

Addiction to Technology and Its Impact on Mental Health and Lifestyle Behavior of adults: A Study on College going Students

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Abstract: The author has attempted to understand whether role of electronically gadgets and technological services on student lifestyle and mental health social relationship. This study was conducted on the sample of 50 students of SKU College Jaipur in India using stratified random sampling technique. Results indicated that higher education students had regular headache & Low Conscious problems due to addictively using of gadgets and technologically services. Those students who are limited user of technological devices are better to thinking in comparison addictive user who use more than 6 hours. Most of students are suffering from depression due to busy life and stressful study environment and competition and they are think addiction to social media, Mobile Phone are consume their most of important time so they could not focus on their study. It means the critical thinking consciousness and mental health are affected by gadgets & internet services like social media etc. It is being discussed that non-addictive use of technological are playing positive role in students' education.

Keywords: - Gadgets addiction, Mental Health, Life Style, Critical & Logical Thinking.

INTRODUCTION

Electronic gadgets are proliferated in recent years. Almost everyone in this world is equipped with some or the other electronic gadgets. An electronic gadget plays a very supportive role in today's life style and especially mobiles phones. Everyone is available and easily connected through the mobile phone even though they are very far with respect to the geographical area. As technology has flourished in recent decade electronic gadgets have evolved from radio to transistors, iPod to mobile and mobile to tablets and many more, only hand few of people have radio and transistors. The new technologies of electronic gadgets are very handy and very swift to use none like the huge radio. The latest trend of the electronic gadgets provides with you the all information of the world at few flicks of the finger. All things are ready just person has to click on enter for their search. All these electronic gadgets directly and indirectly used by each and every age group of the people and they are very used to of these electronic gadgets. At the same time electronic gadgets have their own limitations and drawbacks which affect the human behavior. The people are very busy in communication through the electronic gadgets but it affects their face-to-face communication. People are connected to the world through technologies but at same time they are far away from their loved ones. So, by considering these entire factors the study is performed and different results are calculated for each and every question. Technology is the energy that acts as the driving force to drive or to run our lives. It is nothing but the results of the innovations and creativity of human beings. It converts the natural resources into consumer goods which are used by the society and human beings. It has brought the automation level to such a height that human effort and his time has been saved to a great extent. Due to this, access to information has now become easier and the distant locations are getting closer. IT and communication system has provided such facilities that the world is now feeling like a small globe virtually recently, every other day information technology or IT invents lucrative gadgets are attracting the attention of the present generation. As a vulnerable group, the youth become the largest consumer of such devices and services, which in turn makes them addicted to them at some point of time. There are some positive and negative roles of Gadgets in human life style. The study was designed to examine the use of

tech-devices by youth i.e. the time spent with the gadgets, the purposes behind use, and its impacts on mental health and life style.

RESEARCH QUESTIONS

The researchers have raised the following research questions in the study.

1. Does Gadgets addiction is affected student in their Logical Thinking?
2. Does Gadgets addiction is affected student in their life style, social relationship?
3. What the purpose of using gadgets by students and how much time they were spend?
4. What are positive and negative role of technology in student life?

In order to answer the above research questions, the following objectives have been developed.

OBJECTIVE OF THE RESEARCH

1. To examine the time spent by the youth with their tech-devices.
2. To examine the intentions behind use of tech-devices and services.
3. To study the impacts of the addictive use of the tech-gadgets and services on mental health and life-style.

RESEARCH DESIGN

- **Independent variable:** Extent of Gadget use.
- **Dependent Variable:** Student health, Life Style, Social Behaviors, Logical Thinking, Depression, Worry Excessively, Low Consciousness, afraid of public speaking and Impact of Addiction on Anxiety Level.

METHOD

Survey method has been used for this research study.

Population

In this study there are population consider as all the graduate and post graduate students of Jaipur City.

Sample of the Study

A purposive sampling method was followed to collect information from 50 students of the institute out of which were 25 male and 25 were female students. The age range varies from 18 to 26 years. The average age of both male and female sample is 21 years. The education of the sampled students varies from BCA, BBA, and B.A. and M.A. students. In the present study participants, students and respondents are used interchangeably.

RESULTS AND DISCUSSIONS

Logical Thinking and Memory

A healthy and sound individual is expected to think about the things he comes across, logically and clearly. That means the functioning of his memory is well enough to think something. But the disorder in it can be considered as a mental health problem for the individual. The source data reveals that 72% of the respondents using the gadgets for more than 6 hours are having problem in logical thinking, whereas this problem is limited to 59% of respondents using the gadgets for 4-6 hours and is 28% in the case of the users of 2-4 hours and 44% for 1-2-hour users (as in figure 1). This problem is seen to be normal in the latter three cases but in the first case it is significant. The respondents who are the users of more than 6 hours are more vulnerable towards the problem in logical thinking. In their case they may face problems in analyzing the situation surrounding them i.e. sometimes their mind may fail them to think about the thing or the situation. The users of this group are generally less exposed to their outward

surrounding and always expected to be in their virtual world i.e. in the imagination of their internet world. So, this may be one of the major factors due to which when they are exposed to their surrounding they may have difficulties in handling the situation around them. This can affect the mental health of this type of individuals in the long run.

Mood

The less should be the depression level the healthier and happier the individual will be. So, the sadness or the depression is having an impact on the mental health of an individual. The data represents here shows how the addictive use of the gadgets by the students is controlling the depression level of them. The data reveals that among the users of >6 hours, 79% are depressed in their lives. Whereas the percentage of the respondents having depression in case of the users of 4-6 hrs is 75% and for 2-4 hrs & 1-2 hrs users it is 36% and 56% respectively as shown in figure 1. Again, the degree of depression varies from lower to higher as per the increasing order of the time period of the use of gadgets. It may be the result of social isolation of the students due to the devotion of large amount of time towards the technology. Although the gadgets are providing happiness to the students but after all these are the machines only and have no emotions and presence of mind. They work according to the data fed to them. So, for cheeriness in life the interaction with the human beings is necessary and from which the addicts are deprived of and leading a depressed life.

Mental Stability

Weak minds are generally getting worried even if in small matters. It signifies the patience level of the individual, which is much required for the stability of a person in the society. The Patience of an individual may be considered as the symbol of the presence of him in the real world. These type worried personality are vulnerable to any reverse situation in life. According to the data addiction to technological gadgets is one of the causal factors for the worries of the respondents. Out of the participants using gadgets above 6 hours nearly 65% worry excessively even if on silly matters. Whereas the amounts decrease in case of 4-6, 2-4 and 1-2 hrs users gradually. The scores are 33%, 27% and 37% respectively (as on table & Graph). By analyzing it can be known that the age to get maturity is increasing due to the addictive use of the young respondents.

Consciousness Level

About 86% of the addictive users i.e. the user group of >6 hrs are low consciousness about themselves and have problems in taking any kind of decisions. For the users of 4-6, 2-4, and 1-2 the score is 42%, 72% and 44% respectively (as on table & Graph). That means the addiction to tech-gadgets also have negative impacts on conscious level of the respondents. Results shows the bad impacts of excessive use of the tech-devices on logical thinking, mental state, mental stability and consciousness level of the respondents. The more the respondents use the tech-devices, the more they have problems in logical thinking, depression, worry, and have low consciousness.

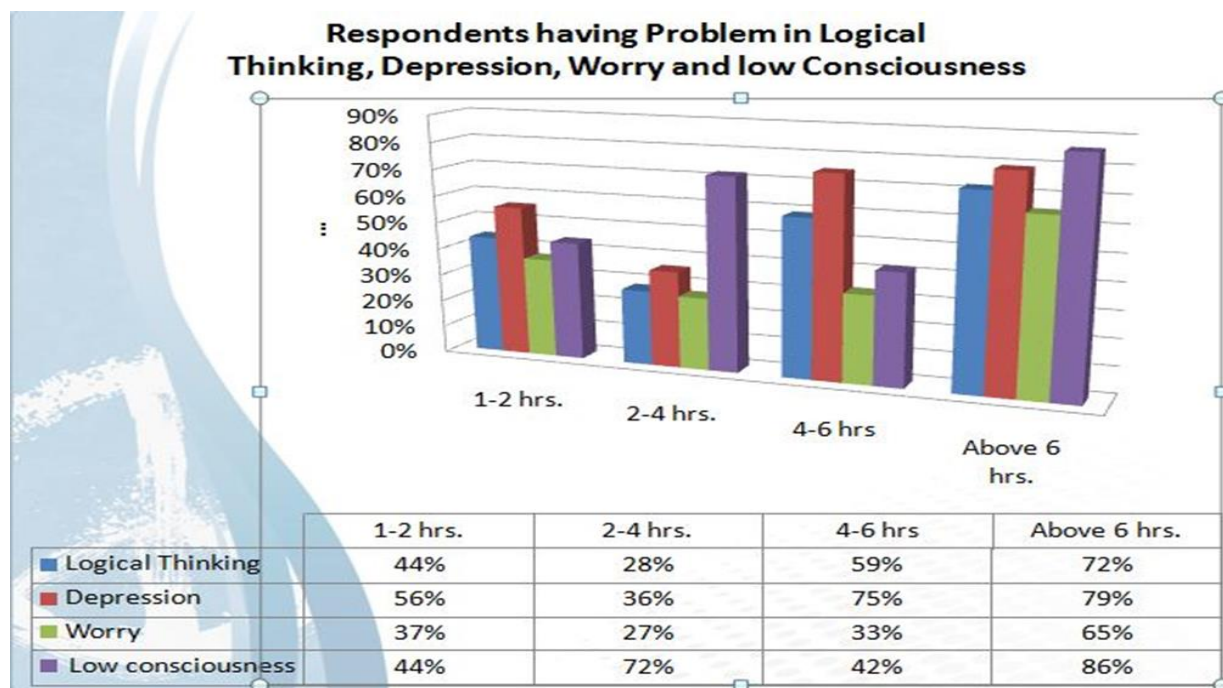


Figure 1: Respondents having Problem in Logical Thinking, Depression, Worry and low Consciousness

EDUCATIONAL IMPLICATION

Suggestions on the basis of findings

Suggestions for the teacher

1. The teacher should encourage and accept student autonomy for access of internet to the construction of knowledge.
2. The teacher should construct e-learning material for the student because young mass students are attract to technological gadgets and it's have positive role in study access without boundaries .
3. The teacher should aware student about the negative impact of addictive use of gadgets and social networking site.
4. It may also help to understand the impacts of the addiction to the tech- gadgets and services and make them aware about the control of the use of the devices.

Suggestions for the Administration

1. College administration should encourage and provide opportunities to the teaching staff to construct E-learning environment.
2. College administration should maintain free Wi-Fi accessibility to the student and teacher for study and educational purpose.
3. Administration should organize seminars, panel discussion on the Gadgets addiction and its impact on Life style, Mental Health and social behaviors of Students.

Suggestion for the Policy Maker

1. According to survey most of students are agree to Computer/IT education should be mandatory in higher education. So, they must be adding computer/ IT education as a mandatory in higher education.
2. Policy Maker should be focus on mental health and life style issues because of most of students are suffering from Depressions and Low conscious problems.

3. Policy Maker should make policy to allow students and teacher to take smart phone for educational purpose because internet and smart phone are ultimate sources of knowledge.

Suggestions for Parents

1. According to my research Excess use of technological gadgets is injurious to health so parents be careful on child activity on gadgets and they should guide students about negative and positive role of technology, impact of addictive use on health issues.
2. Parents should encourage students on positive and limited use of technology for making assignment, study notes, online test and searching study material online

Suggestion for future study

This study has its own limitations and delimitations. It is, therefore, desired that similar study may be conducted after overcoming the limitations. However, some suggestions with regard to further studies in the field of education are given as under:

1. A similar study related to this topic may be conducted among the teacher educators of educational institutions of different states.
2. A comparative study may be conducted between the students of Government Degree Colleges and the Government Teacher Education Institutions of the State with the same variables
3. A study may be conducted the between the teachers of the Self-financed Degree Colleges and Self-financed Educational Institutions of the State with the same variables.
4. A study may be replicated between the students of Government Degree Colleges and the Self-financed Degree Colleges of the State with the same variables.
5. A similar study may be conducted between the teachers of Government educational institutions at the district level with the same variables.
6. A similar study may be conducted between the teachers of Self-financed educational institutions at the district level with the same variables.
7. A comparative study may be conducted between the students and teacher educators at the district level with other variables co-relations like Emotional Maturity and Gadget addiction, Gadgets role in study.
8. A comparative study may be conducted between the students and teachers and parents of Government educational institutions and self-financed institute at the district level with the same variables.
9. A similar study may be conducted between the students of Government educational institutions and self-financed institute at the district level to finding gadget addiction effect on academic performance.

CONCLUSIONS

This study has proved to be a meaningful one in the field of technology. The research methodologies can be used in future considering some specific technology in mind. This research work provides all the impact of electronic gadgets in the consumers. The most used electronic gadgets by the consumers are mobile/tablets, which is the upcoming trend in today's world. Can be used future works to analyze electronics gadgets factors and maintain knowledge about their compactness with new technology. The impact of electronic gadgets can be used in study in academics. For beginners, this information would provide a better sense of understanding of the technological impact of electronic gadgets. A similar study may be conducted between the students of Government educational institutions and self financed institute at the district level to finding gadget addiction effect on academic performance.

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