In conclusion, the widespread adoption of technology among students has brought about a complex array of effects on academic performance, social interactions, and overall well-being.Collaboration between educators and parents is essential in fostering healthy tech habits and guiding students to effectively navigate the digital landscape.While technology offers valuable learning opportunities and communication platforms, its excessive use can lead to distractions and disengagement, potentially harming students' educational outcomes and mental health.

Summarized by © lakhasly.com