

Dependency on Digital Gadget of Youth and their Side Effects

Pragati S. Pandit, Rutvik B. Date, Pratiksha B. Bhise, Hrithik S. Ankush, Shubham A. More

Nootan College of Pharmacy, Kavthemahankal, Sangli, Maharashtra, India

Abstract: *It is amazing that in India around 95% smartphone users check their social media as the First thing in every morning. Our youth seems worried without their digital gadgets especially smart phones .Even in sleeping time also almost 90% people keeps Smartphone near to their bed. As being a digital media driven society our south Indian gadget users are always trying to connect with digital or social media to have updates. This study aims at the habits of Smartphone users and how it moving to the so -called addiction. moreover, the paper observes the priming outcomes of recent media on youth and its impact on society. As part of the study the researcher found some basic answer to reduce the over use of internet or device. Via survey, the researcher found many reasons to become a gadget additive of course how we can reduce the excessive use of Smartphone by practice.*

Keywords: Gadget, electronic, dependency, youth, smartphones.

I. INTRODUCTION

What is meant by Gadget Dependency?

The term “gadget” refers to the portable Electronic devices that belong to either one or more of the following categories: mobiles Phones, MP3 players and gaming consoles or any other wireless-enabled devices. The main thing is what is the actual meaning of gadget dependency. In the present study it is defined as compulsive usages of gadgets even when individuals know their usage affects them and others around them – physiologically , emotionally , socially and physically .

Internet or digital gadget addiction is like any other addiction. These days that is become a vital issue. If a person spends more than 4 hours for any gadgets, that habit leads to a kind of addiction. Especially our young generation they fail in setting priorities. Electromagnetic radiation from these gadget cause lot of health issues like sleeping problem, headache, stress, anxiety etc...Many physical and psychological issues were reported by doctors due to the technological addiction. The tendency of Narcissism is another area.

Society has always been worrying about the term „Drug addiction“ of our youth but „Gadget Addiction“ is a more critical area of concern in the present era and can be observed in today“s scenario where the young generation“s tendency towards the latest gadgets such as Smart Phones, Tablets, Laptops and other electronic gadgets is create a threat to the social infrastructure in the future.

1.1 Objectives of this Study

- (1) To Understand are they really dependancy on digital gadgets based on their usage with digital gadgets
- (2) To examine are they a using for their academic or non-academic purpose.
- (3) To study how we can reduce the over usage of digital gadgets among youngsters
- (4)To study the impact of the addictive use of the electronic-gadgets and services on health and lifestyle.

1.2 Aims

The present study was planned to assess the Magnitude of gadget utilization and to address .The issue of gadget dependence among youth

1.3 Gadget and Youth

Youth are always getting dependant to digital gadgets that are available in the market because all those online purchasing websites and online forums provide them an opportunity to get access with modern virtual techniques and updates.

Video and computer video games is another division many are addicted to such games. It's a fact that some games are becomes a cause in making variations in peoples mind, like behavior change, anxiety, Stress etc. reputedly, a research from not unusual experience Media found out the first rate the increase of children using gadgets such as smartphones and tablets have increased in just two years. From 38% in 2011, the biannual survey revealed that children below eight year old using mobile devices have gone up to 72% in 2013. Conducted on American parents themselves, the survey further showed the increase of toddlers' gadget exposure from 10% to 38%. With this, the American Academy of Pediatrics discourage the tech use for children under the age of two saying that it changes the nature of childhood.

1. Drastic Brain Development

For the duration of the toddler years, the mind triples in size and continues to develop until adult years. Studies have shown that too much use of gadgets may negatively affect a child's mind on its functioning, and may even cause attention deficit, cognitive delays, impaired l gaining knowledge of , multiplied impulsivity, and reduced potential to self-regulation. Smart Parenting advises parents to sing, examine, and talk to their children than allowing them play or watch TV at home.

2. Oh no! Obesity

Children who depend their playing time in front of monitors as apposed to out of doors in the playgrounds do not burn the energy they absorb One in three U.S. children is obese, which may lead to complications includes such as diabetes, heart attack, and stroke. Parents must promote their kids to play more games . They should understand that there are many advantages of gambling together with their youngstars walk, run, jump and get the exercising they need. Children [get fit on the playgrounds and build their relationships](#). The Parents Zone promotes parents to expose their kids more into physical activity then inculcate technology in the later years of their kids for a healthier lifestyle as they grow.

3. Violence

Most parents have noticed that their kids learn to be competetive due to lengthy hours of playing games in their mobiles ,computer. Tantrums are the most common form of aggressiveness among toddlers. As they grow older, children who are depend on computer games are most likely to confront and disobey their elders. So as early as nowadays, in preference to on tablets to quiet down your little dynamo, opt for coloring books or balls. Take rate of your child nowadays and know more about their behavioral adjustment with Janet Lehman.

4. Radiation Exposure

According to the 2011 report of the World Health Organization, Mobiles and other wireless devices are considered category 2B risk because of their radiation emission. In December 2013, Dr. Anthony Miller from the University of Toronto's School of Public Health revealed that radio frequency exposure is clearly a danger for children health. Healthy Child Healthy World acknowledges this rising radiation issue among children and gives tips on protecting your child from these harmful gadgets.

5. Reduced Interaction

The playing on tablets, they could easily play on their own mobile. In an article published in The New York Times, Dr. Gary Small, author of "iBrain:Surviving the Technological Alteration of the Modern Mind" and director if the Longevity Center at the University of California says that if children spend more time on electronic gadget and less time with people, it hinders interaction and disrupts the normal communication skill development in children. In a family set-up, toddlers often fail to improve their communication with their parents since they surround themselves with inanimate objects. Others copy and inherit the skill of talking from TV but fail when socializing with other people.

II. COVID -19 EFFECT ON CHILDREN

The first case of COVID -19 was reported in INDIA on 30 th jan 2020. The authorities of INDIA become closed down the states global boarder and enforced nationwide lockdown on 25 march 2020.there was 185% increase in machines like smartphones and computers in INDIA .online tools like google classroom,google hangouts, zoom, skype, meet ,you tubes , has been used to carryout students academic activities .Although virtual classes held during the lockdown have increased student engagement in courses ,also social media activities also increased among students.



2.1 Asthenopia

Asthenopia is a very common effect of excessive screen use, and is usual between both children and adults. It’s commonly called “eyestrain,” or “computer vision syndrome.” In a study performed in China that involved 4,786 students, the generality of asthenopia was 53.3 percent and was positively correlated with the level of digital reliance and time spent on handheld devices at bedtime. If persistent, symptoms of asthenopia can have deleterious effects on academic performance.

2.2 Myopia

The rapid increase in children’s consumption of electronic media has occurred parallel to another frightening trend: increases in childhood myopia. This study evaluated 5,074 children born between 2002 and 2006 and measured the axial length and refractive error at ages 6 and 9.

2.3 Blue-light Effects

Most electronics use backlighting for display monitors , which gives off shorter wavelength, ultraviolet blue light rays. although blue light rays directly falls from the sun and can damage the retina, the blue light from screens is comparatively weaker. Though it can’t directly damage the retina, this blue light can disrupt kids circadian rhythms and cause sleep-cycle deregulation. When children watch screens right before materesse, the blue light rays can throw off their circadian rhythm, making them feel extra counscious. This can lead to insomnia and interference with sleep schedules. Therefore, it’s advocated that all tool use be discontinued at least one to two hours earlier than becomes as a way to reduce the negative consequences blue light on circadian rhythm.

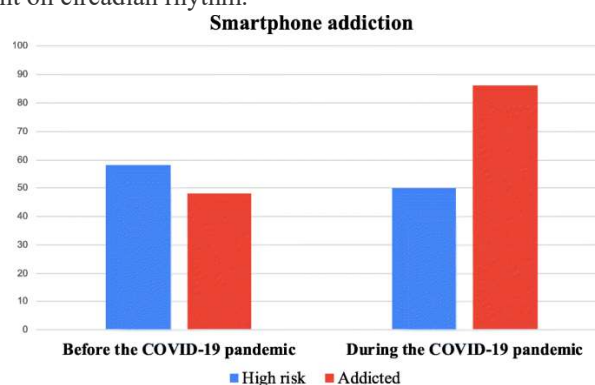


Figure: Statistical Analysis

Simple descriptive statistics were expressed as frequency and percentage for categorical variables, mean and standard deviation (SD) for continuous variables. Paired-samples t-test was used to compare data on patterns of smartphone use in the study population, before and during the COVID-19 pandemic. A p value lower than 0.05 was considered statistically significant.

III. CONCLUSION

Dependency with electroni gadgets was high, which was at 45% among study subjects and majority were in age group of 21-24 years and most of them belonged to class I socioeconomic status. Preventive measures are needed to be streamlined to tackle the growing issue of gadget addiction. To reduce this problem of future, health education sessions should be implemented and given to all school going children and adolescents regarding pros and cons of gadget usage and its health effects. This may be imparted in form of lectures, health talks and if equired counseling sessions at an individual level. problems but also will increase the awareness about usage of gadget’s in better educational and purposeful ways .

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