A STUDY ON THE EFFECTS OF ICT ENABLED GADGETS AND SCREEN ADDICTION AMONG MECHANICAL ENGINEERING STUDENTS

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ABSTRACT

Smart phones are become the reflection of our techno culture. The smart phones are become an integral part of our lifestyle because of its innumerable features like internet and infotainment platforms. Many researches show that the new age disorder ‘Nomophobia’ is on the rise across the globe. Narrative Literature review method has adopted for the study in which peer-reviewed journals selected for the study. The study based on secondary data which are published journals and books related to new media and gadget addiction of engineering students across the globe with a special emphasis to Indian journals. Around 80 articles have identified for the study.

Keywords: Gadgets, Dependence syndrome, Screen addiction, Nomophobia.

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1. INTRODUCTION

Today’s generation of youth, born in the 1990s, aptly titled the “iGeneration”, are the most digitally connected generation ever in the nation. These digital teens are living in an era of a massive influx of new media technology.(Ives, Eugenia A,2013). The study related to the concept that the use of mobile phones by young people has increased resulting physical, social and psychological impact. It is the role of family to regulate the use.(Bansal S, Mahajan RC,2018)

There was a time when individuals were dependent on phone only for communicating, but now it becomes a part of their body. No other phenomenon has influenced so much than smart phones in the lives of the individuals.( Sulania A, Sachdeva S, Dwivedi N,2015)

Statistics varies rapidly, it makes an ongoing threat to identify how to structure or regulate digital consumption. As per the latest report by TRAI (Telecom Regulatory Authority of India)
dated on 31\textsuperscript{st} January 2018, The total number of telephone subscribers in India has reached 1190.67 million (including wireless and Wired).

On average, an Indian spends over 3 to 4 hours a day with their mobile phones. On average 79 applications are installed in their smartphones. Application based notifications and marketing are the newest trend in business world. Location based tracking and new media advertisements are common now. Purchasing mode has redefined with global tycoons like Amazon, Flipkart, Ebook Myntre, Jaboong, KFC, Domino’s, Book my show, Make my trip, Just dial, Paytm etc. Banking and other financial transactions are getting new dimensions with internet and mobile applications. Altogether, the smartphones are unavoidable in our day-to-day activities but the real problems starts with addictive platforms like gaming, social media adult content websites etc. A study says, 25% of total smartphones users in India check phones over 100 times a day. Many smart phone users do check their social media updates as they woke up in the morning. (Kirschner, P. A., & Karpinski, A. C.2010). As large number of people communicates over their smart phones such devices become the primary medium of communication and infotainment.

The concept of De-addictions centre for Internet addiction were unheard until the nation got one at Delhi in 2014. Now many hospitals having the same to provide its service

\textbf{2. PURPOSE OF STATEMENT}

Research has shown over use of smart phones getting into the development of symptoms suggestive of dependence syndrome. The entire idea of the study is to make clarity in social cognitive effects of screen addiction which leading to Nomophobia among teenagers and to become better informed as a researcher also inform others of best practices and solutions with regard to new media technology consumption.

\textbf{3. RESEARCH DESIGN}

The study describes the cognitive demographic data and the impact of screen addiction among youth. Hence, the researcher used Narrative Literature review method and descriptive design for the study. Analysis was based on the 80 peer reviewed published papers with regard to the topic.

\textbf{4. NOMOPHOBIA DEFINED}

Nomophobia, an abbreviation for \textit{no-mobile- phone –phobia} a kind of anxiety being away from mobile phone, running out of battery, no internet or network coverage etc. A study done in UK reveals that the level of nomophobia has increased in the country from 50% to 66% in the past four years. India is the second largest country in smart phone users and surprisingly the total number of face book users in India is more than the entire population of America. In today’s digital and virtual world the so-called new addiction, `Namophone’ creates a kind of discomfort, nervousness, anxiety or indifferent health issues cause by being out of contact with a smart phone.

The Nomophobia is getting a label of 21\textsuperscript{st} Century’s disorder because of new age technology and internet revolution. The global scenario is also reveals that this discomfort of anxiety is a disorder of modern world. (Tams S, Thatcher J, Grover V, and Pak R, 2015) Gadget and social media addiction happens among youth as it denotes Nomophobia as a situational phobia. How often do you check your phone? The users check their devices many times in an hour sometimes without any reason. In many cases of youth, the first thing they do as they wake up to get their smart phone and check for updates.
5. SYMPTOMS OF NOMOPHOBIA

The usual symptoms of Nomophobia not limited to anxiety, depression, loneliness, tension, panic, fear, nervousness

The unavailability of such devices or gadgets creates an anxiety or behavioural changes among users which resulting the Nomophobia, the new age phobia a by product of new media technology and communication.

Excessive use of the gadgets creates lot of health problem as well. The phenomenon is killing the creativity of people and become a barrier for their mental and healthy life.

The continuous gadget usage makes a kind of distraction with studies or academic preparation among youth, at the same time a certain percentage of scholars use this platform for academic activities too. App based notification and social media updates deviates their attention to that. The internet brought communication faster and closer. Social media become the fuel for youth. Likes and shares are the pulse of youth today.

6. RESULT

The study on 80 articles gave a clear picture of screen addiction of youth in India. Every year the change and level of addiction is increasing in statistics. 69% of research articles in the study talks about the level of addiction and its impact on various places. Only 34 % articles say about solutions and ways to reduce the screen addiction. Many articles had conducted the study in a small group, a campus or a university. The main reasons behind in screen addiction are availability of cheap gadgets and cost deduction of ISPs (Internet Service Providers).

The level of addiction has an influence on the environment that the youth have connected. The level of addiction stands high among hostel students in many cases. Male and female respondents stand almost equal in many research articles. Considering the 34% articles suggestions to reduce the over use of screen and gadgets there some shortlisted solutions to get rid of addiction that follows.

7. SOLUTIONS TO GET RID OF GADGET ADDICTION

**Prefer outdoor activities instead of gadget:** Especially for kids and students it is advisable to engage with games or walking, healthy physical activity etc. The concept of couch potato is the outcome of computers and television. Smartphone and portable computers are also generating couch potatoes.

**Limit Social Media:** Limit the amount of time you spend on facebook, waataspp, instagram or any other social media. Try to avoid aimless browsing with internet. Deactivate mobile data on your smartphone when you are working or studying. Set limited screen viewing when you are at home.

**Get rid of less using applications:** We can customize the app notification on our smart phone according to professional and personal needs. Get rid of unnecessary applications on your smart phone or tablet so that chances are less to get junk mails and unwanted notifications.

**Create Gadget free time at home:** Having family time is of great impact on kids. At your dinner time or your meeting time try to avoid gadgets. Like a habit gadget free zones we can impose at home. Try to keep gadgets away from your bed. Ensure the necessary resources like creative work, useful books, art supplies, games and sporting equipments to do.

**Plan time for gadgets:** Plan an appropriate time to check gadgets at home. Set a time to use your smart phones to check social media updates. Only through the effective use we can reduce the intensity of Nomophobia.
8. RECOMMENDATION AND CONCLUSION

The present study only finds out whether the teens are addicted to screen and smart phones or not and the aspects which made them to use the same platform. As a future study the state or area wise gadget addiction among the youth can be done. How the existing cyber laws can be helpful to reduce excessive use of these technologies and is there any need of modification in the present cyber laws can be consider

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