

IMPACT OF USING SMART PHONES AND COMPUTERS ON YOUNG GENERATION

A. Srinivas
Assistant Professor,
Chilkur Balaji Institute of Technology,
Hyderabad.

Abstract: - The aim of the study is to enlighten the youth and the parents of the society to be aware of the consequences that are to be faced by the young generation and to become conscious that how the excess usage of the smart phones is going to put its impact on their health, life style and society. This study has been done on the youth of the city and the family members of the youth to know about the preventive measures that have been taken by the family members of the youth to put their children away from being addicted to the usage of smart phones for playing online/ offline video games and for browsing/ surfing the internet and to know about the amount of time spent by the youth in playing online video games and in surfing the internet. The main aim of this study is to enlighten on the kind of changes that have come in the life style of the children and how frequently the smart phones are used by the youth for playing online/ offline video games and how in the various kinds it has put its effect on the youth with respect to their life, society and health. At the same time it is cautioned the parents of the children that, what kind of consequences their children and they need to face if they are not able to put any kind of restriction on the children. And in what way it is going to hinder the health and life of the children and in what way it can put its impact on the society.

INTRODUCTION:

We all know that the world is getting advanced / updated with the upcoming technologies and we are able to see the whole world in the front of our door step. But have we ever thought about the problems that we are going to face out of these advanced technologies. Today we are able to provide a highfied life style to our young generation. This is only because of the availability of the advanced technologies. The parents of the youth are not able to realize that what kind of device/product that has been asked or requested by their child, but they simply facilitate that item for them and never find time to have a look at their ward that how he or she is using that it. They never bothered about that, because they themselves are that busy that they never find time to have a look at them.

Today the usage of smart phones for browsing /surfing internet, playing online and offline video games and usage of mobile applications have been increased in the youngsters. This has been increased in such a speedy way that the youngsters have been addicted to it and the behavior of the youth has been changed. For browsing the internet and playing online and offline video games have put an adverse effect on the health and life style of the youth and at the same time it has put its effect on the society. The youth who are using the smart phones and computers for browsing /surfing internet, playing online and offline video games and usage of mobile applications are in very adverse condition, that they never bothered about the time that they are spending in using their device in one or the other way i.e. either they are spending their time in browsing internet or playing online and offline video games or using any one the mobile application that has been installed in their devices. Apart from this the present generation is spending their

valuable time in keeping themselves busy with social media. As we all know that the upcoming technology has advantages and disadvantages, it is only in the hands of the users that how they are going to use it. But it is found that the many of the youngsters are misusing the technology and they are been caught and put behind the bars. These kinds of extensive usage of the devices by the youngsters are facing with different kind of health problems. But they are unable to recognize them. And now a day the users of the phone has come to situation that they can stay a day without taking food but they cannot stay a moment without using the phone. Now a day the phones are became a part and parcel of the human body and life. And if we see there is no house or a person who is not carrying a phone. For this kind of attachment or addiction with the usage of the device the people are been putting themselves and facing different types of health related problems. The different kinds of health related and the social behavior and the problems that have been identified by many of the medical practitioner are as below:

1. The users are going to face the problem of obesity
2. The users are facing the problem of back pain
3. The users are facing the problem of sever loss in concentration or memory or remembrance power
4. The users are facing with a severe problem of reducing the immunity or resistance power
5. The users are facing with severe lack of sleeplessness problem
6. The users are facing with a problem of self control or tolerance or patency

Apart from this kind of health related problems the users are also facing many other problems which are going to put its adverse effect on the society.

The users who are going to use these kinds of services on their mobile devices or personal computers are been getting addicted and they are showing a very different kind of behavior in the society. They are willing to spend much time to on the devices and if asked to stop or put some restriction on the usage then their behavior is found to be abnormal.

The parents are the primary suspects in spoiling the life of their child, because they are not at all bothered to see their child that what amount of time has been spent by them in using the device and for what kind of work the child is using the device.

As there is saying that that the parents are the creators of the children destiny, the parents are prime suspect who are spoiling their child life by facilitating all the provisions and not able to turn back and see their child's usage of the device.

The children are to be observed by their parents and need to take care of their child for their better life. Most of the parents do not find time to see their child. It is only when the parent keeps an eye on the child behavior we can't control put restrictions on them.

The extent usage of the device should be reduced because it has a very negative impact on the child life and this should be kept in control in the early stages else it would lead to put its adverse effect on the child life or on the society. Many children are being using these devices not only for entertainment but also for some anti social activities. We have seen many incidents that have been taken place in the society wherein the youngsters are been involved in such kind of activities and have been imprisoned and penalized.

The youngsters of the society are been very keen in adopting the new technologies that are up coming in the society, which is a very good sign but if we utilize it in a constructive purpose i.e. for the betterment of the society else it would lead to destruction.

Apart from their abnormal behavior we the parents of the children have to see their health related problems that arise. Because of the extensive usage of smart phones and computers for browsing internet, playing online and offline video games the users need to sit in a place and put concentration to play the game, but with this the youth is facing a problem of getting overweight and which will leads to obesity. And it is found in many cases that the youth is been not putting on overweight due to sitting in a place and playing the video games but while they are playing the game the youth has an habit of eating something as snacks and here the youth will not see what amount of item has been consumed by them as snacks with which they put on heavy weight.

The extensive usage of smart phones and computers for surfing internet or playing video games has an adverse effect on the academic achievement in a negative manner. As the youth who spend their over-all time in playing video games will lose their memory power or recollection power.

For everything they are depending on device or if they want to get any information they are surfing or browsing through the internet. Now a day the phones have became as a part and parcel of the human life. And it has became as an external memory of the human being, as each and every information pertaining to the activities of the user is been stored in the device in the form of alerts or remembrance and when they are been asked for any information like the contact numbers of a person, remembrance of any date or work and all kinds of information that is very difficult for them to keep in their mind and recollect it when it is required they just go for searching in there device. In this way it is hindering the recollection power the user. In this way the extent user or child feels very bad with that of the other children and the society and this may discourage your child from interacting with others and this leads to feel your child to be isolated. They never like to go out for playing with their friends and this may cause discourage in the youth from getting up from their place and this might be a cause for non development of some of the organs of the child body. But when compared to the traditional games that used to be played in the past not only used to provide entertainment but also keeps the children with physical fitness or good health.

Continues usage of smart phones and computers for surfing or playing video game may lead to show its effect on the children's eye sight and the children may face the problem of having a poor eye sight in the early stages of their life and they are facing a severe problem of head ache and sleeplessness.

Apart from the eye sight the children who spend most of their time on browsing or surfing the net or playing games on the phones will face with a problem of concentration or change their mind or the process of decision making because while they play on the games they have to shift their fingers from one key to other in the same way they tend to shift from one decision to other and can't put their concentration in any one kind of task or work and they keep on changing their words. And many times the users use the device while they walk on the roads and driving the vehicle, with which they are meeting with accidents and many of them are losing their precious lives.

LITERATURE REVIEW:

Impact of using Smart Phones and Computers for video games on Young Generation is a study that is related to find out the consequences that are raised in the present youth with respect to their health, life style or behavior and on the society. As many of the medical surveys or findings has given their opinion that the excess usage of the smart phones or computers for either playing video games or surfing or browsing internet has an adverse effect on the young generation. The different kinds of health and behavioral problems that are being faced by the youth are listed as follows:

The users are going to face the problem of obesity: under this factor many researchers have proved that the extent

users of the systems or smart phones for playing video games or browsing the internet have to stick to a place and they are not able to move from one place to other. In this way if a user is not moving for a long time then the user is not able to burn the fat which is been released by the body from the process of metabolism. And thus in this way the youth is facing with the problem of increasing their weight and which leads to obesity. For this the medical practitioners say that the youth should not only show interest in playing the indoor games but also they need to play outdoor games with which they not only keep their body in active but it also helps to burn the fat which is being stored in their body and is released out in the form of sweat.

The users are facing the problem of neck and back pain:

Apart from the problem of obesity the users are also facing with the severe problem of neck and back pain. As the users as to sit continuously with the system or device for many hours without any kind of movement in their body structure they have to keep their continuous eye contact without turning their head aside this may cause an effect on the spinal card of the user and this may lead to a pain in the neck and other parts of the body.

The users are facing the problem of sever loss in concentration or memory or remembrance power:

The continuous usage or playing video games may show its adverse effect on the user in a negative way. The user may be not able to put their whole concentration or memory power in resolving the problems that have been faced by them in the real life. Here the user may not be able to differentiate themselves with the reality and fantasy. The users who come under this category will show less result in their academic achievements, this is because they can't keep their full concentration in their academics and can't prove their talent in the academic achievements as they use the device in the class rooms also. By this the users are lagging behind with that of the non users. By this the lagers show a different kind of behavior with those people and show a different kind of behavior and in some cases they go for keeping a personal grudge with them and may take any kind of revenge action against them. In this regard there is continues rival or controversy among the users and non users.

The users are facing with a severe problem of reducing the immunity or resistance power:

As the users are not bothered about the tine duration that has been spent by them in front of the system in browsing or by playing the video games, by this the users are facing a severe problem in reducing the immunity or decease resistance power. Many medical surveys or research has found that the users who spend much of their time in playing video games or surfing or browsing the internet are easily affected by the deceases when compared by the non users or less users. The main thing is that the heavy users of the system are very reluctant to go for taking food, with which the youth is unable to get the nutrients diet or proper food on time. By this the youth is not able to keep their body in proper control, with which

they are often been effected by the deceases. An incident which took place recently where a boy who was hospitalized due to fracture is his legs and been put for bed rest in his house, it has found that "In the last 22 days it is suspected that the boy was playing the online video game almost all the time, stopping only to take a nap and grab a snack. Since 8 August 2015 he had a broken leg and has spent all his time at home playing computer games."

Doctors say that Rustam may have died from second class syndrome, thrombosis. This occurs when people stay still for a long period of time without moving around to keep blood flowing.

So it is very necessary for the parents need to have a glance at their child's behavior and need to put restrictions on the usage if the device and apart from using the smart phones or computers for playing or time pass they need to send or encourage them to go for outdoor games with which they not only have entertainment but also it gives them good health.

The users are facing with severe lack of sleeplessness problem:

Many users are not able to take a good nap in the nights due to heavy usage of the system and they feel uneasy with the eye problem and with which they have less sleep in the nights. It is due to continuous usage of the system or seeing the screen without any rest to the eyes the user are going to give strain to their eyes by continuous intact with screens as they emit optical radiation at short wavelengths. These rays that are been released by the monitor or screen can put an adverse effect on the eyes which may lead to head ache or visual effect. As per scientific or medical research it is found that the people who spend much of their time on computers or smart phones are suffering from lack of sleeplessness and are likely to be effected by the deceases. And it is found that the people who are suffering from sleeplessness, they are very likely to fall sick as they will possess less immunity power when compared to others.

The users are facing with a problem of self control or tolerance or patience:

It is found that the people who are spending much of their time in playing video games or surfing the internet it has been found that the behavior of the people is different when compared to the people who don't use or play. Because the users are getting addicted to the video games and they feel keep themselves involved in the game and behave in the same way as the character behaves in the game, and if someone comes and disturbs them they will not tolerate that and they show their anger on them either by shouting or showing aggressive behavior. It is not only with their younger ones but also with their parents when they are been asked them to do some work or get something or when they ask them to stop playing the game or usage of the device then they are behaving in a rude manner or way towards the people who have disturbed them. Recently an incident took place where a teenager who stabbed to death a 14-year-old boy whom he met while

playing online video games has been sentenced to life with a minimum 25 years in jail or imprisonment.

RESEARCH METHODOLOGY:

The above study in relation to the effects of the usage of the smart phones or the computers for playing video games or surfing internet has been carried out by using a survey methodology. The information or the primary data pertaining to the study been collected from 100 respondents by distributing questioners to the public that use a normal phone or smart phone or system users from the different areas of Hyderabad, in person and personally requesting the respondent to answer the questions by asking respondents face-to-face interviewing. The questioner consists of two parts, where the part I one the questionnaire comprises of personal information of the respondent or the demographic data of the respondent like the age group of the respondent, gender, educational qualification and the income level and part II comprising few questions relating to the study with four and few questions with only two alternatives i.e. a dichotomies questionnaire and from which the respondent need to select only one choice and one open ended question for providing their suggestions that what measures should be taken to make the users get rid of the excess usage of the device. On the basis of the answers given by the respondents we can come to a conclusion that what percentages of users are using the device more than that of non-users.

On the basis of this the questioner has been designed by considering the factors such as: the user memory power, behavior of the user, and health related problems. The responses of the different respondents or users have been analyzed on the basis of the different factors that have brought an unexpected change in their pleasant life style. And at the same time the opinion of the users have been taken into consideration that how can we or what steps to be taken such that the addiction to the usage of the device can be reduced in the youngsters such that we can reduce the effect of the factors on the youth.

EMPIRICAL FINDINGS AND DATA ANALYSIS

Table 1: Profile of Respondents

Variable	Category	Frequency	Percentage
Gender	Male	62	62
	Female	38	38
Age	18-28	43	43
	28-38	34	34
	38-48	23	23
Income	<10,000/-	28	28
	20,000/-	46	46
	30,000/-	26	26
	40,000/-		
Education	Inter	29	29
	Bachelor Degree	38	38
	Master Degree	33	33

Status	Student	52	52
	Employee	27	27
	Businessman	12	12
	House-wife	07	07

The way in which the users have been effected by the extent usage of the device for playing video games or browsing the internet or by using the applications have been collected by posing the questions related to the different types of health hazardous factors that have been listed out in the literature review and found to be harmful to the users by the medical practitioners and few questions pertaining to the type of device the users use and the time spent by them using the device in their day to day life.

1. The response for the type of phone or device you use:

Type of Phone	No of Users
Smart Phone	78
Normal Phone	22

2. The response for how frequently do you check your device or mobile:

Every 15 sec	Every 30 sec	Every 45 sec	Every 60 sec
12	28	38	22

3. The response for how much time do you spend on the device when you start using it:

<15 min	15to 30 min	30to 45 min	45to 60 min
11	22	29	38

4. The responses for the time spent by the users with or on the mobile or device for performing different operations on the device:

i) Communication

25%	50%	75%	100%
18	26	32	24

ii) Web surfing or viewing online shopping stores

25%	50%	75%	100%
22	28	32	18

iii) Playing Video games

25%	50%	75%	100%
19	22	30	29

iv) Using mobile applications

25%	50%	75%	100%
26	28	32	14

v) Viewing videos & listening music

25%	50%	75%	100%
13	17	36	34

5. The responses of the users pertaining to the problem of facing obesity are as follows:

(Yes) Obesity	(No) Obesity
68%	32%

6. The responses of the users facing the problem of back pain and neck

(Yes) Back & Neck Pain	(No) Back & Neck Pain
58%	42%

7. The responses of the users facing the problem of sever loss in concentration or memory or remembrance power

(Yes) Loss of Memory	(No) Loss of Memory
56%	44%

8. The responses of the users facing with sever loss in immunity or resistance power

(Yes) Loss of Immunity	(No) Loss of Memory
66%	34%

9. The responses of the users facing severe lack of Sleeplessness or Insomnia or Eye problem

(Yes) Lack of Insomnia or Sleeplessness	(No)Lack of Insomnia or Sleeplessness
72%	28%

10. The responses of the users facing with sever loss of self control or tolerance or patience

11.

(Yes) Loss of Self Control	(No) Loss of Self Control
57%	43%

12. When the users are asked about are they addiction to the usage of the device the answers obtained from them are as follows:

(Yes) Addiction to the usage of the device	(No) Addiction to the usage of the device
59%	41%

CONCLUSION:

The findings of the survey are been given in the data analysis and it has found that:

- i. From all the above empirical analysis it is clear that the users who are using their mobile or device for maximum time are effected with one or more than one of the health distressing factor.
- ii. Apart from this it is been found that many users are affected and still are not going to put control on the usage of the device because they are unable to keep themselves away from it.
- iii. Users are not cautious about the consequences' that has to be faced by them if they cannot put any control on the usage of the device.
- iv. The users are keenly observed and found that they spend much of their time by using the device only for passing their time or to show the others about their status indeed though they do not have any work with the device.
- v. It is been found that the users are very much addicted to it, as they check the device frequently.

vi. Many users accepted that they depend on the device for all the information they required like reminders, to do lists etc.

vii. The users accept that they can stay a day without the meals but they cannot stay for a while without the device.

viii. It has been advised by many of the users that:

- a) The users need to use the device only in the time of necessity either for communication or any urgent work. This is the only way by which the user can keep them way from using the device and keep themselves away from the problems.
- b) As the users are using the device for many purposes like keeping reminders such as: To do lists, Remembrance of work or Alerts, they want them to remember by themselves. By this they can improve their recollection power.
- c) The users say that the parents of the children need to keep an eye on the behavior of their child such that they can control them when they found any changes in their behavior.
- d) It is not only by the parents, but also from the user side that they should try to keep themselves away from excess usage of the device.
- e) The users need to put a time such that they check their device for any kind of operation.
- f) Try to avoid the usage of all the applications or facilities that are there in the device.
- g) Try to keep the device at a reasonable distance such that it will not put its effect your eyes while using.
- h) Last but not the least that the users need to use the device only if it is required, but don't use it show your status or for prestigious purpose as it is going to put its adverse effects on the users health, life style and on the society.

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