

# EFFECT OF MODERN GADGETS ON CHILDREN'S WELL-BEING : NARRATIVE BASED STUDY

**Dr. ERAM FATMA\***

**A.P.SEN MEMORIAL GIRLS INTER COLLEGE, LUCKNOW, UTTAR PRADESH, INDIA**

**DR. JAYA BHARTI\*\***

**A.N.D.N.N.M.M. HARSHNAGAR KANPUR, UTTAR PRADESH, INDIA**

## ABSTRACT

Information and communication technology systems have provided a kind of facility in the world that currently makes the world like a small globe globally. (Mamatha SL, Hanakeri PA, Aminabhavi VA.2016). During the toddler years, the brain triples in size and continues to develop until adult years. Studies have shown that too much gadgets may negatively affect a child's brain on its functioning, and may even cause attention deficit, cognitive delays, impaired learning, increased impulsivity, and decreased ability to self-regulation. Smart Parenting advises parents to sing, read, and talk to their children than letting them play or watch TV at home. Generally, children and adolescents nowadays often use intense gadgets. They use it excessively which can affect their social and emotional function. The majority of children and adolescents have smartphones, laptops, game consoles, tablets, iPod. (Tabotabo,2017).

**Keywords:** Gadgets, Laptop, Technology, narrative.

## INTRODUCTION

Very early recognition gadget for children can have positive and negative impacts. These are influenced by several factors such as the frequency, duration, and supervision of parents. Using gadgets as a basic material for learning in children will have positive impacts such as increasing children's creativity and thinking. It can appear with parents and children, as well firm in providing time limits for children in playing gadget. Likewise the opposite, if the supervision of parents is lacking and there is no firm effort in providing time limits of playing gadget in children, can cause negative effects (Zubaidah). One of the current technologies used by humans is gadgets. A gadget is an object or item created specifically in this advanced era with the aim of helping everything become easier and more practical compared to previous technologies (Zubaidah et.al.) Children who rely their playing time in front of screens rather than outside in the playgrounds do not burn the calories they take in. One in three U.S. children is obese, which may lead to complications such as diabetes, heart attack, and stroke. Parents must encourage their kids to play more. They must understand that there are many benefits of playing including having their children walk, run, jump and get the exercise they need. Children get fit at the playgrounds and build relationships. The Parents Zone encourages parents to expose their kids more into physical activity then inculcate technology in the later years of their kids for a healthier lifestyle as they grow. The use of electronic gadgets has greatly increased in the contemporary world, particularly among children, as a result of addiction. (Master KM, Kaur CP, Narasimhan A, Mizrab N, Ali M, Shaik RB.2016).

***"Getting highly involved with video games can become addicting, and parents need to be cautious about how many hours kids play," says Dr B K Rao, Chairman Assocham health committee and Sir Ganga Ram Hospital.***

The frequency or intensity of the children in using gadgets will affects their mental and emotional development. From a study conducted by the University of Western Australia, through a survey of 2,600 school students about the length of looking at the gadget screen, it was found that 45% of 8-year-old children and 80% of 16-year-old students spent more than two hours of playing gadget in a day (Satgas Remaja,2013). The recent survey by Assocham reveals that over 82 per cent of teenagers spend an average of 14-16 hours per week playing games on computer, web portal or consoles and about 7 per cent of children surveyed qualified as being pathological video gamers (over 20 hours per week).

## METHODOLOGY

The current article is a narrative review of the existing literature on Technology and effect of Children's wellbeing. In this short review, accordingly, the electronic databases, including PubMed, Medline, Elsevier, and Science Direct, Embase, PsycINFO, Google scholar, Scopus were reviewed for relevant studies conducted since 2000, using the search terms Technology, Gadgets, negative impact, mobile, video games and stress in various combinations.

## RESULT

### AGGRESION, VIOLENCE, ISOLATION, HOSTILITY

Most parents have noticed that their kids learn to be aggressive due to long hours of playing games in their tablets. Tantrums are the most common form of aggressiveness among toddlers. As they grow older, children who are addicted to computer games are more likely to confront and disobey their elders. So as early as today, instead of relying on tablets to quiet down your little dynamo, opt for coloring books or balls. Take charge of your child today and know more about their behavioral changes with Janet Lehman.

*When I don't play video games, I feel lonely.....I feel lonely in this world. I don't feel hungry.....no interest in eating and drinking. I don't feel like talking to anyone..... I feel like breaking up, sometimes I even cry over my father but I find myself calm as soon as I get a video game. (Narrative by Children)*

*Nowadays, he shouts and aggressively talks to me, he himself is not aware of what he is saying to his parents, he has considered us his enemy, but as soon as give the mobile, his anger disappears but this is no solution. (Narrative by Parents)*

### RADIATION EXPOSURE, RADIATION NEGATIVE EFFECT ON BODY

According to the 2011 report of the World Health Organization, cellphones and other wireless devices are considered category 2B risk because of their radiation emission. In December 2013, Dr. Anthony Miller from the University of Toronto's School of Public Health revealed that radio frequency exposure is clearly a threat to children. Healthy Child Healthy World acknowledges this rising radiation issue among children and gives tips on protecting your child from these harmful gadgets.

The emitted radiation in mobile phone and tablet is electromagnetic ray in the microwave range (850–1800) (K. Vishnu, B. Nithyaja, C. Pradeep, R. Sujith, P. Mohanan, and V. Nampoori,2011). Collected evidence indicates that the frequency produced by mobile phones or base stations may affect the health of the people (F. Ozguner, G. Aydin, H. Mollaoglu, O. Gökalp, A. Koyu, and G. Cesur,2004; J. Bianchi, B. Page, and S. Robertson,2012). The skin receives much radiation in contact with mobile phone and tablet although many studies have been carried out on the effect of electromagnetic radiation on biologic system and intracranial tumors (A. H. Poulsen, S. Friis, C. Johansen et al.,2013), Diseases of the skin, especially skin cancers and contact dermatitis, are very important because of their high prevalence, chronic nature of the disease, and high impact on the quality of life (L. M. Hollestein and T. Nijsten,2013) (skin diseases cause pain and discomfort in 21% to 87% of the affected people) (G. Sanclemente, C. Burgos, J. Nova et al.,2017). Skin diseases allocated high burden of disease (rank eighteenth) in all age groups(R. J. Hay, N. E. Johns, H. C. Williams et al.,2014).

*My doctor has told me that due to excess using the mobile apps .....my eyes are in pain, my eyesight has become weak, my head also has pain due to this, my weight has reduced, my memory too. Now not so good as it was before, but even after wishing I am not able to take away my mobile from myself.....*  
(Narrative by Children)

*Since I used mobile, I have seen that there is often pain in his head, his weight is constantly decreasing, the side has also become weak, which has reached 5 points, I am very worried that What will happen next? Small grains have come out on the body, the doctor has said that all this is the effect of mobile radiation. (Narrative by Parents)*

### REDUCED INTERACTION, NO SOCIAL CONTACT

By playing on tablets, they could easily play on their own. In an article published in The New York Times, Dr. Gary Small, author of "iBrain: Surviving the Technological Alteration of the Modern Mind" and director of the Longevity Center at the University of California says that if children spend too much time on technology and

less time with people, it hinders interaction and disrupts the normal communication skill development on children. In a family set-up, toddlers often fail to improve on their communication with their parents since they surround themselves with inanimate objects. Others copy and inherit the skill of talking from TV but fail when socializing with other people.

***Because of playing games on mobile, I do not have time for myself. I have a good friend. If I have a good friend, it is my own mobile. I spend more and more time with him. But I find myself satisfied because I keep myself away from stupid things and I give all the credit to my mobile. (Narrative by Children)***

***I regret the day I had given him the mobile. Since that day I hardly remember that he had spoken to me in his manner. All his time is spent talking to his mobile. Does not talk nor talks to relatives who come to the house, he does not have any friends even in class, he does not like to get out of the house. (Narrative by Parents)***

***When I took a few days off from the office, I came to know that my own son and my daughter do not talk to each other, even they do not talk to us, they continue to operate mobile while eating food for 20 out of 24 hours. He runs a mobile phone for 22 hours. I am very worried about his future, so I have also contacted several doctors and counselors. (Narrative by Parents)***

### **SLEEP DEPRIVATION, SLEEP DISORDERS, SLEEP DISTURBANCES**

Children who get addicted to playing on their phones or tablets miss out on the needed rest. On other occasions, playing on their tablets becomes their sleeping pill. Without it, they become grumpy and aggressive. The Sleep Lady explains signs whether your toddler is suffering sleep deprivation and tips that you could do to help your toddler have a good night's sleep.

***People do not know how to sleep so much, I spend all night playing games and surfing on mobile, I like it very much, seeing mobile, all my tiredness gets rid of.... 22 hours out of 24 hours I'm with my mobile..... and if sleep then during the day. (Narrative by Children)***

***I do not know today when I came to sleep with my baby comfortably, now whenever I go to her room, she is found to be running a mobile. Due to this, the number of continuous is decreasing and she is not able to perform well in class. (Narrative by Parents)***

### **NO EXPOSURE TO NATURE, OUTSIDE WORLD**

Gadgets are killing the development of a child. Instead of getting out and learning the ways of the world, running and socializing with other kids, they would rather stay at home and play on their computer. Some parents who are overprotective find technology as helpful since they know that the safety of their child at home is secured. However, they fail to realize that the child is estranged from the natural world of plants, animals, lakes, and sky. Toddlers should be able to throw a ball, hop, skip, jump, run, call a friend by names, among others. Learn more about toddler milestones from Babycentre. This is one of the benefits of playing outside in playgrounds, they learn a lot from interaction, socialization, nature's beauty, and life itself.

***Last year my family went to visit the hill station but I did not go with them because I had to spend all my time with my mobile, I had to meet the target of the game I downloaded in my mobile, so how could I go there? Yes i know I don't know a lot of things from outside world but i know everything from technology and in my mobile. (Narrative by Children)***

***My children are not ready to hang out with me, no matter how many days they come back home, they do not have to get out of their room. It feels very bad to appeal that today the whole world is in mobile, I often observe that My children do not know anything about the outside world but if I talk about mobiles, the phone knows everything. (Narrative by Parents)***

### **EXCESSIVE ADDICTION**

If parents continue to feed the whims of their children, they are allowing addiction to grow. Parents must expose their children to the rest of the world rather than leaving them at home with their gadgets. WebMD explains how computers and gadgets are addictive. Instead of getting them addicted to such technologies, they should be exposed to activities that promote mental, physical, and emotional development.

*When I do not use mobiles, I feel restless from inside, I find myself sick, I start getting fever, vomiting, respiration problem and Panic. But as soon as I get my mobile, all my problems go away without taking medicines. (Narrative by Children)*

*Once I snatched the mobile from my daughter's hand as he used to run the mobile day and night, I noticed that after a while he got fever, he started having vomiting, he had difficulty in breathing, so I immediately admitted him to the hospital. The doctors there made every effort but he could not get it right. Then on his saying, I gave him his mobile the next day and I found that he got it right immediately where I realized that his illness was physical and not mental. (Narrative by Parents)*

## CONCLUSION

In the current world, we can see technology has been an integral part of our lives. It definitely plays an important role in our day to day life. Excessively playing video games can generate a greater risk of obesity, aggression and violent behaviour in children and teenagers, finds a new survey. Technology has drastically increased at a fast pace developing new gadgets frequently. From a young age to old age, we see everyone using electronic gadgets. It might be TVs, smartphones, laptops, tablets, and so on. The list goes long if we start listing out each gadget entered into the market. Technology has replaced a human life in various ways including studying. Electronic gadgets like TVs, mobiles, laptops show various kind of entertainment shows and much other violent stuff. Even kids involve themselves in surfing unwanted things, chatting and much more. These can result in a huge impact on a kid's life. Children interaction with the social media and gadgets increases their aggression abruptly. With the increased use of electronic stuff, innocent kid's can be a victim of themselves. Students are so much addicted to mobiles and laptops that they spend whole night playing games, surfing, chatting, so on. This can be dangerous. Parents have educate children on how to use gadgets wisely.

## REFERENCES:

1. K. Vishnu, B. Nithyaja, C. Pradeep, R. Sujith, P. Mohanan, and V. Nampoorei, "Studies on the effect of mobile phone radiation on DNA using laser induced fluorescence technique," *Laser Physics*, vol. 21, no. 11, pp. 1945–1949, 2011. View at: Publisher Site | Google Scholar
2. F. Ozguner, G. Aydın, H. Mollaoglu, O. Gökalp, A. Koyu, and G. Cesur, "Prevention of mobile phone induced skin tissue changes by melatonin in rat: an experimental study," *Toxicology and Industrial Health*, vol. 20, no. 6–10, pp. 133–139, 2004.
3. J. Bianchi, B. Page, and S. Robertson, *Your Dermatology Pocket Guide: Common Skin Conditions Explained*, NHS Education for Scotland, Edinburgh, UK, 2012.
4. A. H. Poulsen, S. Friis, C. Johansen et al., "Mobile phone use and the risk of skin cancer: a nationwide cohort study in Denmark," *American Journal of Epidemiology*, vol. 178, no. 2, pp. 190–197, 2013. View at: Publisher Site | Google Scholar
5. L. M. Hollestein and T. Nijsten, "An insight into the global burden of skin diseases," *Journal of Investigative Dermatology*, vol. 134, no. 6, pp. 1499–1501, 2014. View at: Publisher Site | Google Scholar
6. G. Sanclemente, C. Burgos, J. Nova et al., "The impact of skin diseases on quality of life: a multicenter study," *Actas Dermo-Sifiliográficas*, vol. 108, no. 3, pp. 244–252, 2017. View at: Publisher Site | Google Scholar
7. R. J. Hay, N. E. Johns, H. C. Williams et al., "The global burden of skin disease in 2010: an analysis of the prevalence and impact of skin conditions," *Journal of Investigative Dermatology*, vol. 134, no. 6, pp. 1527–1534, 2014. View at: Publisher Site | Google Scholar
8. <https://gadgets.ndtv.com/games/news/too-much-gaming-makes-kids-obese-aggressive-and-violent-225714>
9. <https://www.kopykitab.com/blog/effects-of-electronic-gadgets-in-student-life/>