

# To Study the Impact of Gadgets on Human Life

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**Abstract:** *In this fast-moving world, gadgets and electronic devices play an essential role; with the help of science and technology, anything is possible in this world. Therefore without having consciousness, we come across various gadgets in daily life. Consequently, we depend on them almost. Electronic gadgets are of various types in the world of devices. In that way, they make the life of people more accessible and more innovative. Wherever we go, the market has a vast number of advanced gadgets. Most of them are fruitful and very useful. Due to the advanced technologies, we can use gadgets of different kinds. We all depend on devices from the morning alarm clock to night, night lamps. Compared to human activity and machine activity, the machine takes the lead in this world. No field is operating only with humans as overall man is dependent on them, as without them we cannot do anything. Some of the gadgets we cannot even imagine without them are Laptops, smartphones, microwaves, smart watches, etc. The use of devices has solved lots of problems with physically challenged people. It has influenced us in many ways, and we can't even think without gadgets in our daily lives. Many students who own electronic devices spend most of their time with them. As a result, over-reliance on electronic devices affects aspects of both academic performance and health*

## Objectives

- To provide valued online customers with quick delivery of high quality electronic products.
- To employ the latest in internet e-business technology in transacting online business.
- To convey electronic products to customers within 24 hours.
- Increase the life span of electronic products that the company offers.

**Keywords:** Electronic gadget; Technology; Internet; Academic performance; School Student.

## I. INTRODUCTION

Electronic devices were originally sold as a means of communication. We cannot deny that the use of the Internet and technology by gadgets offers a variety of features and benefits, but we must admit that this silently destroys the effectiveness of socialization within the community. The purpose of this study was to investigate the relationship between the total time spent using electronic devices and the student's academic performance. Since Kuantan is one of Pahang's advanced cities, gadgets and other technologies are believed to be widespread in the region. However, there was a lack of research on the impact of long-term use of the device, especially among students. Parental guidance is one way to manage student device usage. Therefore, this study was conducted to raise parents' awareness of the impact of device abuse on students' academic performance. According to Malaysia's Digital Marketing Statistics 71% of Malaysia's population uses the Internet daily, which may also reflect the use of electronic devices.

## II. RESEARCH METHODOLOGY

A structured approach was taken to identify the relevant scientific publications.

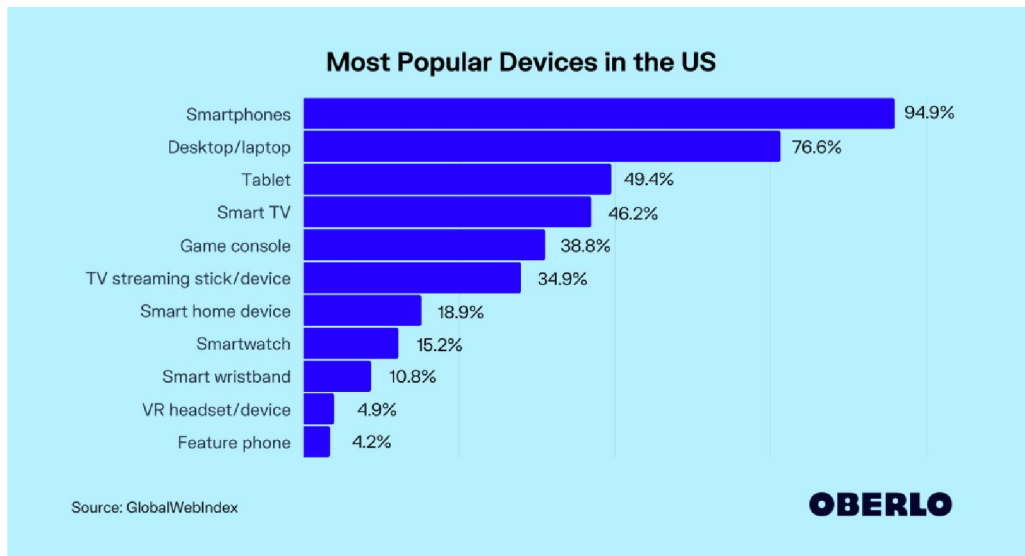
- (I) Search for a specific keyword.
- (II) Quickly scan identified publications by scanning titles by match criteria.
- (III) Scan the identified publications in detail by reading the abstracts and selecting those related to the study.
- (IV) The detailed process of reading and analyzing the full text of the selected publication.

All accessible sources are built in for use during research work from previous studies from literature databases such as ISI, SCOPUS, and Google Scholar. Searches include "children," "acceptance of technology," "continuous use of

technology," "excessive use of technology," "linkage to technology," "technology commitment," and "dependence on technology." was used.

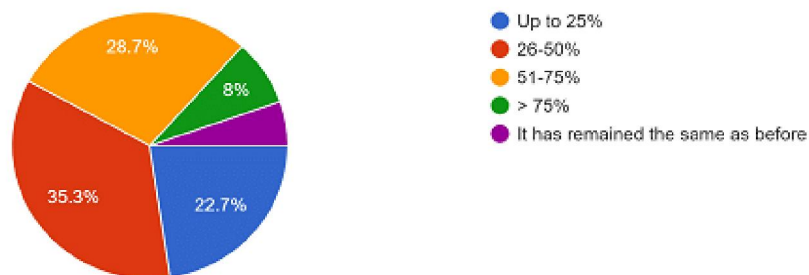
**III. DATA ANALYSIS**

This section links the use of technology and the assessment of emotional connections. In this study, Figure 1 shows Ko and Kwonetal. This is an assumption derived from the Fun Evolution Model, which represents the relationship between the use of technology and emotional connections.

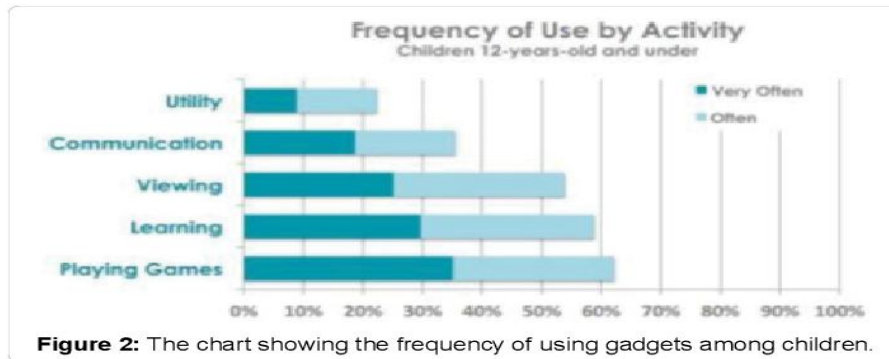


3. During lock down by how much percentage has your average screen time increased than before?

150 responses



This expression suggests that deeper emotional connections are expected when a person uses a higher level of technology. If time investment in technology is too high, profits will either be offset or replaced by a deficit. Therefore, as children spend more time using technology, they are expected to change their usage behavior and shift to different levels of emotional involvement. It is presumed that prior use exists when a person is introduced to a new technology before the person enters the acceptance phase. Each layer has its own ability to distinguish between levels of technology usage. In this study, technology use is categorized into four levels, and emotional connections are categorized into three levels.



#### IV. MAIN CONTENT

Gadgets have made our lives pleasurable and comfy. Starting from the summer to the winter season, we are making ourselves AC and room heaters. Some of the other gadgets include a dryer hair straightener. You can't be able to find a single house without these gadgets. Devices do help in saving a lot of space. In earlier days, there were telephones, where one needed to sit in one place and talk, but now with smartphones, one can travel around and talk wherever. Some other gadgets meant for fun, like iPod, Mp3, PlayStation, etc., have always been our favorite. These things are only possible because of modern technology. The usage of these gadgets brings closeness and smiles to the family members. They have become essential since they have managed boredom and loneliness in our daily lives. Though technology and widgets may be helpful if made an addiction, they can be harmful. Thus to avoid addiction to it, you can set a time limit.

Based on research, 29% of kids efficiently use modern gadgets, and 70% master them by primary school age. Children's continuous usage of gadgets has many adverse effects, such as attention deficits, loss of focus, difficulty in learning, anxiety, etc.

Thus, we need to understand that technology and gadgets make our lives easier. Therefore, we should not become addicted to them. People nowadays tend to have many devices, and they are obsessed with them, which is not a healthy sign. We don't have any control and keep staring at the display as the brightness from the screen causes distress which is not beneficial for us.

#### Gadgets that can Affect Human Health:

Mobile phones, the Internet, social networks and SMS have changed our worldview. The number of mobile phone users is about 6.9 billion, which is almost the same as the people on the earth. People who use electronic devices develop excessive musculoskeletal disorders. Repetitive strain injury is a chronic disorder that develops as a result of long-term, repetitive, powerful, or clumsy hand movements that damage the neck, shoulders, forearms, and hand muscles, tendons, and nerves, Brings pain. Weakness, numbness, or impaired motor control. Eyes, neck muscles, arms and wrists are affected by long-term use of electronic devices. People who overuse smartphones may feel that their social relationships are supportive and rewarding and do not actively contribute to the well-being and well-being of others due to the low level of face-to-face interaction... The purpose of this review is to study the literature and list the problems associated with long-term use of electrical devices and how to minimize the symptoms of increased "screen time". Excessive use of smartphones can lead to repetitive strain injury and overuse syndrome, impairing hand function and causing thumb pain.

#### Advantages of Electronic Gadgets:

- Electronic devices help improve speaking, listening and creative skills.
- Toddlers and preschoolers learn by listening to music and watching programs on their mobile devices and televisions. Visual expression helps to stimulate their senses.
- Playing competitive video games on electronic devices can help improve hand-eye coordination.
- Students can better understand the concept by using an unaided learning app.

**Disadvantages of Electronic Gadgets:**

- Toddlers may refuse to cooperate unless they are allowed to play on the device.
- Excessive use of electronic devices can reduce children's time outdoors and limit social interaction.
- This can lead to a loss of focus on research and a lack of interest in daily activities.
- Overuse of the device can lead to poor health, a sedentary lifestyle, and poor eating habits.
- Playing violent video games can adversely affect a child's behavior.

**V. REVIEW OF LITERATURE**

The use of technology can be divided into several phases. This study describes how to use technology in terms of technology adoption, continued use, and overuse. The technology under consideration is mobile devices such as smartphones and tablets. Acceptance of technology is seen as the first step towards using technology, which is why users wanted to use it. It can be different for adults and children. Technology acceptance is usually described by the Technology Acceptance Model (TAM). TAM describes acceptance based on perceived usefulness and perceived ease of use. This is true for adults. However, children tend to use technology due to environmental factors. Chaudron says that children under the age of eight are now routinely exposed to a variety of digital tools and learn by observing others (parents and other families), most of whom are digital natives. It states. Continued use of technology is the reason for continued use of technology that users have accepted. As quoted in, early adoption of technology is an essential step in understanding technology, but the ultimate performance of technology depends on its continued use. Technology abuse is behavior that exceeds the necessary or appropriate limits on the use of technology. As quoted in, overuse is defined as the extent to which the use of technology is longer than planned. They also state that, to some extent, abuse in their research serves as a high level of technical experience that causes the presence of inadequate cognition and ultimately leads to negative consequences.

**VI. CONCLUSION**

The end result of this look at will assist the Ministry of Education and additionally secondary faculty itself to plot for a higher and assist in decreasing the wide variety of college students who spent maximum in their general time on digital systems and constantly affecting their instructional achievement. The Ministry of Education and faculties ought to plan a method for proscribing immoderate time spent on digital systems with the aid of selling advantageous life-style change and inspire bodily pastime amongst college students. Parents additionally ought to play a critical position in controlling digital system use amongst youngsters. Children generally tend to observe what their dad and mom did. Therefore, if the dad and mom painting a terrific position in controlling digital system use, inspire youngsters to look at or be a mentor for his or her very own baby and usually exercise suitable bodily activities, they may clearly observe their parent's attitude.

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