

## Effect of Gadgets on Mind and Body

<sup>1</sup>Shrivastava, Khushi & <sup>2</sup>V. Anitha Devi

<sup>1</sup>Affiliation, Student, Biotechnology, Vellore Institute of Technology, Vellore, Vellore (India)

<sup>2</sup>Affiliation, Associate Professor, Vellore Institute Of Technology, Vellore, Vellore (India)

### ARTICLE DETAILS

#### Article History

Published Online: 15 April 2019

#### Keywords

Phones, Laptops, Side effects, Exercise

#### Corresponding Author

Email: drvanithadevi[at]gmail.com

### ABSTRACT

This paper tells us about today's scenario of gadgets usage in our day to day life. Research has been conducted to know the effect of gadgets over our body and mind. It also tells us about the application and other measures through which an individual can control the level of gadget use over a period of time. The paper concludes based on the data obtained from the respondents that we should limit the use of gadgets, understand the side-effects of technology and also use it accordingly. A few studies have been reviewed to know the benefits of technology in learning before conducting the survey to study the effects of technology on students in terms of their lifestyle and health.

### 1. Introduction

Developments in technology have regularly been creating an impact on our lifestyle. The invention of gadgets like computers, laptop, mobile phones etc., have surpassed geographical boundaries and reduced distances. These technologies have changed the working scenario by making it easier to share information, to work comfortably at our homes, and have online conferences. Though everything is just a fingertip away, they can be harmful to us as well.

Nowadays students are obsessed with technology. They use gadgets to satisfy their desire for entertainment and buy brand new tech just to show off.

As a result, everyone is getting addicted to some kind of technology. A few try to control it but they are not able to overcome this addiction to using technology.

#### 1.1. Literature on Benefits of Technology in Learning:

- New Media technology (2000) had conducted a survey which reflected the impact of children's intellectual development, and various aspects of using such technologies. It also creates an understanding related to the changes which are taking place with the usage of these technologies and also explores the changes in children's behaviour and focuses on what extent do children feel aggression and their reactions toward modern technologies. ( Zucker and Light 2009)
- An analysis of the effective use of technology for students found that computer-based instruction typically yields no learning benefits. Rather, blending leads to higher engagement and learning gains (Darling-Hammond et al., 2014).
- Gross (2009) states that people who continuously use media and new technologies for prolonged hours tend to have a change in their 'social attitude'. Particularly the children and adolescents of developed nations show that their ability to learn does get affected while they use too much of TV and mobile with Wifi.
- Technology increased learning (TEL) focuses on developing each person and organization with better networking and social innovations. This application sustains varied learning types like info retrieval. The completion of recommender systems has captivated associate increasing interest among learners. This chapter attempts associate the supply of an introduction to recommender systems for TEL settings, in addition on highlighting their particularities compared to recommender systems for alternative application domains (Koper et al., 2010).
- One study that was conducted to see whether or not Wiki technology would improve students' writing skills in English as a distant language writing category showed advantages of using Wiki technology. Students were invited to be part of a Wiki page wherever they might write and five post passages. They had to browse and reply to the passages of their fellow classmates. Students learn the use of words by reading their peers work (Lin & Yang, 2011).
- Student engagement and motivation was better in peer based activities. The technology used in these were wikis and ebooks forums With these technologies, students were able to connect with readers from alternative colleges, states, and even alternative countries. this kind of technology is associate degree assessable and psychological feature thanks to exposing students to alternative ideas and cultures. These online literature discussions have the flexibility to make a way of community and foster positive social interaction (Coffey, 2012).
- The use of technology in education has considerably assisted students in acting their school-related tasks. Gadfly and Bailey (2008) assert that with the use of mobile devices like laptops and tablet computers, the training method for the scholars become additional fun with good user-interactivity and appealing visuals in these learning tools to boot. An assortment of learning games and applications exist for these mobile devices, and as a matter of reality, there are

regarding ninety-six thousand academic applications offered (App Store Metrics, 2013). the information collected by Apps in Education (2012) confirmed that the topic areas lined by these applications embrace arithmetic, Sciences, descriptive linguistics and writing system and humanities. (Clegg & Bailey, 2008). within the Philippines during launch of the country's K.

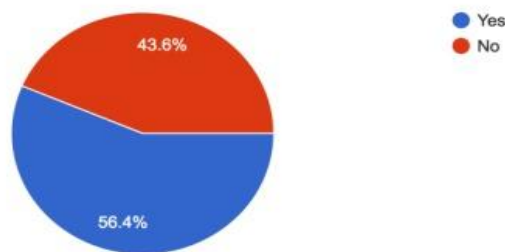
**2. Method**

While having reviewed a few studies that state the benefits of technology in learning this study looks at the effects of technology on students in terms of their day to day activities. A survey was conducted for students at VIT to know the effects of gadgets on their lifestyle and health. 140 students participated in the survey on Google forms. The following section discusses the results obtained from the survey.

**3. Gadgets: part of life**

**11) Have you tried, but failed, to cut down on your use of the mobile phone?**

140 responses



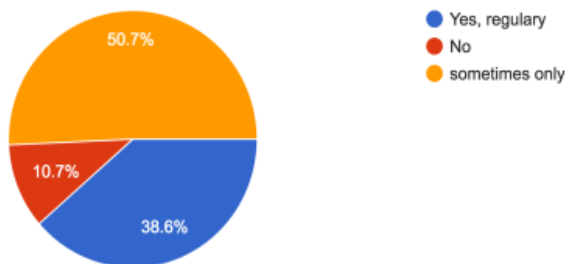
As we know it is becoming a trend hence we cannot leave mobile phones so easily.

Due to the increased use of gadgets, children have stopped doing physical exercise. Instead, they prefer to be at

home and get indulged with their mobile phones the whole day. There are many applications also which tracks your record of mobile phone usage such as of time, moments, social fever, my addiction meter. In this way, we can use gadgets to save ourselves from it's over usage and addiction.

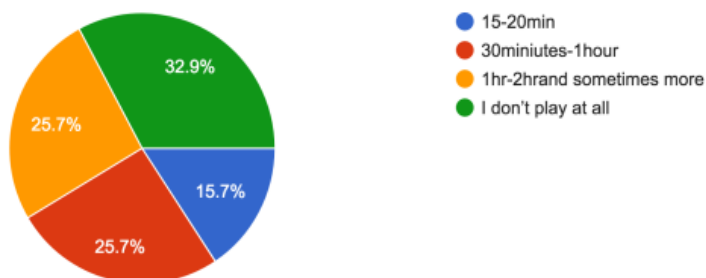
**12) Do you like to go out for doing physical exercises:**

140 responses



**13) For how many hours do you play outside games:**

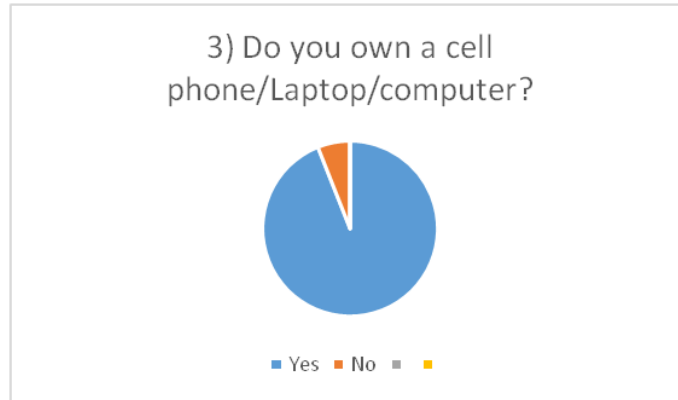
140 responses



From the reports, it is clear that today's youth don't want to do physical exercises on a regular basis which ultimately reflect on their intellectual development.

We can also observe that 32.9% of students don't play at all. This signifies that today, studying is all about how much hours you spent in front of computer/technology based

activities, books or e-books not about how much one actually learnt from it.



This Pie chart clearly represents that today's youth cannot live without gadgets. Today we are surrounded by so many gadgets that we forget about that time when we all believed in sitting together and talking.

**4. Gadgets as addictions**

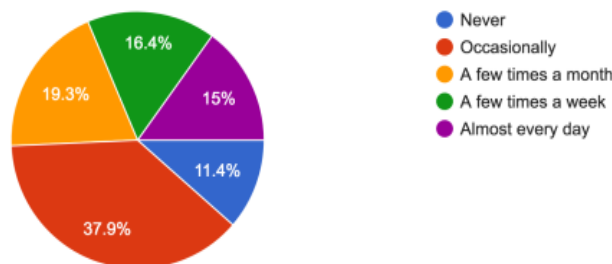
5) Do you prefer to go to next door or next floor to meet your friend or you just text them?



This shows that even the youth is not involved in any physical activity they also don't want to walk even to the next door to just ask for notes. This shows that today we are getting ourselves more dependent on technology not just to reduce our extra workload but also for our daily routine works like communication, humor, studying, working, shopping etc.

7) How often have you stayed up later than you wanted in order to talk or text on your cell phone?

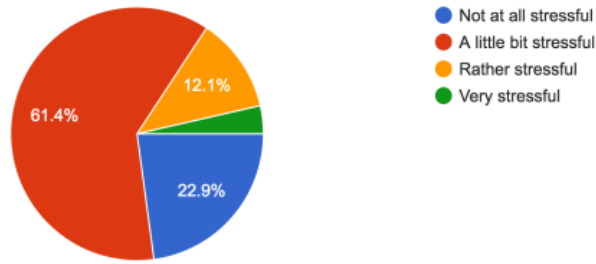
140 responses



This observation shows that we are today too much dependent on mobile phones for calling and talking. And when we don't want to talk, instead, we text each other which causes a serious issue of "communication gap". Ultimately this leads to depression because what we write and what we feel can be two different things.

### 9) To what extent do you perceive accessibility via mobile phones as stressful?

140 responses



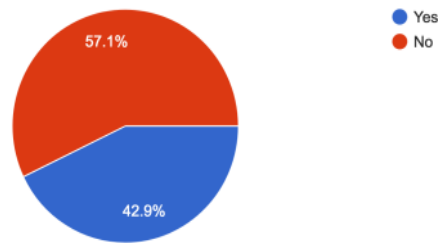
Today we cannot live without mobile phones. We need it for everything. But another big problem that occurs that is we cannot accept how someone wouldn't pick up our call. This is becoming a trend today that how we feel is reflected by how

we talk on phone and not personally because we have started to live a two faced life. We feel something else but we say something else but if we want to ignore someone we wouldn't pick up their phone. This leads to Ego issues.

### 5. Gadgets becoming Health Issues:

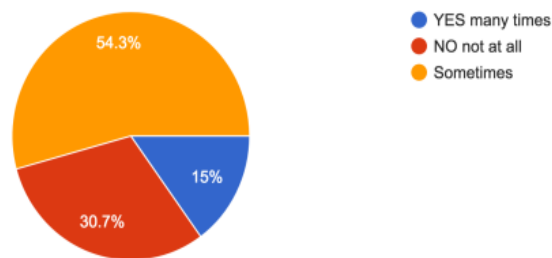
#### 15) Do you feel pain in your neck during usage of laptops or phones?

140 responses



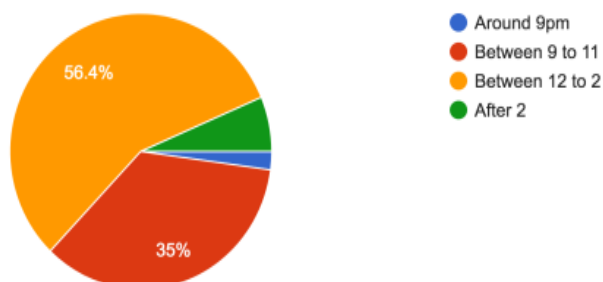
#### 16) Do you face red eyes or watery eyes after usage of screen

140 responses



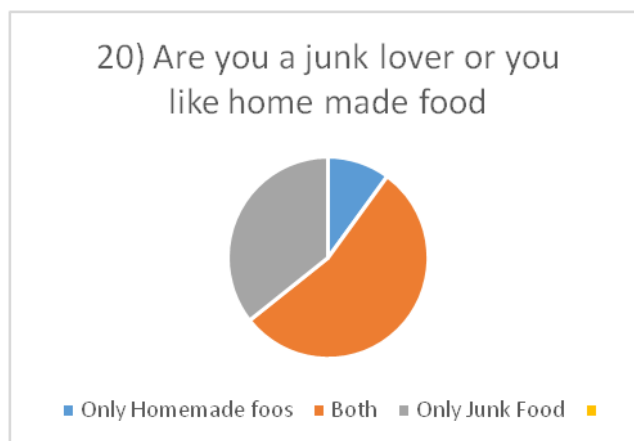
#### 17) At what time do you sleep at night

140 responses



Heavy use of electronic screen gadgets can cause many health-related issues such as watery and red eyes, back pain, obesity, and much more.

As we can see, 65% sleep late at night, and this causes strain in the eyes, which increases the causes of night blindness, the chances of cataract, dry eyes, sleeping disorders and even blindness. Generally, people ignore the signs of the body or take it very casually.



We can also witness that instead of taking healthy food we always prefer to have junk foods. As these junk foods contain a high level of LDL cholesterol, high sugar content, high level of triglycerides, and also contain vegetables which are not washed properly, these foods cause problems such as obesity and diabetes. Obesity ultimately results in hypertension, heart attack and heart strokes etc.

## 6. Conclusion

We are not suggesting to completely get rid of technology in this world, as technology is playing a big role in reforming human life. We should minimize the time we spend on using it which will reduce its ill effects. We need to be aware of its negative effects and move towards a healthier life.

## Acknowledgements:

Thanks to my faculty Dr.V.Anitha Devi for suggesting the topic, guiding me in using google forms and preparing the questionnaire for this article in my first year.

## References

1. Min, H. T. (2006). The effects of trained peer review on EFL students' revision types and writing quality. *Journal of second language writing*, 15(2), 118-141.
2. Purcell, K., Buchanan, J., & Friedrich, L. (2013). The impact of digital tools on student writing and how writing is taught in schools. Washington, DC: Pew Research Center.
3. Barnard, J., Block, B. A., Block, E. S., Claire, W., Cobb, L., Heim, K. M., ... & Spalding, H. H. (1977). the SR periodicals miscellany. *Serials Review*, 11.
4. Healy, J. M. (1999). Failure to connect: How computers affect our children's minds--for better and worse. Simon and Schuster.
5. Zucker, Andrew A., and Daniel Light. "Laptop programs for students." *Science* 323.5910 (2009): 82-85.
6. Darling-Hammond, Linda, Molly B. Zieleszinski, and Shelley Goldman. "Using technology to support at-risk students' learning." *Stanford Center for Opportunity Policy in Education*. Retrieved from <https://edpolicy.stanford.edu/publications/pubs/1241> (2014).
7. Koper, Christopher S., Cynthia Lum, and James J. Willis. "Optimizing the use of technology in policing: Results and implications from a multi-site study of the social, organizational, and behavioural aspects of implementing police technologies." *Policing: A Journal of Policy and Practice* 8.2 (2014): 212-221.
8. Lin, Wen-Chuan, and Shu Ching Yang. "Exploring students' perceptions of integrating Wiki technology and peer feedback into English writing courses." *English Teaching: Practice and Critique* 10.2 (2011): 88-103.
9. Coffey, Genya. "Literacy and technology: Integrating technology with small group, peer-led discussions of literature." *International Electronic Journal of Elementary Education* 4.2 (2017): 395-405.
10. Clegg, Stewart, and James R. Bailey, eds. *International encyclopedia of organization studies*. Sage Publications, 2007.
11. [https://www.academia.edu/35178120/THE\\_IMPACT\\_OF\\_GADGETS\\_IN\\_LEARNING\\_AMONG\\_GRADE\\_11\\_STUDENTS](https://www.academia.edu/35178120/THE_IMPACT_OF_GADGETS_IN_LEARNING_AMONG_GRADE_11_STUDENTS)
12. Google Form:  
[https://docs.google.com/forms/d/1Ybux1v7ShcySze7j6q-j-L4kP838K4jexvd\\_2EH7eqk/edi](https://docs.google.com/forms/d/1Ybux1v7ShcySze7j6q-j-L4kP838K4jexvd_2EH7eqk/edi)