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## “A STUDY OF THE IMPACT OF ELECTRONIC DEVICES ON THE LIFESTYLE OF SECONDARY SCHOOL STUDENTS”

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**Abstract:** Electronic gadget means a device that works on electronic technology. Even in ancient times, humans used spear knife axe, as gadgets for their protection. But gadgets did not work on electronic principle. As time passed man started using machines more and more to make himself capable but today the situation is not like this. Today is the era of technology. Everyday new gadgets are seen, especially they are becoming more dependent on smartphones which has a direct effect on our mental and health. According to a report in 2017 42% people had a mobile phone which increased to 69.4% in 2020. Recent psychological research suggests that the addiction to electronic gadgets is as bad as alcohol. Both children and young people are falling prey to it. Playing games, using social sites for hours, watching porn etc. are all initial symptoms. Today along with digitization, our work has become very easy with the help of internet as well as through electronic gadgets in the form of entertainment. We can connect with all those people of the country and the world whom it is hardly possible to meet. Internet is also like a tool for cybercrime, with the help of this, criminals, are able to commit crimes. Such electronic gadget should always be used with awareness as well as when it is very important. An electronic gadget should be used. Due to excessive use of electronic gadgets our eyes, back bone and brain are greatly affected.

**Keywords:** Educational Impact, Lifestyle, Awareness, Electronic gadgets, psychological treat.

### I. INTRODUCTION

In modern times, electronic gadgets are playing an important role in all fields. Gadgets refers to a device or machine that is designed for a specific task. Electronic gadgets are the gift of technology, with the help of new technology, the gadgets have been designed

in such a way that all the daily tasks are done easily and less time if used properly, electronic gadgets become a boon but sometimes it becomes a curse if misused.

In earlier times joint families were prevalent in most of the houses where children and adolescents grew up under the guidance and supervision of elders.

But at present the number of single families is high due to which there is more

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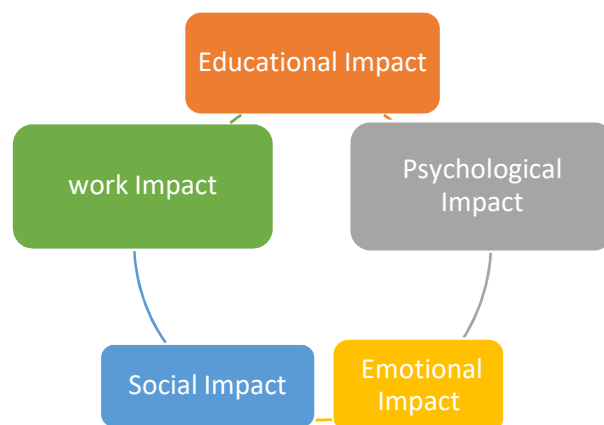
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dependence on electronic gadgets and service for entertainment. Electronic gadgets have made our life easier day by day. Physical exertion has also reduced a lot, due to which people have started getting sick more than before because from morning to night we depend only on these gadgets. So, these studies the positive and negative aspects of excessive use of electronic gadgets by the secondary schools of Patna and it has been found in this study that at present, adolescent students use electronic gadgets most which has a direct impact on health and mental condition. Electronic gadgets have become an important part of life in today's time. The inventions of the gadgets is one of the most important invention of man, due to which all the information about the world is easily available sitting at home. In other words, we can say that with the help of gadgets today the whole world has come in our hands.

### Health effect of electronic gadgets-

The use of electronic gadgets has been going on for years, but after covid-19 there is huge increase in the use of electronic gadgets. The invention of computer and mobile has made it easy to solve every problem. Today humans have been able to get solutions to all problems with the help of just one click. Children or youth today all have become completely dependent on electronic gadgets due to excessive dependence. It also has a direct effect on

health. Due to the use of mobile or computer for a long time, problems like sleep problems, irritation in the eyes, watery eyes etc. Have started to arise and the radiation clip from the gadgets, also inhibited the production of the chip hormone melatonin. Obesity is also directly related to the use of electronic gadgets. A study has found that lack of sleep, lack of physical labor, dependence on mobile etc. Is the cause of obesity in teenagers which is having a worrying effect on the health.



At the time of covid-19 all schools, coaching classes, institutes etc. were closed at that time more emphasis was placed on mobile gadgets etc. by the school to run, the education of the children smoothly children to learn new things and also to the teacher. Today through internet any student is able to ask any question related to his subject to any teacher at any time. Today due to computers and mobile there has been an increase in the technical skills of children. There is always a lack of good education in the village, but this problem of children can also be solved easily through electronic

gadgets.

### **Literature review -**

**Dr. V.K Rao** ( 2020) In his research it was found that it is necessary for every teenager to complete 8-9 hours of sleep, but today due to dependence on electronic gadgets, children are able to sleep only for 5 hours, due to which they are neither able to study properly nor sleep and have become irritable in the nature. Today they complete every work through mobile only. So, we cannot keep children away from mobile, but we can definitely set a time limit for this. So that their mental and physical development is not much affected.

**Mitchell** (2018) Mitchell believes that students should be encouraged to grow in the technological world, understand the need for social networking, computer games and digital habits. But also study the consequences of these habits that harm teenagers because the habit of electronic gadgets causes diseases in eyes and brain. Children should also be made aware of these things.

**Choudhary** (2015) Through his study studied the effects of violent and non-violent games on school students, there aggressive behavior habits under electronic games played by schools' students, and also informed parents and teachers about its harmful effects and told they're focused on which the teachers and parents can solve their problems by understanding the

emotions of the children and their problems.

### **Objectives of the study \_**

The objectives of this study are as follows

- 1.Examining the use of technological tools and services and their positive and negative effects among secondary school students.
- 2.To study the impact of the use of technological gadgets and services on the mental health and lifestyle of male and female secondary school students.
- 3.To explore the relationship between the impact and use of electronic gadgets on the health status of secondary school students.

### **Hypothesis –**

1. Presenting proper instructions concerning the consequences from the electronic gadget.
2. To inform about the problems caused by excessive use of electronic gadgets and the appropriate solutions for the same
3. Submission of appropriate instructions regarding the result of the electronic gadgets.

### **Research Methodology**

The aim of the present study is to study effect of and dependence of electronic gadgets on health and lifestyle of selected secondary level boys and girls of the state of Bihar to achieve the research goal, the student should have a comprehensive knowledge of tools and techniques so that he can choose the methods and tools appropriately and give validity to his

research findings. The following parts of the study method are as follows: -

**Study Method:** - For the research work, the "semi-experimental study" method has been selected by the researcher for the present research study.

**Demonstration:** -

For research study, 120 students from various secondary schools of Patna district have been selected by lottery system of divine direction.

**Study Tools:** -

In the presented short research, the researcher has used a self-made questionnaire for the study.

Statistics used in research

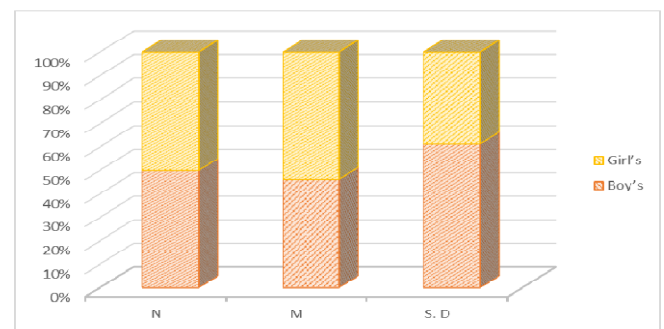
1. Mean
2. Standard Deviation
3. Difference of Standard Errors
4. Display of critical ratio.
5. Difference of means etc. has been used.

**Classification, analysis and interpretation of the data of the presented study**

To analyzed the presented research according to the hypotheses, the researcher has classified it in following tables-

**Table1-** Presenting proper instructions concerning the consequences from the electronic gadgets.

Student	N	M	S. D	S. E D	T	D	Degrees of freedom	Significance level
Boys	30	102.17	13.1	2.4	5.85	16.76	58	No
Girls	30	111.93	8.26					



**Table (1)** show percentage It is clear from the above table that the average score of electronic gadgets on secondary level boys and girls is 106.77 and 115.13 respectively or the other groups' standard deviation of both is 13.099 or 11.1143 accordingly. The difference of the standard errors of the two groups is 2.22 and the difference of the means is 8.36. The critical ratio (t) of the scores of both the groups is 3.76 which is higher than the 2.62 required significance at 0.01 significance the level for 118 df. Therefore, the hypothesis is rejected, that is, there is a significant difference in the effect of electronic gadgets on male and female secondary school students. Looking at the

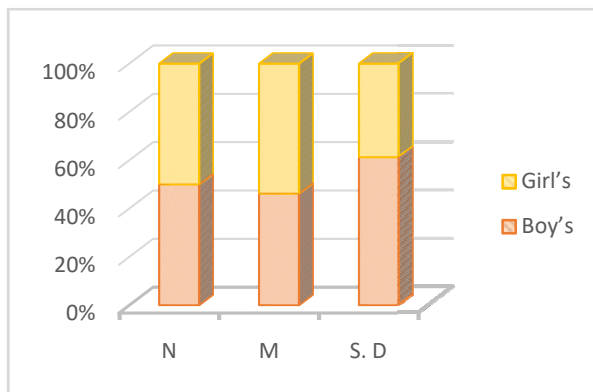
difference of means, it is found that the effect of electronic gadgets is more on the girl students as compared to the male students. The reason for this is that girl students are more interested in electronic gadgets. She watches programs on television, radio, computer etc. for more time than the students.

**Table2** - To inform about the problems caused by excessive use of electronic gadgets and the appropriate solutions for the same

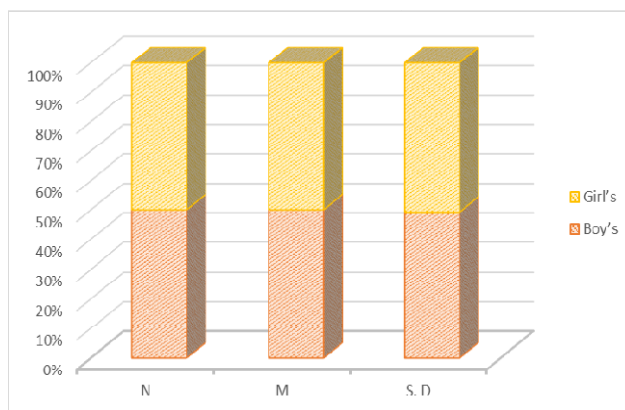
Student	N	M	S. D	S. E D	T	D	Degrees of freedom	Significance level
Boys	60	106.77	13.09	2.22	3.76	0.2	8.36	yes
Girls	60	115.13	11.14					

**Table (2)** show percentage It is clear from the above table that the average score of electronic gadgets on secondary level urban boys and girls is 111.37 and 111.33 respectively or the other groups' standard deviation of both is 11.87 and 12.253 accordingly. The difference of standard errors of both the groups is 3.114 and the difference of means is 0.04. The critical ratio (t) of the scores of both the groups is 0.012 which is less than 2.66 required meaning at .01 significance the level for 58 df. Hence hypothesis two is accepted, it is not. From this it is concluded that the effect of electronic gadgets on urban boys and girls is almost equal. The effect of electronic gadgets is almost equal on urban boys and girls. The reason for this is that both are equally interested in electronic gadgets and the students of urban areas also get more facilities of these means.

**Table3:** - Submission of appropriate instructions regarding the result of the electronic gadgets.



Student	N	M	S.D	S.E.D	T	degrees of freedom	Significance level
Boys	30	111.37	11.87	3.11	0.012	58	No
Girls	30	111.33	12.25				



**Table (3)** show percentage It is clear from the above table that the mean score of the impact of electronic gadgets on secondary level rural boys or girls is 102.17 and 118.93 respectively and the standard deviation of both the groups is 13.181 and 8.326 accordingly. The difference of standard errors of both the groups is 2.846 or the difference of means is 16.76. The critical ratio (t) of the scores of both the groups is 5.88 which is higher than the 2.66 required significance at 0.01 significance

the level for 58 df. Hence hypothesis three is rejected. From this it is concluded that electronic gadgets have less effect on rural boys as compared to rural girls. The reason for this is that rural girl student's stay at home longer. She watches and listens to television, radio programs in the time she has after doing household chores. Because he is ahead of the students.

### Educational Implications of Research

The presented research work will provide a base for future researchers. Due to which many research works can be done on different dimensions of this problem in future.

The presented research study will be able to provide correct information to the teachers and give clarification about communication and its importance and by these teachers will be able to remove the hindering elements in their positive communication interest. This will make teaching of teachers effective and help in all-round development of students.

### Conclusions

Based on the expected outcome of the study, there is an urgent need to appoint consultant at the school level to prevent mental health problems of adolescents due to the use of e-gadgets. Lastly, if such services are provided at the school level, it will act as a preventive measure for the children. youth and help them to use their potential in proper direction for right

purpose. To divert children's attention from excessive use of e-gadgets, some measures like yoga and meditation can be included in their school curriculum.

These days with the development of modern technology, electronic gadgets have become a part of our life whether it is at work or at home. Kids have been exposed to gadgets at an early age in their lives without even knowing it. Experts have advised that parents who allow their babies or toddlers to use electronic gadgets for more than a few hours a day are at risk of "dangerous" long-term effects.

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