

QUALITATIVE RESEARCH REPORTING

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I have no known conflict of interest to disclose.

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Introduction

Researchers in counseling and school counseling professions researched the current technology use trends and how it could lead to a diagnosis of mental health disorders. Research provided in this case scenario suggested that the overuse of technology can lead to mood disorders and addiction. The study was conducted to see the motivation behind youth using technology. Also, how the usage of technology affects their behaviors. After receiving parental consent, the researchers were able to begin the study.

Research Question and Design

The researchers sought to answer the question, *“What are youth’s motivations for using technology, and how does it impact their daily functioning?”* Researchers utilized a consensual qualitative research design. This is evident in the use of ten young individuals from the initial screening survey who showed signs of excessive technology use.

Themes of Research

Once research was conducted two themes of research emerged. Number one is that youth use technology as their primary source of communication with their peers. The second theme was that youth use technology when it is expected of them. These themes connect to the research question because the researchers sought to find the youth’s motivations and how it impacts their daily lives. Their motivation is to connect with their peers which impacts them by feeling they always must be on their technological devices to stay connected.

The direct quotes given in the case scenario prove the themes to be true. Many students mentioned the different ways they interact with peers. They interact at school, but they want to continue the interactions after the school day is over. The students mentioned using video games

to chat online and staying up late to chat with friends. Youths were also quoted about the feeling of needing to be on their phones to stay connected. Students noted they cannot help but feel like they need to be on the phone, feel like they must post on social media to keep followers, and feel pressured to always be online to chat with friends.

Implication of Results

The results of this study can be very beneficial to the counseling and school counseling professions. These results gave the researchers a glance into the world of youth and their technology use. Results can assist counselors in working with youth, especially if it leads to a mental health disorder or addiction. Counselors can develop individual interventions and goals for working with youth who overuse technology.

Conclusion

Overall, the researchers conducted a solid qualitative study. The results matched well with the research question. Research results can be used to help counselors and school counselors to help youth with technology overuse. Furthermore, the results of this case scenario were beneficial and can be used to continue to research this topic.