Duration of Use of Tech-Gadgets and its Impact on Health and Life-Style

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Abstract

Technological advancements have made our lives much easier and comfortable. Any technology is the product of a necessity. However, the use, over use and abuse of technology depends completely on our conscious decisions. Slavery to scientific inventions often boomerangs in multiple ways affecting our health and life-style. This observation led the present study to empirically verify how student population is affected by technological gadgets. The objective of the study is to find out how frequently students use their tech-gadgets and its impact on their health and life-style. The respondents are 150 students from one national level institute of India. They were asked questions on number of tech-gadgets they possess, services they avail, frequency and purpose of their use along with questions about their health and life-style. Findings of the study reveal that most of the students spend a large amount of their time with their tech-gadgets and services provided by them. The purposes of use in most cases are pleasure driven rather than necessity driven. Again, data also showed negative impacts on their health of and life-style.
Objectives

• To examine the time spent by the students with their tech-gadgets.
• To examine the intentions behind use of tech-gadgets and services.
• To study the impacts of the use of the tech-gadgets and services on their health and lifestyle.
Review of Literature

• **Technology** is the making, modification, usage and knowledge of tools, machines, techniques and method of organisation (Liddel, 1940). It is the energy acting as the driving force of our lives.

• More inclination towards the digital activities of the present generation leads to the **addiction** towards tech-gadgets (Young, 1998).
Review of Literature

- **Life style** means making some sense of the self and creating some cultural symbols which will reflect the identity of a person (Spaargaren, 2000). It is the way of life of an individual.

- Duration of use of tech-gadgets may have a negative impact on health and may also be the cause of change in the life style of an individual. The current study is an impact assessment of the use of tech-gadgets in relation time time.
Review of Literature


Rationale

• The mixed results in the previous studies may not be helpful for future gadget manufacturers, users and health professionals.

• A focus on the duration of use and purpose of a gadget may help in this direction.

• Some preliminary idea on manufacturing multipurpose gadgets may be arrived at.
METHOD

• **Study area**: NIT, Rourkela campus

• **Sample**: 150 respondents
  Male-90, Female-60
  Average age-21

• Data collection: Data were collected through questionnaire, interview and observation.

• Data analysis: MS Excel
Key Areas of Investigation

- Possession of Technological Gadgets
- Time Spent to Avail the Services
- Purpose of Using the Devices and Services
- Health Impacts of Excessive Use of Tech-gadgets
- Impacts of Use of Tech-gadgets on Life Style
Possession of Tech-Gadgets

- Less than two: 1.00%
- Two: 45.70%
- More than two: 37.00%
- More than three: 16.30%
Time Spent to Avail the Services

![Bar graph showing time spent to avail services](image)
Purpose of Using the Devices and Services

<table>
<thead>
<tr>
<th>Purpose</th>
<th>% of total time spent with the gadgets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Study</td>
<td>20%</td>
</tr>
<tr>
<td>Communication</td>
<td>10%</td>
</tr>
<tr>
<td>Entertainment</td>
<td>80%</td>
</tr>
</tbody>
</table>
Health Impacts of Excessive Use of Tech-gadgets

Physical Health Problems

- Hearing Problem
- Headache
- Sleeping Problem

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Health Impacts of Excessive Use of Tech-gadgets

Mental Health Problems

![Graph showing the correlation between time spent with gadgets and degree of anxiety. The x-axis represents time spent with gadgets per day (in hours), ranging from 1-2 to <6. The y-axis represents the degree of anxiety, ranging from 0 to 1. The graph indicates a positive correlation, with increasing time spent leading to higher anxiety levels. The graph is labeled with three stages: Normal (0-0.2), Mild (0.2-0.6), Moderate (0.6-0.8), and Severe (0.8-1.0).]
Health Impacts of Excessive Use of Tech-gadgets

Mental Health Problems

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Health Impacts of Excessive Use of Tech-gadgets

Social Health Problem

- 1-2 hrs: 5%
- 2-4 hrs: 8%
- 4-6 hrs: 30%
- >6 hrs: 55%

Afraid of speaking in public

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Impacts of Use of Tech-gadgets on Life Style
Observation and Interview

- Remaining awake post midnight and waking up late in the morning
- Stay away from physical exercise and games
- Avoidance of face to face interaction
- Trying to reduce effort in every step of life (looking for shortcuts due to lack of time and inability to manage available time effectively)
- Too much dependency on internet even for commonsensical knowledge
- Less use of hard copies for study
CONCLUSION

• One must learn how to exercise control and to know what is important and what is not important at a specified time. (Impulse Control)

• Knowledge management, time management and setting the priorities of life should guide our behaviour in using the technological gadgets and services.

• Use of any product should be necessity driven rather than luxury and pleasure driven.