

Review Article

Possible Ways to Manage the Excessive use of Electronic Gadgets

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A B S T R A C T

The use of technology in the home and classroom for various purposes is become increasingly commonplace every day in the twenty-first century. Technology is advancing so quickly that the use of gadgets has skyrocketed. A rising global worry is the use of electronic devices, particularly mobile phones, by young people everywhere. In recent times, innovations such as Bluetooth, video calls, video games, mobile data, cameras, and email have gained popularity. The majority of health issues, including headaches, sleeplessness, eye problems, fatigue, and restlessness, have been linked to prolonged use of electronics and may be a result of psychological anguish, social isolation, and loneliness. This review article's objective is to examine the research and enumerate the issues related to extended use of electronic devices. It would be feasible to develop interventions and offer strategies for controlling excessive device use if one were aware of the repercussions of gadget use.

Keywords: Electronic Devices, Health Impacts, loss of Hearing, Yoga, Meditation

Introduction

In this day and age of computers and smartphones (Figure 1), smart phones are becoming more and more common among all people, even kids. Electromagnetic fields are produced in the environment by machinery, electronic equipment, home appliances, gadgets, accessories, associated components, integrated parts, and electronic systems (Figure 2). Our perspective of the world has evolved as a result of social networking sites, texting, mobile phones, and the internet. The world is become smaller thanks to mobile phones. It has affected behaviour patterns and relationships.^{1,9} Texting, gaming, social networking, and music listening are becoming more and more common uses for a mobile phone that was originally designed for making calls. Almost as many people use mobile phones as there are people on the planet 7 billion. There is now more

people using mobile phones, which has increased Internet access. They have evolved into private tools that offer multiple pleasures and serve as status and social indicators.

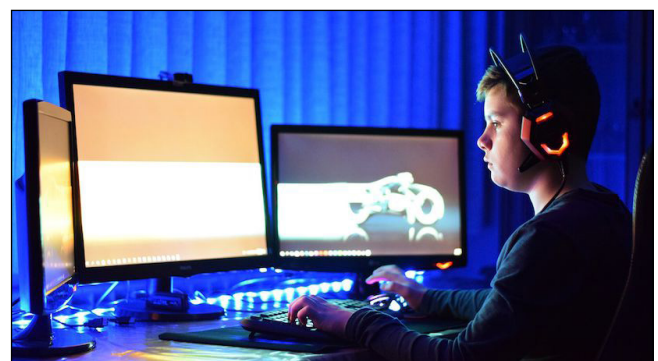


Figure 1.Excess use of computer



Figure 2. Excess use of mobile phone

A smartphone is actually a cell phone with sophisticated functionality. In addition to being able to send and receive email, transmit and receive videos, play games, record audio, send and receive images, and browse the web wirelessly, smartphones also include built-in apps for social media websites. The same factors have made smartphones popular among consumers and have led to their usage in businesses. Constant use of electronics has been linked to a number of documented health issues, including sleep disruptions, backache, neck pain, finger pain, and eye strain. Virtual meetings, video calls, and social media are widely used for a variety of reasons. Use of mobile phones has been linked to health problems such as headache, earache, neck discomfort, aching fingers, weariness, eye symptoms, restlessness, and sleep disturbances.^{10,14}

Effect of Electro-Magnetic Waves on Human Brain

Mobile communications technology has advanced quickly. One source of electromagnetic wave prominence is the cell phone. Research on the effects of dangerous radiation waves released by cell phones is currently ongoing. Youngsters use technology for a variety of activities, such as playing games, seeing movies, listening to music, communicating with friends, and visiting several websites.^{15,19} The majority of their time is spent in these activities, and they neglect to consider how their posture, the brightness of the screen, and the distance of the screen from their eyes affect their eyesight and overall health. There are reports that those who use media gadgets more frequently feel bored or depressed. Skeletal abnormalities are observed in those who use electronic gadgets excessively. Pain, weakness, and numbness can result from repetitive strain injury, a chronic disorder caused by continuous, strong, or uncomfortable hand movements that injure the muscles and nerves in the hand, neck, shoulder, and forearm. Extended usage of electronic devices can have negative effects on the eyes, neck muscles, arm, and wrist. Due to their decreased in-person interactions, people who use their smartphones excessively are likely to feel that their social relationships are not fulfilling and encouraging, nor that they are actively promoting the happiness and well-being of

others (Figure 3). This review article's objective is to examine the literature, enumerate the issues related to extended use of electronic devices, and provide strategies for reducing the symptoms brought on by increasing screen time.



**Figure 3. Harmful impacts of over use of smart phone
Effect on Eyes**

"Computer vision syndrome," which presents as eye strain, dryness, irritation, burning feeling, redness, blurred vision, and double vision, is brought on by prolonged use of electronic devices. According to the National Eye Institute, computer users should abide by "the^{20,20,20} rule," which suggests that after using a device continuously for 20 minutes, take a 20-second break and blink frequently to prevent dry eyes and further strain on the eyes.

Neck Pain

The muscles in your head have to work harder to keep your head up the more you stare down. When we stare down at our laptops, desktops, or smartphones all day, our muscles can become strained and uncomfortable. The main cause of the pain is bad posture or computer handling skills. Using a computer is among the most frequent causes. Individuals who spend a lot of time in front of a computer should practise good posture, look for new, ergonomic gadget designs, and perform stretch exercises as a way to relieve tension and discomfort without sacrificing productivity. Additionally, they ought to take sufficient breaks whenever they can.

Affecting Ears

Over use of earphones and headphones can lead to hearing loss, ear infection etc. Limit the amount of time you spend with music devices.

Back Pain

Young people who use electronic devices for extended periods of time and adopt bad posture while doing so can develop back pain.

Eating Habits

Many people begin to overeat when utilising electronic devices as a form of enjoyment, and lethargy brought on by addiction can also result in obesity.

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Switch out your internet use for a healthy hobby. Engaging in physical activity, reading literature, writing, studying, knitting, and crossword puzzles are all more beneficial than idly perusing the internet. Reduce tension and anxiety by using relaxation techniques. When you're feeling anxious, deep breathing, gradual muscle relaxation, yoga, and meditation are all excellent methods to unwind (Figure 5).



Figure 5. Green solution to excess use of electronic gadgets

Conclusion

Although advancements in communications and electronic devices make life easier, there may be drawbacks as well. People's health has suffered as a result of using electronics for learning and entertainment more frequently. Thumb pain is a result of the hand function being affected by smartphone overuse syndrome. Although overusing social networking sites might have certain negative effects, they offer a useful and engaging tool to support communication, which is a basic human need. Although advancements in communications and electronic devices make life easier, there may be drawbacks as well. People's health has suffered as a result of using electronics for learning and entertainment more frequently. Thumb pain is a result of the hand function being affected by smartphone overuse syndrome. Although overusing social networking sites might have certain negative effects, they offer a useful and engaging tool to support communication, which is a basic human need. Consequently, reducing or removing technology might not be the best course of action, but regulating it to the right extent would. People should be informed about the negative consequences of using electronics excessively. It's also critical to know how to reduce the negative impacts of using gadgets, such as increasing the frequency of your blinks, setting screen time limits, and choosing comfortable seating positions. The failure to maintain constraints is the primary source of most harmful health impacts. When practised in conjunction with family members, nutrition, physical activity, breathing exercises, meditation, pranayama, and yoga will help keep the physical dimension of health within a normal range. Eating with family members will also help maintain the spiritual dimension of health within a normal range, as will

offering prayers to God and Surya Namaskar. Thus, we can finally draw the conclusion that minimising the amount of time spent using electronics, gadgets, and appliances, minimising the amount of time spent on screens to view social media updates, eating well, interacting with family, praying, visiting places of worship, and travelling to areas rich in natural resources such as dense forests, waterfalls, rivers, dams, mountains, beaches, etc. can all help maintain mental health.

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