



A STUDY DURING COVID ON DIGITAL DEVICES DEPENDENCY & IT'S IMPACT ON HEALTH

Sajul Ramachandran¹, J Saran Prakash², Ron Soj Varghese³,
Shaaheen Shareef⁴, Sreehari K.S⁵
Shikha Upadhyay*

¹Forensic Science (Hons)Final year Department of Forensic Sciences, Jain (Deemed-to-be University),
Bengaluru, Karnataka, India

² Forensic Science (Hons)Final year, Department of Forensic Sciences, Jain (Deemed-to-be University),
Bengaluru, Karnataka, India

³ Forensic Science (Hons)Final year, Department of Forensic Sciences, Jain (Deemed-to-be University),
Bengaluru, Karnataka, India

⁴ Forensic Science (Hons)Final year, Department of Forensic Sciences, Jain (Deemed-to-be University),
Bengaluru, Karnataka, India

⁵ Forensic Science (Hons)Final year, Department of Forensic Sciences, Jain (Deemed-to-be University),
Bengaluru, Karnataka, India

Correspondence - *Assistant Professor, Department of Forensic Sciences, Jain (Deemed-to-be
University), Bengaluru, Karnataka, India

ABSTRACT

The Covid -19 pandemic situation which is currently going on, there has been a huge surge in the use of digital devices in the youths and an unexpected percentage rise in the overall dependency on it. The digital devices have made our cash transactions easy and smoother. Earlier, we used to stand in queue for paying an electricity bill or transferring money from our account. But now with the help of internet and digital device we can transfer the money from our home to anyone around the globe. We can buy almost all things from the internet with the help of different apps and shopping sites for clothes, food, books, electronics etc. but these dependencies have negative impacts on life such as health issues and addiction to these electronic gadgets. Most of the teenagers cannot even think of life without mobile and these electronic gadgets is slowly decreasing the thinking capacity of the brain. The study aimed to conduct a survey on the effect on health using digital device in everyday life. However, the study has been conducted mostly on youngsters those who belong to age group between 18-26. The survey gathered 127 responses in total and the identity of the respondents were kept anonymous. The response of the audience was studied and examined carefully.

KEYWORDS: Internet effect, Electronic gadgets, Digital devices, Health issue etc.



INTRODUCTION

Digital devices are becoming more widely used particularly by young people but little consideration is normally given to the health risks they pose ((Krishnan et al., 2017).

A new generation of children is being raised who lead device-driven lifestyles. Nowadays computers and other handheld electronic devices such as mobile phones, PSP, Game boy, etc. are becoming more of an essential requirement than luxuries, and our youngsters are inseparable from them. Digital devices were introduced to make human lives much easier and better. It is our duty by making life easy but at the same time these digital devices are a very bad influence also.

It also owns a deep impact on implementation such as healthcare where it influences the health behaviors of adolescents and others, especially eyes (Krishnan et al., 2017). The radiation from the devices would give a bad impact on the health. Then there is the bad posture. Due to the usage of devices anywhere at any time, we tend to forget to sit properly and use the device without any strain and thus giving strain to our neck, shoulder and back. Smartphones and smartwatches enable passive, unobtrusive ecological sensing that provides continuous measurement of individuals' behavior and physiology, such as sleep, social interactions, physical activity, electrodermal activity, and/or cardiac activity (Marsch, 2020)

Smartphones and laptops have become an irreplaceable communication tool in our daily life and many people keep their phones, their computers, laptops, etc. turned on around the clock 24/7. Generations nowadays are completely dependent on devices 24/7 since every single detail can be attained from a fingertip. This continuous usage of digital devices creates a lot of health hazards which are extremely dangerous in the long run.

METHODOLOGY

The pilot study was aimed at studying the effect on health and their dependency so, a purposive sampling method was followed to collect information from individuals. The study was conducted using the online survey method with the help of Google Forms. The questionnaire used in this study is a structured one. The survey included 10 questions with multiple choices for the respondents to select appropriately. The majority of the students who all are taken poll were regularly using social media. The team members collected 127 responses in total and the identity of the respondents were kept anonymous.

RESULTS AND DISCUSSION

Smart-devices have increased dramatically in popularity over the past five years but much remains to be understood about the impact these devices have on mental health. This study investigated the influence of smart-devices on users' mental health, specifically smart-device use and smart-device involvement (Joshua Harwood, 2014).

In the previous year's research, it has been shown, most adolescents used an electronic device in the hour before going to sleep. Some gender differences emerged, with more boys using game consoles, whereas girls reported higher use of cell phones and Mp3 players (Mari Hysing, 2015).

With reference to the conducted poll and from our analysis of the poll, it can be noted that:

Responses showcased a trend that mainly involved the youth, ageing from 18-26, being majority (98.43%) of the total number of respondents. The least number of respondents included from the age group of below eighteen (1.57%).

The respondents belong to two categories,

1) College students (77.17%) and 2) School students (22.83%). Population reported using mobile phones are 79.52% and the rest 20.48% are using other digital platforms daily.

With respect to the students who all are playing games are 55.91% and other 44.09% are voted that they are not playing games daily.

Out of this 61.43% are playing games for less than 1 hour, 25.98% for 1-2 hours, 8.66% for 3-4 hours and 3.93% for 4-5 hours. The using of phones for online classes have increased by a percentage of 86.62% and the rest 13.38% does not have online classes. 30.73% voted they have online class for 1-2 hours, 24.40% voted for 4-5 hours, 17.32% have 3-4 hours, 18.11% have 5 and above hours and 9.44% have classes for a period of 2-3 hours.

87.41% of the students are a regular user of mobile phone and 12.59% are not that much addicted.

According to one local addiction and recovery program which treats problematic use, too much digital technology use can lead to a disinterest in physical fitness, poor nutrition and hygiene, sleep deprivation and chronic fatigue, emotional distress, depression and anxiety, and relationship difficulties (Selvarajah Krishnan, 2017).

According to the polls, 39.38% of students states that they don't get proper sleep because of using mobile phones and 23.62% have agreed that they are able to sleep properly and 37.00% students voted they don't know. Majority of students have health problem such as headache, back pain or neck pain while using phone.

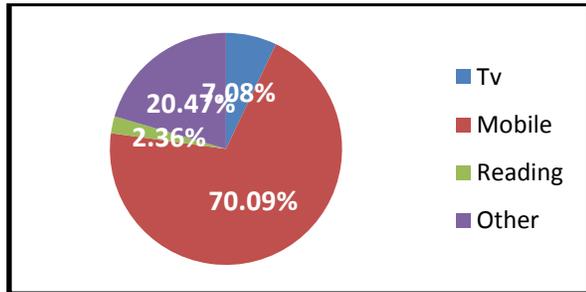
The epidemiological evidence that exposure to radio frequency fields might have an adverse effect on the health of people is examined in the report with emphasis on the



risk of brain cancer from the use of mobile phone handsets (Z J Sienkiewicz, 2005).

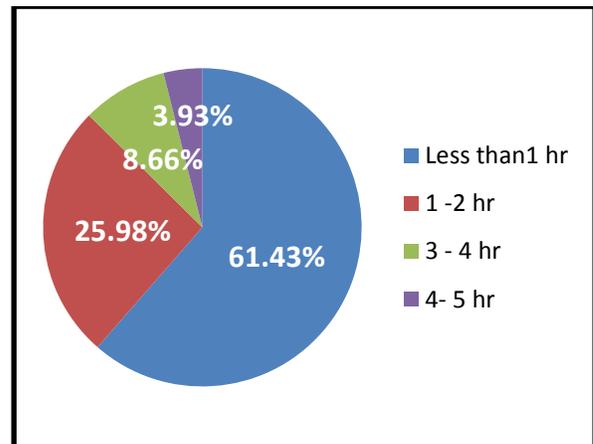
The following figures showcase the results of the conducted survey:

1) How do you mostly spend your free time?



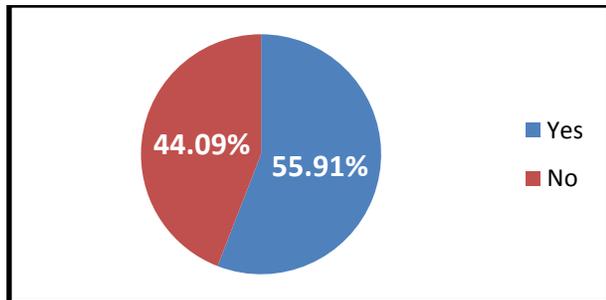
TV - 7.08%
 Mobile - 70.09%
 Reading - 2.36%
 Other - 20.47%

3) How many hours do you play games in mobile?



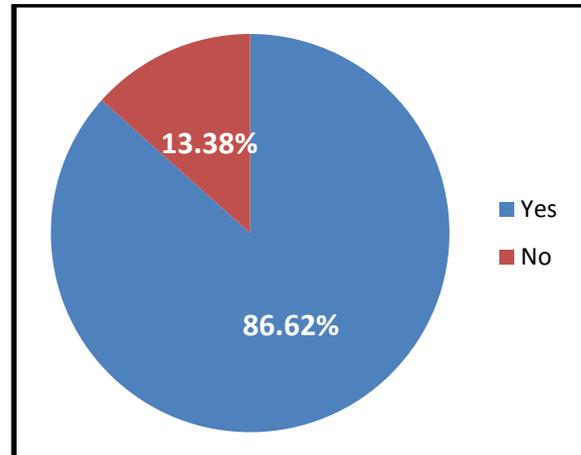
Less than 1 Hour - 61.43%
 1-2 Hour - 25.98%
 3-4 Hour - 8.66%
 4-5 Hour - 3.93%

2) Do you play any games on pc or mobile?



Yes - 55.91%
 No - 44.09%

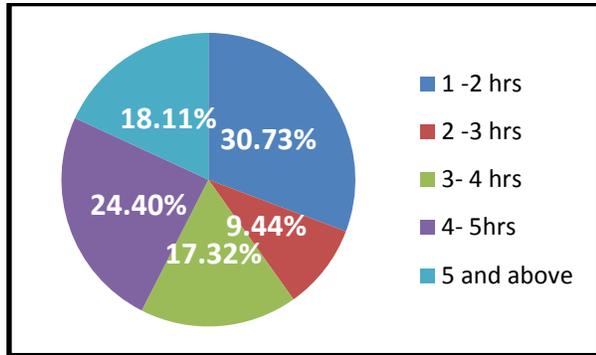
4) Does your school or college conduct online class?



Yes - 86.62%
 No - 13.38%

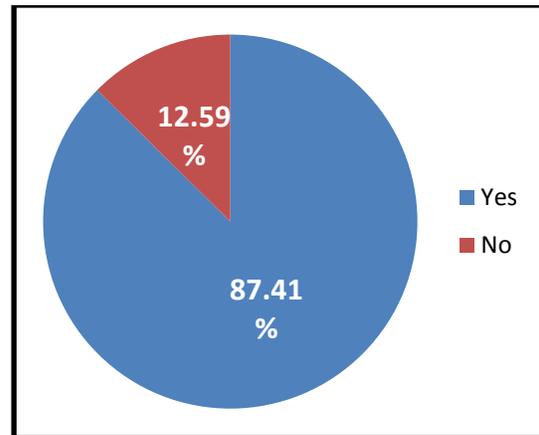


5) How many hours of class are conducted by the teachers?



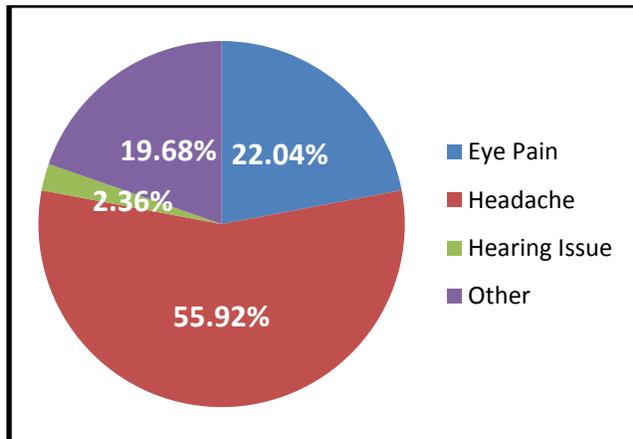
1-2Hour - 30.73%
 2-3Hour - 9.44%
 3-4Hour - 17.32%
 4-5Hour - 24.40%
 5 and above - 18.11%

7) Are you a regular user of digital device?



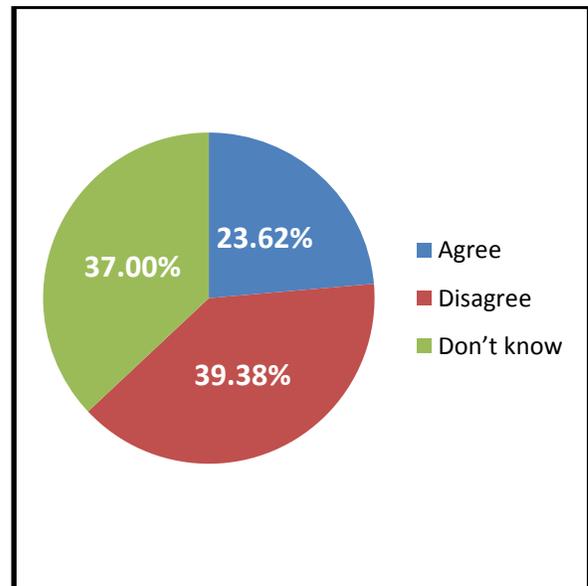
Yes - 87.41%
 No - 12.59%

6) What are the health issues you face while using pc or mobile for long time?



Eye Pain - 22.04%
 Headache - 55.92%
 Hearing Issues - 2.36%
 Others - 19.68%

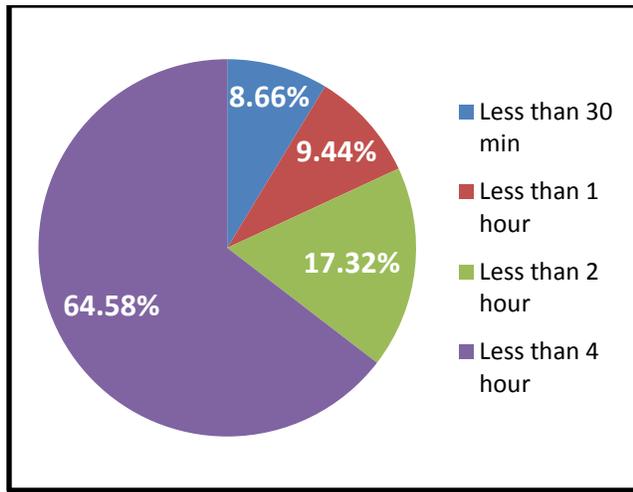
8) Due to the frequent use of digital devices as seen in youngsters, do you think they are getting enough sleep which is normally recommended?



Agree - 23.62%
 Disagree - 39.38%
 Don't know - 37.00%

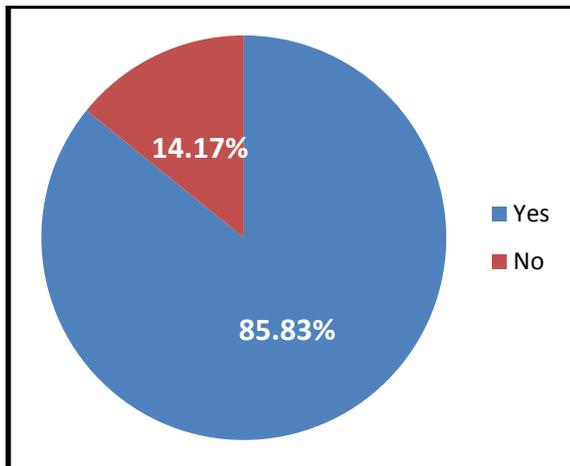


9) How long can you be without using a mobile/pc?



Less than 30min - 8.66%
 Less than 1hour - 9.44%
 Less than 2hour - 17.32%
 Less than 4hour - 64.58%

10) Do you think your mobile use has increased in these lockdown time compared to previous period?



Yes - 85.83%
 No - 14.17%

CONCLUSION

In this inescapable modern era of digital devices and its technological advances, it is clearly evident in the prepared report of the survey conducted that majority of the individuals from age group of 18-26 are frequent users of digital devices of some form. Technological developments are largely variable, and the effects also depend on the type of device, the type of use, the amount and extent of use, and the characteristics of the adolescent or youth. In the recent times due to the pandemic(covid-19) situation more time is spent on digital devices be it for attending online classes or surfing the net or using social media. The intensive usage of digital devices is creating immense health complications on the youth of this generation.

The health complications range from eye pain, headache, neck and shoulder strain, back pain (due to the posture at which they use the device) and then various other complications. At such a young age majority are facing these health complications which are usually seen in aged people. Even their sleep patterns are highly disturbed due to the usage of digital devices. Majority are claiming that they don't get sleep at all due to the intensive usage of digital devices. It is necessary to implement and benefit from the principles of balanced nutrition, quality sleep, adequate physical activity, and positive social interaction for healthy growth and development by making plans according to the age, health status, character, and level of development of the young adults.

Those individuals that are experiencing these health complications should improvise in their usage of the digital devices and to reduce their screen time. The total technology usage time during the day or night time (e.g., watching television and playing games on computers, tablets, and mobile phones) should be limited to 1-2 hours or 2-4 hours max. It is better to use the time productively in order to keep them busy and to avoid using the devices at all and only when necessary. Nowadays everyone is having work-at-home situation and it is evident to implement ergonomics is more for move health risk factors that lead to musculoskeletal injuries and allows for improved human performance and productivity.



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