



## IMPACTS OF EXCESSIVE USES OF ELECTRONIC GADGETS ON BEHAVIOURAL PATTERNS

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### ABSTRACT

In the current era, the uses of various electronic gadgets/gizmos have eased the life styles and routines of people of every age groups or classes. Whilst, the uses of these gizmos have facilitated us in several day to day choruses, but also equally ill-affected the social behaviour of human beings as well. Few of the most alarming impacts of modern era electronic gadgets (Gizmos) on our social life/ structure are like, “Nomo Phobia”, Cue- Reactivity”, “Cyber Bullying”, “Sleep Disorders”, Compromised privacy”, Lack of concentration, Fertility Disorders, Narcissistic Personality Disorders, Depressions and several other Psychological problems. Easy access to online porn contents to children has been leading to developing sick and criminal mind set at a very tender age in their immature brains. The need of mobile phone towers is pertinent to maintain the network availability but the radiations released by these towers affect all kinds of living creatures and their navigational abilities are lessened which prevent them from finding correct path to their natural habitats and shelters. It has been becoming a serious threat not only in the disappearance of the honey bees but also major cause for decline in the population of the butterflies, bugs and other human friendly insects. The present article discusses the detailed study on our Society and possible corrective measures to overcome/reduce the challenges arises due to excessive uses of modern era gadgets. The study has been conducted by us based upon the observations made during past several years and analysis of multiple research papers by renowned authors related to such topic. However, the depth of our study has been focused after numerous events, incidents and observations occurring around our social structure during the tough times of Covid-19 Pandemic covering mainly NCR region of our country.

**KEYWORDS:** Electronic Devices, Cyber Psychology, Addiction

Over the period of last decade, the digital mediums based upon internet services, like smartphones, laptops, smart TVs, tablet PCs which facilitates social networks through various applications and computer programs have become widespread among urban population worldwide. This 28% of global adults now report that they go online “almost constantly,” up from 21% in 2015, in accordance to a Pew Research Centre conducted survey ( 8 Jan to 7 Feb 2019) Despite of all the usefulness in enhancement of knowledge and productivity, digital platforms overuses affects people daily lives (Cho, 2015). First of all a most relevant article on gadgets addiction was published as “Internet Addiction” (Cash *et al.*, 2012).

My study is trying to present the alarming increase in gadget addiction during the concurrent Covid-19 Pandemic which led to global lockdown, commencing work from home culture and online classes for students which have forced the maximum population to the digital addiction. To elaborate and identify the background, symptoms, and coping with digital addiction.

### DIGITAL ADDICTION

Addiction is termed as a primary, chronic disease involving brain reward, motivation, memory and related pathways; it can lead to relapse, progressive development, and the potential for fatality if not treated. In order to furthermore explaining what digital addiction is it is important to define an addictive behaviour.

### CAUSES AND IMPACTS

“Digital addict “ can be termed to describe a person, whose interaction with technology is excessive, high level to absorb their attention over everything else leading to negative impact on the general behaviour and health of the user.

Excessive use of gadgets and dependency upon them is frightful (Rugai and Hamilton-Ekeke, 2016). According to American psychiatric association primary chronic ailment of brain hamper motivation, memory and rout way of working. Dysfunctioning in these activities of brain affects biological, psychological, social and spiritual expressions. Which reflects an individual personal behaviour (Peper and Harvey, 2018).”

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Various digital addictions are of different degrees according to (Rugai and Hamilton Ekeke, 2016.) Media addictions such as television video games music and series/movies. Five types of internet addictions are classified by Young, 1999 such as games addiction, watching porn addictions, virtual relationship addiction, Net Compulsions (Gambling, Online Shopping, Ebay) and getting too much information.

Gandolfi (2010) stated that: -

- Information overload: Too much online surfing leads to decreased productivity at work and fewer interactions with family members.
- Compulsive Addiction: Excessive time spent on the phone or in online activities such as gaming, trading of stocks, gambling and even auctions often lead to overspending and problems at work.
- Cybersex Addiction: Too much surfing of porn site often affects real-life relationships.
- Cyber-relationship Addiction: Excessive use of social networking sites to create relationships rather than spending time with family or friends may destroy real-life relationships.
- Virtual Addiction, Internet Addiction, On-line Solicitation.

Causes of Digital Addiction are inability to relate with their peer pressure and low confidence by overly shy people Kim and Kim (2002), Kuss and Griffiths (2011). Anxious/ depressed people fulfil their need of emotional support through the digital addiction (Castille and Sheets, 2012).

It has been observed that digital addictions are quite common in males of age group 20 to 30 years old who are suffering from depression (Yildiz Durak, 2018). Stressed and unhappy can easily be a victim of digital addiction.

### GENERAL SYMPTOMS

According to (Petry, Nancy M et al.; 2014) Digital addiction has both physical and emotional symptoms, like- Anxiety, Depression, and Isolation (Zhang *et al.*, 2019) and physical symptoms are backache, headaches, weight gain or loss, disturbances in sleep, blurred or strained vision (Kandasamy, Sunitha; Abulrahman Mohamed Buhari; and Shyamala Janaki; 2019). The Carpal Tunnel Syndrome (CTS) is one of the most significant symptoms of digital addicts (Colucci, 2018). (Twenge, Jean M., GabrielleN. Martin, and Brian H. Spitzberg; 2019) stated that at least 64% of people spend up to 4 hours daily of leisure time on digital

platforms like TV watching linked to higher rates of obesity and diabetes, sedentary life style is giving bad impact for our health (Henson, Joseph. et al.; 2018).

### Coping with Digital Addiction

The following methods of coping with digital addiction are reviewed:

- Unplug the digital media, devices or platform before bed (Jackson, 2018) (Fuller, 2019).this may help in sound sleep so the brain remains completely on resting mode.
- Turn off notification of your smartphone (Sheridan, 2018), this will help to fix disturbed sleep patterns and thus insomnia can be checked.
- Apply a digital detox for coping with digital addiction (Varma, 2018) this will relax the eyes and help in improving the issues like blurred vision, continuous tearing, dryness, itching etc just like 24 hours fasting soothes the stomach.
- Stress management is one of the best solution for coping technology related stress and addiction (Yuvaraj and Singh, 2015), yoga and meditation is helpful in getting rid of any kind of stress and addictions.

### CONCLUSION

Digital addiction (DA) is an emerging domain of Cyber psychology, an impulse control disorder that involves the obsessive use of digital devices, and other digital medium, despite negative consequences to the use of digital technologies. The situation of Pandemic added more to the already existing digital disorders as an compulsion to survive. Nevertheless, such disorders has led to very severe consequences among our society, Most horrific instances like increase in suicidal tendencies, monotonous methods of studies making children aggressive, stubborn n diverted from studies.

Easy excess of net polluting their tender minds, Nil/ very less physical activities making them obese. Children's linguistic skills, power of critical and analytical thinking would be vastly reduced because of their growing addiction to electronic devices, focused on the purpose of clinical psychology. In the recent times, it is an established fact that the online classes are not an appropriate substitute to the regular classes. During the Covid-19 Pandemic period, we have witnessed a steep rise in screen uses like online classes for students, work from home for adults etc have increased the screen time, influencing human behavioural change, with common labels, like digital addiction, digital anxiety or negative effects of the use of technologies having a psychological

and negative impact on behaviour, detrimental for the users. Finally, my study would help in understanding psychological n behavioural pattern and addiction degrees in the technology users along with suggested methods of coping up with these problems. It is advisable that there should be an authorised system to counsel such cases to help them to overcome from their stress n depressions, arising due to over exposures to digital world. Each and every citizen shall wow to take care of minimum one neighbour, helping them by not getting exhausted by digital bombardment and lost in a virtual word.

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