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Letter from Secretary General

Esteemed Delegates,

As Gölbaşı Anatolian High School, we are very honored to see you among us and host you at GLMUN, our INTECH (Innovation and Technology) themed MUN conference. In our conference, which was organized by our highly experienced MUN team, our aim is to present ideas to determine innovative technology usage areas, benefits and harms, expectations from the future, and to present creative joint decisions from our committees on the work that can be done in this field and the measures that can be taken. GLMUN's mission is simple; we strive to provide young leaders a stimulating platform to debate, discuss, and resolve critical global issues by promoting equity, creativity, and diplomacy.

Your participation in this conference will be an excellent opportunity for you to develop your skills in public speaking, negotiation, and diplomacy. Not only will you get to engage with other students from different backgrounds and cultures, but you will also have the chance to think about solutions for global issues.

As GLMUN team, we all look forward to welcoming you.

Best Regards,

Seza Gamze Atak

Secretary General

Letter from the Chairboard

Dear Delegates of WHO,

As the Chairboard of the WHO Committee, we are thrilled to welcome you to the GLMUN'24 conference. Your dedication to diplomacy and your passion for global issues are truly commendable, and we are honored to serve as your guides throughout this conference.

During our sessions, we will focus on addressing the adverse effects of technology on human health. Our primary objective is to facilitate constructive dialogue, foster consensus-building, and ultimately, inspire innovative solutions to this pressing challenge facing our world today. We highly recommend that you review the study guide and the example articles provided in the further readings section to better understand the agenda item.

Throughout this conference, we encourage you to actively engage in debate, listen attentively to differing perspectives, and approach each issue with an open mind and a spirit of cooperation. Remember that every voice matters, and every contribution has the potential to make a meaningful impact.

We wish you the best of luck in your deliberations and eagerly anticipate witnessing the fruits of your collective efforts. Together, let us seize this opportunity to demonstrate the power of diplomacy in action and reaffirm our shared commitment to building a better world for generations to come. We have devoted significant effort to preparing for this conference, and we are eager to engage in productive debates with all of you. Feel free to ask us anything.

Contact: nehirkaraboga@icloud.com - nehirimay@gmail.com

With warm regards,

Nehir KARABOĞA & Yağmur Nehir AY

Chairboard of the WHO Committee

Introduction to the Committee

1.1 What is the WHO Committee

The United Nations (UN) is a diplomatic and political international organization whose stated purposes are to maintain international peace and security, develop friendly relations among nations, achieve international cooperation and serve as a centre for harmonizing the actions of nations. It is world's largest international organization. WHO Committee was founded in 1948 as a part of UN, it is the agency that connects nations, partners and people to promote health, keep the world safe and serve the vulnerable so everyone can attain the highest level of health everywhere.

1.2 History of the WHO Committee

When diplomats met to form the United Nations in 1945, one of the things they discussed was setting up a global health organization. WHO's constitution came into force on 7 April 1948, thereby establishing the WHO by constitution. April 7th is now celebrated annually as World Health Day. In April 1945, during the conference to set up the United Nations held in San Francisco, representatives of Brazil and China proposed that an international health organization be established and a conference to frame its constitution convened. On 15 February 1946, the Economic and Social Council of the UN instructed the Secretary-General to convoke such a conference. A Technical Preparatory Committee met in Paris from 18 March to 5 April 1946 and drew up proposals for the constitution which were presented to the International Health Conference in New York City between 19 June and 22 July 1946. On the basis of these proposals, the Conference drafted and adopted the Constitution of the World Health Organization, signed 22 July 1946 by representatives of 51 Members of the UN and of 10 other nations.

1.3 Important Previous Actions & Decisions

Since its creation the WHO Committee has been a visibly important factor on humans physical and mental health. WHO has been at the forefront of addressing the multifaceted challenges posed by the negative effects of technology on humans health. Recognizing the growing concerns, WHO has conducted comprehensive researches to understand the issue better. Through studies and data collections, the negative effects such as posture, eye, weight, social, problems etc. of long-term screen exposure on the health of individuals -particularlyly children and adolescents- were revealed. WHO has led the development of evidence-based guidelines and recommendations aimed at promoting healthy screen time habits across different age groups. These guidelines provide valuable information for parents, caregivers and educators to effectively manage and regulate screen usage. Moreover, it has actively engaged with nations and stakeholders worldwide to promote collaboration and share information to collectively address this global health issue. Furthermore, WHO has emphasized the importance of raising awareness about the mental health implications of technology overusage such as, cyberbullying, social isolation and addictive behaviors. By disseminating information through various channels and platforms, it seeks to empower

individuals to make informed decisions about their digital life and to ask for help if needed. Additionally, the committee has encouraged the adoption of preventive measures and inventions as screen-time apps, therapies etc. at both individual and societal levels to mitigate the issue, promoting resilience and well-being in the digital age.

Introduction to the Agenda Item: Negative Effects of Technology on Human Health

2.1 Background of the Negative Effects of Technology on Human Health

With the fact that technology has become the main source of human life, it has brought a very bad effect with it. The effects have emerged as a prominent concern in the digital age, stemming from the rapid advancements and widespread integration of digital devices into everyday life. With the advent of phones, computers and other devices, individuals are increasingly getting addicted to technology for communication, entertainment and information access. This addiction causes temporary or permanent mental and physical health problems in almost all individuals, especially children and adolescents. While UNICEF draws attention to the fact that 70.6 percent of young people online from the 15-24 age group are exposed to dangers due to cases such as violence on the internet, cyberbullying and digital harassment, researchers continue to associate problems such as obesity, insulin resistance and scoliosis disorder with technology-dependent. According to the situation, it is not impossible to predict that the data for the situation in question will keep on moving in a negative way for humans.

2.2 Importance of WHO on Topic

The WHO Committee whose impact on human health shall not be ignored, holds significance addressing the things effecting human health. The Committee realizes the negative effects of technology on human health which is a global issue and it serves as a significant platform for a global collaboration. In this era where technology is developing rapidly, the Committee plays a major role in assessing the multifaceted impacts of technology on physical, mental, and social well-being. It navigates the complex interplay between innovation and well-being in the modern age. Additionally, the Committee's recommendations inform policy-making at national and international levels, guide efforts to protect public health in an increasingly digitalized world. Its work is not only about diagnosing the issues but also advocating for measures to reduce the risks and enjoy the benefits of technology for progress of human.

About Negative Effects of Technology on Human Health

3.1 What is Technology Addiction & Why is it Important

Technology addiction refers to the compulsive use of digital devices and online platforms to the extent that it interferes with daily life, relationships, and responsibilities. It encompasses various forms, including smartphone addiction, social media addiction, and gaming addiction. This phenomenon is significant due to its widespread prevalence and impact on mental health, social interactions, and productivity. Technology addiction can lead to feelings of isolation, anxiety, and depression, affecting individuals of all ages. Recognizing and addressing technology addiction is crucial to promoting healthy digital habits and maintaining a balanced lifestyle in an increasingly connected world.



3.2 Factors that Cause Technology Addiction

Several factors contribute to the development of technology addiction, both mentally and physically. Mentally, the allure of constant connectivity and instant gratification provided by digital devices can lead to compulsive behaviors and a sense of dependency. The dopamine rush experienced when receiving notifications or engaging with stimulating content reinforces the desire for prolonged screen time. Additionally, underlying mental health issues such as anxiety, depression, or loneliness may drive individuals to seek solace and validation through online interactions. Physically, the addictive nature of technology can disrupt sleep patterns, leading to fatigue and impaired cognitive function, which further perpetuates the cycle of excessive screen time. Moreover, the sedentary nature of prolonged device use can contribute to physical health problems such as obesity, poor posture, and eye strain. Combined, these factors create a complex interplay between mental and physical elements that fuel technology addiction.

3.3 The Visible Negative Effects of Technology on Human Health

Effects on Mental Health

a. Cyberbullying

Cyberbullying, a pervasive issue that is getting worse because of the proliferation of technology, it causes serious damage to the mental health of its victims. Researches conducted in 2023-2024 highlights the profound impact of cyberbullying on individuals' mental well-being, with victims experiencing high levels of stress, anxiety, and depression. Hurtful messages, threats, and derogatory comments damages self-esteem. Moreover, the presence of

social media ensures that the trauma inflicted by cyberbullying follows victims beyond the confines of their screens and undermining their sense of safety and belonging.

b. Beauty Standarts & Filters

Beauty standards promoted by social media platforms have a significant impact on individuals' sense of self-worth. The widespread use of photo-editing tools and filters has distorted notions of beauty, creating unattainable ideals that cause insecurity and body dissatisfaction. The pursuit of unattainable perfection caused by these beauty standards affects individuals' mental well-being, fosters a culture of comparison and self-criticism.



c. Isolation

While technology has changed the way we connect and communicate, it has also started a phenomenon of social isolation and disconnection. As individuals become increasingly engulfed in their digital devices, the face-to-face communication diminishes and the boundaries between virtual and real-world interactions get lost. The studies indicate a rise in feelings of loneliness, alienation, and depression stemming from the isolation, especially after the COVID-19 pandemic.

Effects on Physical Health

a. Obesity

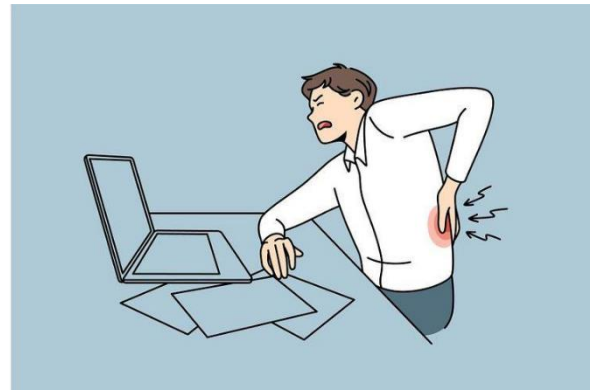
The rise of technology in recent years has coincided with a concerning increase in global obesity rates. Researches underscore the link between excessive screen time and rising obesity rates, with individuals spending high amounts of time engaged with screens rather than engaging in physical activities. Inactivity problem not only causes weight problems, but also can cause diabetes and metabolic diseases.

b. Eye Problems

The widespread usage of digital devices has given a rise to new eye problems. Studies made on the topic reveal a concerning prevalence of digital eye strain that has symptoms such as dryness, irritation, blurred vision, and headaches. The constant focus on screens, coupled with exposure to blue light emitted by electronic devices, causes strain on the eyes and disrupts visual functions. Furthermore, the habit of staring at screens for extended periods without adequate breaks increases eye discomfort.

c. Poor Posture

In addition to eye problems, technology has been playing a role in the development of poor posture, as individuals spend increasingly more time over electronic devices. Individuals bending their bodies to accommodate their devices leads to musculoskeletal imbalances and disorders. Forward-leaning postures places excessive strain on the spine, neck, and shoulders, increasing the risk of chronic pain, muscle tension and structural abnormalities.



Current Status

4.1 Statistics

Recent statistics illuminate the multifaceted negative effects of technology on human health. A comprehensive study by the World Health Organization reveals that technology has significantly changed lifestyle habits, especially regarding screen time. Approximately 70% of individuals spend more than 6 hours a day in front of a screen, leading to an increase in sedentary behavior that has contributed to a 15% increase in obesity rates worldwide. Moreover, the widespread use of electronic devices has brought a new challenge to people's lives; Almost 80% of the population experiences disruptions in sleep patterns due to prolonged exposure to blue light emitted from screens. Since inadequate sleep has been linked to a myriad of health issues ranging from impaired cognitive function to increased susceptibility to chronic diseases, it will visibly negatively affect the health of individuals and make them uneasy. Additionally, the prevalence of musculoskeletal issues has increased, with 40% of office workers experiencing symptoms related to poor posture stemming from long-term computer use. Mental health concerns have surged as well in a parallel with physical health concerns with a 60% rise in reported cases of anxiety and depression. Cyberbullying, beauty perceptions, etc. on the internet, especially on social media, can sometimes be the source of these mental health issues. These statistics underscore the urgent need for interventions aimed at mitigating the adverse health impacts of technology consumption.

4.2 Prevalance of Negative Effects of Technology on Human Health

The prevalence of negative effects of technology on human health is increasingly evident in today's society. Studies have consistently shown a rise in physical and mental health issues associated with excessive technology use. For instance, research indicates that prolonged screen time leads to eye strain, headaches, and disrupted sleep patterns due to exposure to blue light and sedentary behavior. Moreover, the addictive nature of digital devices contributes to heightened stress, anxiety, and depression, particularly among younger demographics. According to surveys, a significant portion of the population reports feeling overwhelmed by the constant need to stay connected and engage with online content.

Additionally, the rise of cyberbullying and social comparison on social media platforms has been linked to increased feelings of loneliness and low self-esteem. Overall, the prevalence of these negative effects underscores the importance of promoting digital well-being and adopting healthy technology habits to mitigate their impact on human health.

Preventing Negative Effects of Technology on Human Health

5.1 Its Importance for the Nations

As technology continues to advance and infiltrate every aspect of daily life, concerns regarding its impact on human health are rapidly increasing. Technology, which affects every person in the world in an either good or bad way, and its negative effects are becoming a problem for more and more people day by day. Nations need to draw attention to these problems that affect all humanity, be aware of this issue and raise public awareness for all individuals. In the case of ignoring the effects, the problems will grow bigger and inevitably, it will be even harder to overcome everyday. The problems expected to be seen in the future are not only physical but also mental and social problems. As individuals become mentally unhealthy, productivity will decrease, health expenses will increase and social harmony will deteriorate, which concerns not only the individual but also the entire country. Additionally, addressing these issues demonstrates a commitment to ethical governance and underscores the importance of prioritizing the well-being of citizens in the rapid pace of technological advancement. All nations, especially China, USA, Russia, Brazil, South Korea, Japan, etc. which have a high rate of addicted individuals, need to be aware of the fact that this problem is a problem that will affect our future, otherwise it is inevitable to face the mentioned problems.

5.2 What Can Be Done to Prevent This Global Issue

In order to prevent the negative effects of technology on human health, a multifaceted approach incorporating education, regulation, and technological innovation is essential. Educational initiatives targeting all children, adolescents and adults can promote healthy technology habits, including setting limits on screen time, encouraging physical activity and fostering digital literacy to navigate online content responsibly. Developers can also be helpful by designing tools and applications that promote physical activity, mindfulness, and mental well-being. Incorporating features such as screen time tracking and accessibility options for individuals can empower users to maintain a healthy balance between technology usage and other aspects of life. Moreover, governments can implement policies that promote ergonomic design standards for devices, regulate advertising practices of addictive technologies and enforce age restrictions on certain online platforms to protect vulnerable populations, particularly children and adolescents. By taking necessary steps, while the health conditions of individuals are taken under control, developing technology can be used as useful as possible without affecting humans' health status.

Questions & Points to be Examined

Acknowledging its responsibility for overcoming issue of technology by preventing and solving the overuse of it, this committee should be able to find reasonable answers and solutions to the following questions;

- What is the effect of bullying on the social media on human psychology? What can be done to prevent such bullying?
- Why is it important for children to stay away from certain platforms? What restrictions can be put in place to keep them off these platforms?
- What effects do unrealistic beauty standarts on social media have on children's development and people's psychology? How can we break down these standarts and labels?
- How can bad posture be prevented? Can there be an easy treatment method that the individuals can apply on their own?
- What are the eye problems caused by technology addiction? How do these eye problems affect individuals' lives? How can these problems be prevented?
- What kind of diseases and issues can cause the problem of inertia bring with itself? How can these be minimized?

Further Readings

Addictive Behavior

https://www.who.int/health-topics/addictive-behaviour#tab=tab_1

Digital Eye Strain

<https://www.aoa.org/healthy-eyes/eye-and-vision-conditions/computer-vision-syndrome?sso=y>

Poor Posture

<https://nwpg.com.au/tech-neck-the-negative-impact-of-electronic-devices-on-your-posture-and-how-to-combat->

Obesity

<https://www.healthiertech.co/technology-obesity/>

Rage

https://en.wikipedia.org/wiki/Computer_rage