



## IMPACT OF ELECTRONIC DEVICES ON YOUNGSTERS - A Study

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**Abstract:** *The study looked at the relationship between mental health symptoms and amount of time spent each day texting using social media or the internet. Teenagers today are spending their more time on Technology devices like Laptop, Mobile Phones, Smart Phones and Tablets etc. There are very bad effects of these devices on youth's health. Their brain's thinner skin, tissues and bones allow them to absorb the radiation twice than the grown-ups. Their Developing nervous system makes them more vulnerable to this "carcinogen". Youth are addicted to mobile phones. They play games, chat and talk to their friends their mobile phone all the time. Thus, they miss the lesson taught and fall behind the other students. Use of cell phones can lead youth to engage in inappropriate behaviors. Youth can also access pornographic sites from their multimedia devices. Mobile phones and its radiation will be killing to the youth day by day. This paper focus, how does technology impact on development of youth? Second focus of this paper is on physical and mental health concerns of today's youth.*

**Keywords :** *Health, Youth, Technology, ICT, Teenagers*

### INTRODUCTION

Today's youth is called GenTech and for good reason. Technology has become a part and parcel of almost everyone's lives, especially the youth's. In general, each one of us wishes to keep abreast of the latest trends and gadgets. While technology has done wonders for the world, the debate is still on as to how good or bad technology is for us. Technology has connected the world. Messaging applications, social media, broadcasting systems- the technical world is crucial to our knowledge of people around us. It has also made our life easier- we can pay bills and shop online, create and forward official data, and secure our knowledge for the future generations. Unfortunately, the world has now become obsessed with technology. Our dependence on technology has made us dumb, rather than more self-aware.

Uncontrolled usage and ease of such usage has led to technology becoming a bane to us all. The consumption of technology amongst teens and youngsters is now equivalent to gluttony. The youth today has become severely and unapologetically attached to technology. This situation is worsening day by day with the arrival of new gadgets and new applications by the scores. The phones keep buzzing all day long, gaming consoles never rest, and a touch screen has become the modern age genie. With everything easily available through a 5- inch screen, the world is literally in your hands. It becomes extremely convenient to get all your work done without walking even one step. Such a lifestyle is adversely affecting the physical, mental and emotional health of India's youth. Even 24 hours are no longer enough to get everything done. We don't have time to do physical labour or to



give ourselves a break. Even free time for youngsters entails checking YouTube and scrolling through Face Book news feed. While all this is satisfying to the eye, none of it is nourishing our souls. Technology has handicapped us so much that we now require a Kindle to simply read a book. The natural charm and essence of activities and originality of thoughts has died a tragic death. Since Google has all the answers, no one wishes to check Encyclopaedias. People talk to Siri, but not their own parents. 300 likes on a profile picture validates an individual's self-esteem, and youngsters would rather spend 70 thousand on a phone rather than investing the same.

Technology has captured all-offices, homes, relationships, and academics. No sphere remains untouched by technology. Unabashed usage of the same in each sphere has led to hazardous consequences. Cyber-crime is ever on the rise, families are turning dysfunctional, and psychological issues are creeping into youngsters' minds. There is something known as 'too much' information, which confuses more than it teaches. Youngsters act naïve and gullible, as they end up believing anything they come across on the Internet simply because it suits them. The obsession with technology has turned fatal in many cases- we see road accidents occurring regularly because people drive and text simultaneously. A few weeks back, a girl fell off a cliff as she tried to take a selfie, and met a tragic end. It is quite ridiculous as to how paranoid and wild technology has made us. Frustration and animosity is common as youngsters are becoming stressed with excessive use of technology.

#### **OBJECTIVES**

Following are the three specific objectives of this study.

- ❖ To study the time spent by the youth with their electronic devices.
- ❖ To examine the aims behind utilization of electronic devices and services.
- ❖ To effects of the addictive utilization of the tech-devices and facilities

#### **METHODOLOGY**

The paper is solely based on secondary data. The different sources of data are journal articles, websites, e-books, reports of various organization and commission, articles published in international, national and local papers etc. This paper will give a brief description of the effect of technology devices on health of youth.

#### **EFFECT OF ELECTRO-MAGNETIC WAVES ON HUMAN BRAIN**

The smart phone is a source of the eminence of electromagnetic waves. Numerous studies have been conducted in the past years to identify the effect of electromagnetic waves emitted from the cell phones on human health. The topic has been studied for a long time, but in past, it touched on a rather narrow circle of people, mostly staff of broadcast and specialized radio stations. Even at that time, measures taken to protect people from radiation apply only on those who work near powerful sources of radiation. And despite the revolutionary changes in the field of telecommunications, as well as many discoveries and emissions, the impact of electromagnetic waves of different frequencies hotly debated ever since. As soon as mobile phones more and more part of our lives, the world is continuing research to proof whether cell phones are harmful to human health? Today there is no official statement announced by laboratory or medical center to answer this question. The complexity of the analysis of the statistical data makes the task more difficult for



researchers. The impact of harmful radiation emitted from cell phones waves is still being studied.

### **POSITIVE IMPACTS OF ELECTRONIC DEVICES**

Indeed the utilization of the tech-devices and services by the present age positively affects IT markets and in this manner it is valuable for the economy. Tech-gadgets and gaming may effectively affect researching aptitudes, vital reasoning and imagination capability of the people. These tech gadgets and services are better hotspots for learning for the young and these are the wellsprings of fun and excitement which enable them to occupy from every day worries of life. The advanced conduct of the adolescent influences them to sit at one place for an extensive stretch of time and the eye, hand and mental coordination is kept up amid that period. To cross the dimensions well ordered in the diversions may enhance the designing abilities among the adolescent and it might likewise help in working up great dispositions of pushing forward in life regardless of any snags. Following examinations bolster the constructive outcomes of the tech-devices and services. Web keeps on developing past our conviction. About 43.9% of the world's well known population approaches the individual to individual correspondence social media like Face book, Twitter, Linked-In, YouTube, Flickr, destinations, wikis, and much more which let people of all ages rapidly share their interests existing separated from everything else with others everywhere. So the interconnectedness all through the world is winding up rapidly in light of web use. Exactly when understudies use workstations and other tech-devices by the instructor's proposal they are related with course learning targets. The

classroom learning and duty of the energetic understudies can be influenced insistently by the usage of these propelled devices.

### **NEGATIVE IMPACTS OF ELECTRONIC DEVICES**

Despite the fact that the utilization of tech-devices and services has numerous positive effects, they are brief. In long run it affects the people. The advanced exercises make the young solid in specialized abilities however make them powerless, all things considered, pragmatic aptitudes. It removes the youthful mass from the truth helping them to live in their conjured up universe. Because of the time spent on the gadgets the adolescent are ceased from some outside exercises with loved ones. The liberality in savage recreations may make more viciousness in their psyche. The more they utilize the devices, the more they are obsessed with it which may divert them from study. In the middle of the season of playing amusements when they can't accomplish the set target, it might raise their on edge level higher. After all dependence on the gadgets may create unfortunate way of life, poor time the executives and poor dietary patterns among the adolescent. Following investigations feature a portion of the negative impacts of the tech-gadgets and services. It would have been significantly better if the downsides or the negative effects of the utilization of the advanced services would have been known before a few years. As the utilization of the advanced services has negative effects understudies ought to limit the utilization of these instruments and should mindful about its utilization. The unquenchable utilization of tech services affects the adolescent. Because of these impacts youth need to do things quicker, less demanding and inexpensively. Everyone



needs to get things done by their own calendar and pace, flopping in which they wind up on edge. Up close and personal correspondence is stayed away from by the youthful mass, which isn't useful for the general public.

### **POSITIVE AND NEGATIVE IMPACTS OF ELECTRONIC DEVICES**

A few investigations center on both the positive and negative results of utilization of the tech-gadgets and benefits and give a decent methodology in regards to the utilization of the equivalent. Innovation is an indispensable piece of our regular daily existence as individuals are reliant on it from everywhere throughout the world for correspondence, association and business and so forth. One can't avoid innovation notwithstanding for multi day. Not by any means a solitary day abandons a phone close by or without workstation and net surfing. Despite the fact that innovation being getting it done there are essential issues that tail us all over the place and for the most part it has disadvantages in the zones of wellbeing, open security and training. Understudies ought to be urged to create in an innovative world. The need of informal communication, PC amusements or advanced propensities for them ought to be comprehended by the older folks. However, at the same time the outcomes of those propensities ought to likewise be considered. It is smarter to examine the connection between innovation, tyke improvement and the mainstream culture. Guardians ought to encourage a sound and adjusted connection among innovation and their youngsters helping them to utilize the web-based social networking viably.

### **NEGATIVE EFFECTS OF TECHNOLOGY ON CHILDREN'S SOCIAL DEVELOPMENT**

Technology has completely changed the way we interact with each other. Even as adults, we are more prone to send a text vs. make a phone call. Similarly, we often behave differently on social media than we would in person. These differences aren't exclusive to adults. When kids spend a significant amount of time on social media, it can lead to lower self-esteem. Teens are seeing curated content, a digital highlight reel, which can lead to distress due to teens comparing themselves to their peers. In general, technology use can cause social and behavioral problems in children because it minimizes the amount of time kids spend interacting with others. Make sure to monitor your child's social media use and be aware of the types of websites they're visiting and the games they're playing online. Set up parental controls on computers, smart phones, and tablets to block inappropriate websites and apps. Also, try to keep the computer, game console, or TV in a common room so you can supervise your child's technology use. In addition to monitoring your child's screen time, it's also important to make sure they engage in social activities. Schedule play dates with friends and encourage your child to interact with others. Another great way to limit screen time and encourage physical activity and social interaction is to enrol your kids in a sports league. This way, they will have organized practices and games that will allow them to not only exercise but be social with other kids their age.

### **NEGATIVE IMPACTS OF TECHNOLOGY ON HEALTH**

Some of the health problems caused by technology include:



### **Musculoskeletal issues**

Looking down at an electronic gadget for long periods can lead to neck and back pain, as well as pains in elbows, wrists, and hands. In addition, laptop and smart phone usage can involve people sitting in positions consistent with poor ergonomic function and poor ergonomic positioning. As well as back pain from computer use, often caused by poor gaming posture or computer posture, there have also been reports of “selfie elbow” or “texting thumb” caused by technology overuse.

### **How to minimize musculoskeletal issues**

- To relieve back and neck pain, adjust your posture when using a device:
- Ensure proper sitting posture at the computer by ensuring that your desk, seat, and screen set-up is optimized – the UK's NHS has detailed guidance on achieving this here.
- Instead of holding your phone in your lap, you can minimize neck problems by holding it out in front of you. Positioning the device so it is in front of your face with your head sitting squarely on your shoulders is helpful to your neck.
- Consider using a body-standing desk. These make staring straight at your computer screen possible and help you avoid the health dangers of sitting all day.
- If texting with your thumbs causes pain, you may need to use other fingers to text or use a stylus.
- Regular screen breaks – allowing you to walk around, stand up, or stretch – will help relieve muscle pain and stress.

### **Digital eye strain**

Constant exposure to digital devices can be harmful to our eyes. Digital eye strain, sometimes called Computer

Vision Syndrome (CVS), is one of the most commonly reported symptoms of too much screen time. For example, one study suggested over 60% of Americans were affected by it. Symptoms of digital eye strain include dry eyes, redness around the eyes, headaches, blurred vision, plus neck and shoulder pain.

### **How to reduce digital eye strain:**

- Practice the 20-20-20 rule for healthy digital device usage – i.e., take a 20-second break from the screen every 20 minutes and look at something 20 feet away. You could set a timer every 20 minutes to act as a reminder.
- Reduce overhead lighting to minimize screen glare.
- Increase text size on devices so you can read comfortably.
- Make sure you are blinking – when we stare at digital devices, we can blink less frequently, leading to dry eyes. If dry eyes are bothering you, using eye drops could help.
- Get regular eye check-ups. Poor eyesight contributes to eye strain. Regular check-ups will help ensure timely prescriptions when you need them.

### **Disrupted sleep**

Getting enough sleep is vital for almost every bodily function. But using a laptop, tablet, or smart phone shortly before going to bed can affect your ability to fall asleep. This is because the so-called blue light from devices can lead to heightened alertness and disrupt your body clock. In addition, activities on digital devices can be stimulating and make us much less ready for sleep. As a result, people can become absorbed and continue using the technology past their bedtime. It's important to distinguish between interactive and passive technological devices. Passive devices are those which require little or no input from



users. Examples include listening to music, reading an e-book, or watching TV or a movie. With interactive devices, what is viewed on-screen changes with input from the user. For example, playing a video game is interactive, as is chatting on social media. Interactive activities are more likely to disrupt sleep than passive activities.

### How to avoid disrupted sleep

- Avoid using your smart phone, laptop, and tablet for at least an hour before going to sleep every night. Reading a book is more likely to relax you than scrolling through social media feeds.
- Dim the screen as much as possible for evening use. In many e-readers, you can also invert the screen color (i.e., white font on black background). Many devices now come with a 'night-time mode,' which is easier on the eye before bed.
- You could consider using a software program for PCs and laptops which decreases the amount of blue light in computer screens – which affects melatonin levels – and increases orange tones instead. An example is a program called f.lux which is available here.
- If you can, consider making your bedroom a screen-free zone.
- Establish a relaxing bedtime routine that doesn't involve screens, to help you relax before going to sleep.

### Physical inactivity

Excessive use of smart phones, laptops, and tablets can lead to physical inactivity. For example, according to one study, 38% of parents worried that their children weren't getting enough physical exercise due to excessive screen time. Too much sedentary time has been linked to an increased risk of a range of health conditions, including obesity, heart disease, cancer, and diabetes. The Covid-

19 pandemic – which kept people at home, increased reliance on digital technology, and saw sporting events around the world cancelled – didn't help. Still, even before Covid, it's estimated that physical inactivity was costing 5.3 million lives a year globally.

### How to stay active:

- The World Health Organization recommends at least 150 minutes of moderate activity or 75 minutes of vigorous activity a week for adults. Health organizations around the world advise against prolonged sitting for all age groups.
- Get up and stretch every 20 to 30 minutes. Walk around, take restroom breaks, carry out simple stretches to pump fresh blood and oxygen through your body.
- Find a physical activity you enjoy – whether that's walking, cycling, swimming, or a team sport.
- Certain apps and wearable technologies can help keep you active – for example, by sending push notifications telling you it's time to move or by helping you set and track fitness goals.

### *Technology can be harmful for youth in several ways. Here are some potential negative effects:*

1. **Addiction:** Excessive use of technology can lead to addiction, which can interfere with daily life, social interactions, and academic performance.
2. **Cyber bullying:** Technology can be used as a tool for cyber bullying, which can cause emotional distress and psychological harm to young people.
3. **Isolation:** Technology can sometimes lead to isolation and loneliness, as young people



- spend more time interacting with devices than with people.
4. **Negative impact on mental health:** Research has shown that social media and other technology can have negative effects on mental health, including anxiety, depression, and poor sleep.
  5. **Decreased physical activity:** Technology can also lead to decreased physical activity and sedentary lifestyles, which can have negative impacts on physical health.
  6. **Exposure to inappropriate content:** Young people can easily access inappropriate or harmful content online, including violent or sexual content.
  7. **Privacy concerns:** Young people may not fully understand the risks associated with sharing personal information online, which can lead to privacy violations and identity theft.
  8. **Sedentary lifestyle:** Technology, particularly smart phones, computers, and video games, can promote a sedentary lifestyle, which can contribute to obesity, poor posture, and other health issues.
  9. **Social isolation:** Spending too much time online or playing video games can reduce the amount of time young people spend engaging in face-to-face social interactions, which can lead to social isolation and loneliness.
  10. **Cyber bullying:** Social media and other online platforms can be a breeding ground for cyber bullying, which can have serious

emotional consequences for young people.

11. **Addiction:** Excessive use of technology, particularly social media and video games, can lead to addiction-like symptoms, including withdrawal, irritability, and mood swings.

It's important to note that not all technology use is harmful, and that responsible use can provide benefits and opportunities for young people. It's up to parents, educators, and caregivers to help young people understand the potential risks and benefits of technology, and to guide them in responsible use.

## CONCLUSION

The present study is a promising report as in we are living in a universe of information and innovation. Changes in the logical world are extremely quick. Keeping ones speed alongside the change is certainly a testing undertaking. Henceforth, one must figure out how to practice control and to comprehend what is vital and what isn't imperative at a predefined time. Learning the executives, time the board and setting the needs of life should manage our conduct in utilizing the mechanical contraptions and services. Last yet not minimal; utilization of any item ought to be need driven as opposed to extravagance driven, with the goal that we can infer greatest joy and joy.

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