grey matter volume of bilateral putamen and right nucleus accumbens was more and the grey matter of orbitofrontal cortex was lesser [2].

What's New

In a recent research by team of international researchers from various universities across the globe

found that the Internet usage and increased SMA has resulted in acute and sustained modifications in cognition, attention span, memory and social interactions in users [1].

Future Research

Extensive research in this field is required to assess the effects of irrational online media usage on cognitive development and brain impact in different age groups and their comparison [1].

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