

Effect of Technology Devices on Health of Youth in Pune City

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Abstract

A new study suggests that increased use of technology in adolescents may be linked to attention behavior and self –regulation problems for at risk-youths. The study looked at the relationship between mental health symptoms and amount of time spent each day texting using social media or the internet .Participants in the study were all of lower socioeconomic status and already at heightened risk for mental health issues. The result of this study shows that when adolescents used devices more they were more likely to have behavior problems such as fighting, lying and displaying symptoms of attention deficit hyperactivity disorder. In today’s era of technology how the youth are commonly using devices to connect with their peers in social networks. Teenagers today are spending their more time on Technology devices like Laptop, Mobile Phones, Smart Phones and Tablets etc. There are very bad effects of these devices on youth’s health. Their brain’s thinner skin, tissues and bones allow them to absorb the radiation twice than the grown-ups. The possible health hazards of technology devices especially mobile phones for youth are as follows:

- 1. Non-Malignant Tumors – Children who use mobile phones have a possibility of developing non-malignant tumor in the brain and ear.*
- 2. Cancer: Children absorb more than 60 percent of the radiation into the brain than adults.*
- 3. Effects on the Brain: The radio wave storm the mobile penetrate deep into the brain, not just around the ear.*
- 4. Impaired Concentration/General Sickness/Eye Problem/Increased Stress/Neurodegenerative Disorders/Heart Risks/Loss of Hearing.*

Their Developing nervous system makes them more vulnerable to this ‘carcinogen’. Youth are addicted to mobile phones. They play games, chat and talk to their friends their mobile phone all the time. Thus, they miss the lesson taught and fall behind the other students. Use of cell phones can lead youth to engage in inappropriate behaviors. Youth can also access pornographic sites from their multimedia devices. Mobile phones and its radiation will be killing to our youth day by day. This paper focus, how does technology impact on development of youth? Second focus of this paper is on physical and mental health concerns of today’s youth.

Keywords: Technology, Device, Health, Youth.

1. Introduction

Obsession of Electronic Devices

The term technology has come from the Greek word “techne”, which is an art or technique used in order to find the better solution of a problem, get better a pre-existing solution to a specific problem, accomplish a goal, finding an relationship between applied inputs and outputs variables to get desired result. Technology is the making, modification, usage and knowledge of tools, machines, techniques and method of organization [3].

Almost half of the world is linked to the internet and in all over the world, for young people today, being online and using social media have become a central part of their lives. In a study it was found that youth have been using the internet since age 10 and spent more than 3 hours every weekday online after college and more than four hours on a weekend day [2].

As the mass accessibility and use of digital technologies is a relatively recent phenomenon, there is limited hard proof existing to date on whether digital technologies, as well as social media, cause mental health problems in young people. It emerges a little bit of internet use can have a small positive impact on youth’s wellbeing, and extreme use can have a small negative impact on mental wellbeing [3].

This dependence on digital technological devices or electronic gadgets has increased anxiety among parents, teachers, governments and youth themselves that digital technologies are aggravating feelings of anxiety and depression, upsetting sleep patterns, leading to cyber-bullying and deforming body representation. In response to these and other concerns, many countries are taking action to prevent youth from playing online games and spending more time on internet by making strict rules like resident registration number is required between midnight and 6am to get the permission for playing online games as well as the Government of the few countries is analyzing how electronic devices affect youth’s wellbeing, as well as how much screen time is healthy for them [10].

As the fast adoption of digital technologies and social media by youth of countries, it is dangerous to take on an approach that minimize the possibility of limit the significant opportunities and benefits digital technologies and social media have to recommend. Youth and their families should be allowed to be accountable online participants and skilled about suitable digital use and threats. Industries should be optimistic to produce relevant, correct and available content and tools. It remains serious that children and young people who present signs of mental illness get help early. This research paper shows the study of Impact of Electronic Gadgets amongst the Youth of Pune city and focus on Health issues that are faced by them due to Electronic Devices’ Usage.

2. Review of Literature

There are a few studies which reveal the positive effects of the innovative devices and services. Different examinations uncover the negative effects of these tech-items. A portion of the examinations take both the positive and negative effects of these advancements into thought and some others demonstrate a fair methodology with respect to the utilization of the tech-devices and services.

2.1 Positive Impacts of Electronic Devices

Indeed the utilization of the tech-devices and services by the present age positively affects IT markets and in this manner it is valuable for the economy. Tech-gadgets and gaming may effectively affect researching aptitudes, vital reasoning and imagination capability of the people. These tech gadgets and services are better hotspots for learning for the young and these are the wellsprings of fun and excitement which enable them to occupy from every day worries of life. The advanced conduct of the adolescent influences them to sit at one place for an extensive stretch of time and the eye, hand and mental coordination is kept up amid that period. To cross the dimensions well ordered in the diversions may enhance the designing abilities among the adolescent and it might likewise help in working up great dispositions of pushing

forward in life regardless of any snags. Following examinations bolster the constructive outcomes of the tech-devices and services.

Web keeps on developing past our conviction. About 43.9% of the world's well known population approaches the individual to individual correspondence social media like Face book, Twitter, Linked-In, YouTube, Flickr, destinations, wikis, and much more which let people of all ages rapidly share their interests existing separated from everything else with others everywhere. So the interconnectedness all through the world is winding up rapidly in light of web use [14].

Exactly when understudies use workstations and other tech-devices by the instructor's proposal they are related with course learning targets. The classroom learning and duty of the energetic understudies can be influenced insistently by the usage of these propelled devices.

2.2 Negative Impacts of Electronic Devices

Despite the fact that the utilization of tech-devices and services has numerous positive effects, they are brief. In long run it affects the people. The advanced exercises make the young solid in specialized abilities however make them powerless, all things considered, pragmatic aptitudes. It removes the youthful mass from the truth helping them to live in their conjured up universe. Because of the time spent on the gadgets the adolescent are ceased from some outside exercises with loved ones. The liberality in savage recreations may make more viciousness in their psyche. The more they utilize the devices, the more they are obsessed with it which may divert them from study. In the middle of the season of playing amusements when they can't accomplish the set target, it might raise their on edge level higher. After all dependence on the gadgets may create unfortunate way of life, poor time the executives and poor dietary patterns among the adolescent. Following investigations feature a portion of the negative impacts of the tech-gadgets and services.

It would have been significantly better if the downsides or the negative effects of the utilization of the advanced services would have been known before a few years. As the utilization of the advanced services has negative effects understudies ought to limit the utilization of these instruments and should mindful about its utilization [15].

The unquenchable utilization of tech services affects the adolescent. Because of these impacts youth need to do things quicker, less demanding and inexpensively. Everyone needs to get things done by their own calendar and pace, flopping in which they wind up on edge. Up close and personal correspondence is stayed away from by the youthful mass, which isn't useful for the general public [14].

2.3 Positive and Negative Impacts of Electronic Devices

A few investigations center on both the positive and negative results of utilization of the tech-gadgets and benefits and give a decent methodology in regards to the utilization of the equivalent. Innovation is an indispensable piece of our regular daily existence as individuals are reliant on it from everywhere throughout the world for correspondence, association and business and so forth. One can't avoid innovation notwithstanding for multi day. Not by any means a solitary day abandons a phone close by or without workstation and net surfing. Despite the fact that innovation being getting it done there are essential issues that tail us all over the place and for the most part it has disadvantages in the zones of wellbeing, open security and training [14].

Understudies ought to be urged to create in an innovative world. The need of informal communication, PC amusements or advanced propensities for them ought to be comprehended by the older folks. However, at the same time the outcomes of those propensities ought to likewise be considered. It is smarter to examine the connection between innovation, tyke improvement and the mainstream culture. Guardians

ought to encourage a sound and adjusted connection among innovation and their youngsters helping them to utilize the web-based social networking viably [14][15].

2.4 Impact of Electronic Devices on Health and Standard of Living

Presently we comprehend that utilization of any innovation affects the psychological wellness and the way of life straightforwardly or in a roundabout way and the impact might be certain or negative. At the point when the utilization appears as compulsion then the effect might be negative upon both. The accompanying explanations likewise demonstrate the equivalent [16]. Professor of Psychology in Swansea University's College of Human and Health Sciences asserts the net habit as the reason for the dejection, social disconnection, and upset rest of the present age. Online dependence on medications or liquor since web gives the dependent individuals a similar sort of high driving the reliance on it to feel ordinary.

University demonstrates that when the addict come disconnected, they get negative emotional episodes, expanded dimensions of misery and impulsivity. Nations like US, China, Australia, Singapore, Japan, and South Korea have sounded the alerts that web fixation speaks to a huge wellbeing risk [12].

3. Statement of the Problem

There are various research work related to this investigation zone directed fundamentally in western nations and the nations having a developed society. The accessibility and facility of the technological devices and service are huge in those nations. Relatively fewer studies are being directed in the creating nations like India and those less investigations are even led in the metro urban areas. The studies directed for the most part center around the planning and effect of the technology addiction however less spotlight on the reason behind it. The teenager area of the general public is nearly ignored in the investigations.

4. Objectives of the study

Following are the three specific objectives of this study.

1. To study the time spent by the youth with their electronic devices.
2. To examine the aims behind utilization of electronic devices and services.
3. To examination the effects of the addictive utilization of the tech-devices and facilities on emotional wellness and way of life.

5. Research Methodology

5.1 Study Area

The study is conducted in Tilak Maharashtra Vidyapeeth, Pune, is a Deemed University of higher learning for traditional and professional courses. It is situated in the education hub Pune of Maharashtra of India.

5.2 Sample

A purposive examining strategy was pursued to gather data from 200 understudies of the organization out of which 70 were male and 130 were female understudies. The age run fluctuates from 18 to 25 years. The normal age of the complete example was 20 years. The normal age of both male and female example is 20 years. Being a specialized foundation the portrayal of the female understudies is more. That is the reason there is a divergence in the quantity of tests of male and female understudies in present investigation. The instruction of the examined understudies shifts from Undergraduate students of various departments of Management, Journalism and Mass Communication, Hotel Management, Nursing and Physiotherapy. The

quantities of members from every class of courses are more than 60 individually. In the present examination members, understudies and respondents are utilized reciprocally.

6. Data Analysis and Findings

6.1 Financial Profile of the Respondents

Financial status of the member is helpful data for the examination of the information. A monetarily stable individual is expected to have more than one innovative gadget. For the most part the devices (mobiles, workstations, PDA and so forth) are of greater expense as opposed to other shopper products in the market. The information represent that the parental salary of the understudies that change from 50 thousand to 1 lakh approx. every month. Normal parental pay of the members is 40 thousand every month around. This implies the greater part of the understudies have a place with white collar class family; it isn't so troublesome for their folks to manage the cost of them something like two tech-gadgets. Again a few members are of rich class family equipped for bearing more than a few devices.

6.2 Possession of Electronic Devices

To break down the addictive utilization of the tech-gadgets it is important to think about the ownership of them by the young. The more number of contraptions one will have the additional season of him/her will be gone through with those. It is obvious from the information that all most the majority of the respondents for example up to 96.8% of them are having no less than two devices. Among them 54.6% respondents have two devices, 30% have three and 12.20% of them have multiple devices (Figure 1). It demonstrates the partiality to the youthful members towards the tech-gadgets and services.

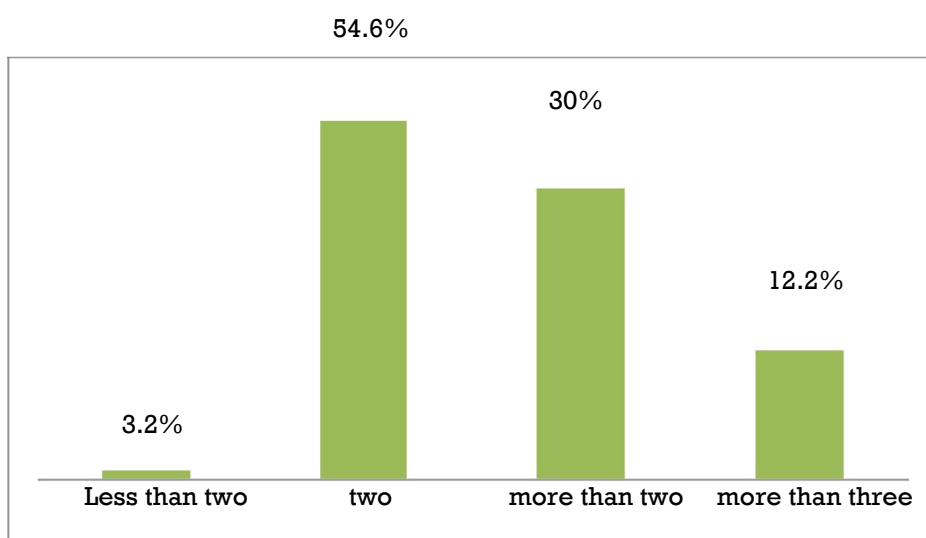


Figure 1: Possession of the Electronic Devices by the Respondents

The accessibility of something dependably powers the utilization of that item as it is the idea of the person to do as such. At the end of the day, the more one can have the more one can utilize. So because of this accessibility the utilization of the tech-devices are expanding in huge way. One of the intriguing highlights of new devices is that they furnish bunches of fun and entertainment with each new version. This keeps the young snared to the contraptions for a more extended timeframe.

6.3 Period Spent to Gain the Facilities

After the responsibility for amount of contraptions the accompanying basic information is the time spent by the respondents to use them. In fact, even to ensure that somebody is subject to certain thing the time factor is basic for examination. The diagram in the figure 2 shows how much time the respondents are committing towards the gadgets they are using. The tallest bar in the outline suggests the proportion of the individuals using their contraptions for more than 6 hours. 55% of the total respondents are experiencing more than 6 hours out of every day with their electronic devices and welcome the organizations out of them. This in like manner suggests $\frac{1}{4}$ th of their time is proceeded with their contraptions and organizations. Where 25% individuals are using the contraptions for 4-6 hours out of consistently and 13% of them are using these for 2-4 hours. The proportion of individuals those experience 1-2 hours out of every day with their contraptions is less for instance in a manner of speaking 7%. This estimation from of the data shows the insatiable usage of the contraptions by the energetic respondents. 6 hours or above is a considerable time range for an understudy paying little heed to whether for anybody.

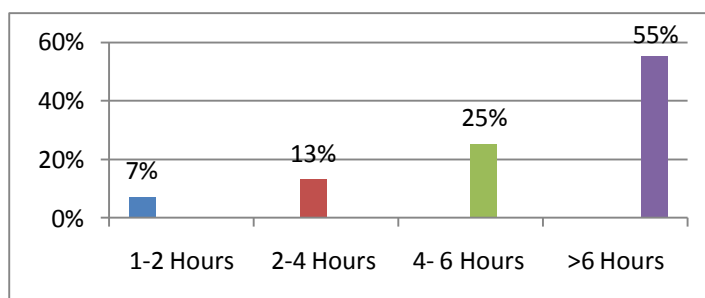


Figure 2: Time Spent with Electronic Devices by the Respondents

In the event that it is investigated it tends to be comprehended that adjacent to their school hours, dozing hours and the day by day exercises the members are utilizing all their time in making themselves occupied with the devices and services (web, social sites, gaming and so on). So it very well may be even informed that devices are the closest companion of the present youth to invest energy with them. The investigation of this information symbolizes that the level of utilization of the tech-devices and facilities among these youthful mass is high, prompting the dependence towards the innovative gadgets. The client can be asserted as a junkie here, as having the learning of the results of the abundance utilization of the services they are utilizing them up to such degree. Obviously that, this area of the general public is the exceptionally taught mass.

6.4 Facilities using Electronic Devices

The more conspicuous services given by the devices in current age is the web. All most every one of the general population utilizing tech-gadgets are getting to the administration. Almost 19% of the respondents are utilizing web over 6 hours out of each day and about 33% of them are utilizing it from 4-6 hours. 2-4 hours out of every day is given for it by 44% of the respondents and just 5 % of the respondents are utilizing it for 1-2 hours (Figure 3). This shows prominence of web among these youthful mass. Truth be told, web gives the available resources of diversion for the young generation.

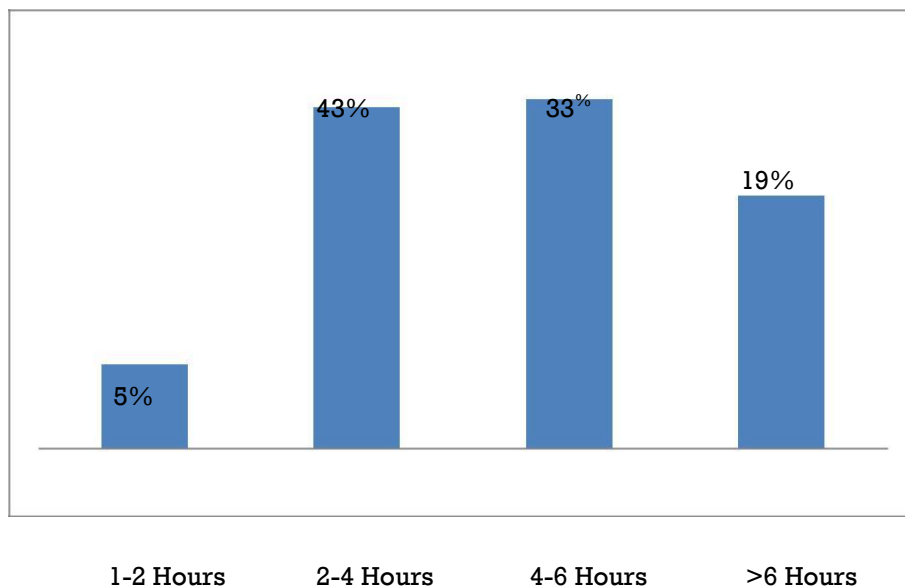


Figure 3: Utilization of Internet Facility by the Respondents

The web has a wide scope of impact on the adolescent. The equivalent is by and large commonly utilized with the end goal of interpersonal interaction, gaming, watching motion pictures, sports and news and so on. This proposes greatest number of youth use web for unwinding and beguilement and purchasing items online for example the web based shopping.

6.5 Intention of Using the Devices and Services

Although impacts of the overuse of a subject is independent upon the purposes behind the use of that subject, in case of claiming a use as addiction the purpose behind the use has to be considered. Here the purposes are categorised into three categories such as study, communication and entertainment.

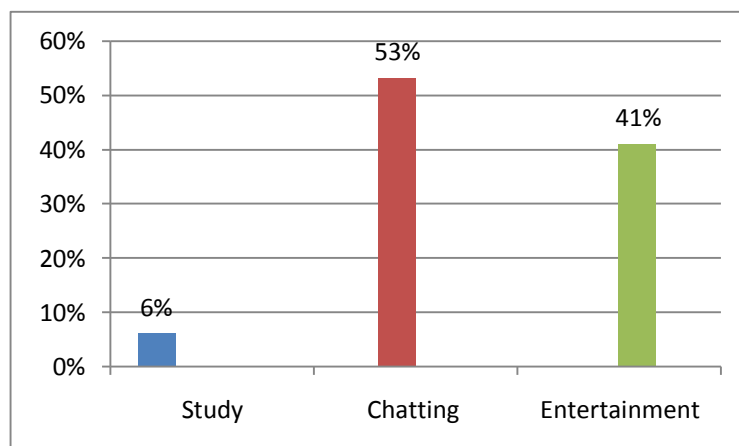


Figure 4: Intention of Use of Electronic Devices

The chart in the figure 4 demonstrates how much time the respondents are providing for the separate purposes out of the complete time committed to their devices and the services given by them. That implies it connotes that how much time the respondents are utilizing their devices and the services for which purposes. About 94% of their total time spent by the respondents on chatting and entertainment and almost 6% of the time they are spending with the end goal of study. They are investing almost maximum of their energy out of the all out time went through with their contraptions with the end goal of correspondence (Figure 4). For understudies remaining outside the home investigation and correspondence (up as far as possible) can be considered as the need. In any case, amusement is for the most part viewed as the feeling of joy for an understudy and notwithstanding for a person. Here, the stimulation factor contain the exercises like observing motion pictures, sports, gaming in the web, long range informal communication, visiting with companions on social medias and so forth and the investigation contain the perusing of the writings in regards to the course of study, increasing outward information, watching news and so on. So by examination of this source information it tends to be comprehended that the unquenchable utilization of the tech-gadgets and services are joy driven as opposed to need driven. As here the vast majority of the understudies are utilizing their devices and the services given by them to the motivation behind amusement. For this situation the utilization of these items is fulfilling the normal for enslavement.

6.6 Gender Divergence in the intention of Using Electronic Devices

The reasons behind the utilization of the tech-gadgets if there should be an occurrence of male members vary from that if there should be an occurrence of female members. The male respondents are giving 76% of time for diversion reason, 11% for study reason and 23% for talking reason where in the event of female respondents; it is 33%, 19% and 48% separately (Figure 5.2). From the outcomes, it is apparent that females utilize the services somewhat more for studies and correspondence than their male partners. Notwithstanding, male understudies utilize the services for the most part for amusement.

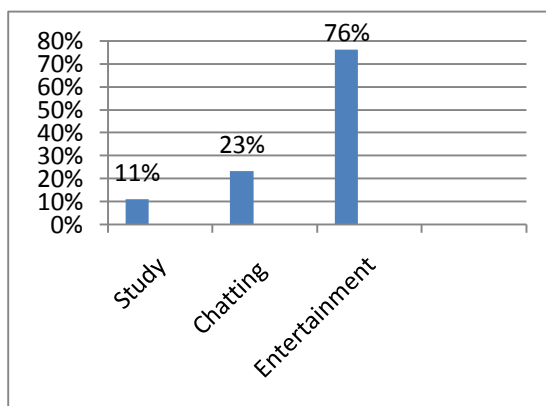


Figure 5.1: Percentage Male's Intention of Using Electronic Devices

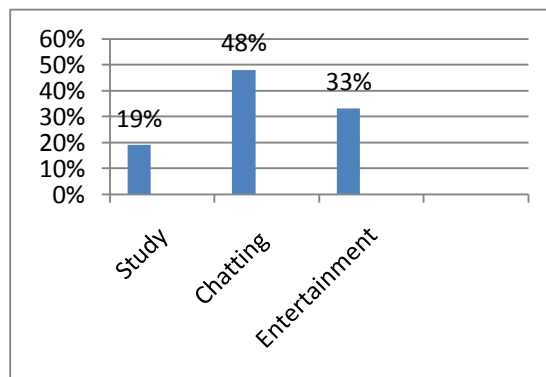


Figure 5.2: Percentage Female's Intention of Using Electronic Devices

The figure 5.1 and 5.2 shows that, female respondents are devoting more time to chatting with friends compared to the male respondents. Males give more priority to entertainment.

6.7 Health Impacts of Extreme Use of Electronic Devices

In the event that the effect of the utilization of something or any movement is certainly not a negative one on the client then it will involve senseless to guarantee the utilization as an addictive use. Along these lines, it is vital for the investigation to consider the part of the effects of the extreme utilization of the tech gadgets. Here every one of the understudies under the investigation are of a similar establishment for example living in a similar situation and getting a similar office and furthermore the effects on wellbeing those will be broke down are not ceaseless in nature. So different elements those are influencing the wellbeing are about controlled and are same for each respondent. Following sections portray the evil effects of abuse of electronic devices and services.

6.8 Physical Health Issues with Youth

6.8.1 Use of Ear Phones and Its Impacts on Hearing Capacity of the Respondents

One of the eye-getting data in the source information is about the utilization of the ear telephones or head sets by the members and its effect on their hearing limit. Information infers that about 69% of the respondents who are utilizing ear telephone or set out sets toward more than 6 hours of the day are having huge hearing issue. The level of respondents having hearing issues decline on account of the clients utilizing ear telephones for less timespan. It is 45% for the clients of 4-6 hours, 16% if there should arise an occurrence of the clients of 2-4 hours and for clients utilizing the equivalent for 1-2 hours it is just 11% (Figure 6). It connotes that the higher the level of the utilization of the ear telephones the higher the consultation issues of the understudies. We realize that as headphones are electronic gadgets and have radiation impact, they can influence the consultation arrangement of the human body. This investigation from the source information underpins the current learning and can be viewed as a useful case of this.

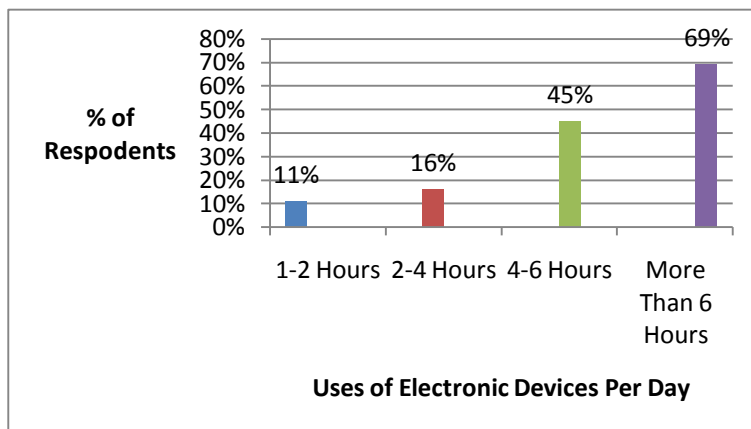


Figure 6: Respondents Facing Hearing Issues

6.8. 2 Physical Distress

According to the earlier information torment, hurts (essentially migraines) are a few indications of frail wellbeing. Normal migraines are likewise having issues on psychological wellness of the person. Redundancy of a similar thing for an extensive stretch of time may cause cerebral pains for someone. Additionally steady utilization of a specific item can have throbs. For the most part agony and hurts will be there when development of both body and brain is controlled in one place. As per the information almost 81% of the respondents whose timeframe of utilizing contraptions is over 6 hours are having cerebral pains and torment all the time. The measurements for the last three classifications based on timeframe of utilizing devices are this way: 64% for clients of 4-6 hrs, 26% and 12% for 2-4 and 1-2 hrs separately (Figure 7). The lights and the radiations leaving the devices might be the reasons for cerebral pains. This examination as indicated by the information underpins those referred to actualities as an expansive segment of the members dependent on tech-gadgets are experiencing normal migraines.

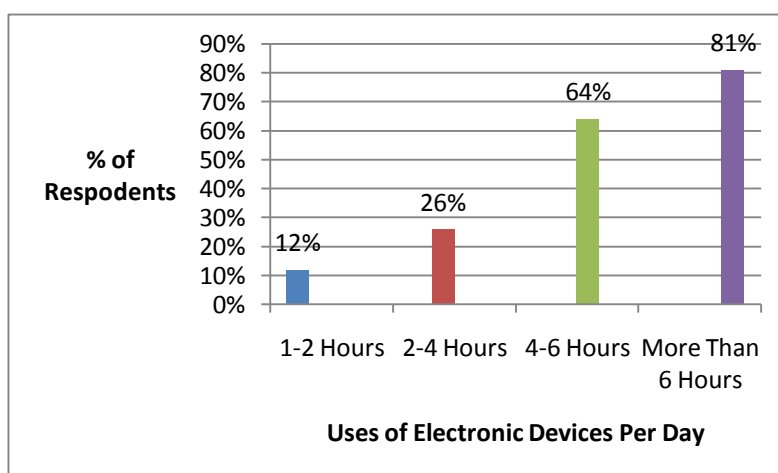


Figure 7: Respondents Facing Headaches Problem

6.8.3 Problem in Sleeping

About 78% of the respondents who are utilizing their contraptions for over 6 hours have expressed that they have dozing issues for example they confront issue in nodding off or staying unconscious. Be that as it may, in the event of different respondents the issue isn't of significant. 10%, 7% and 5% are the scores for the last three classes (Figure 8). This symbolizes the youthful respondents who are utilizing the tech gadgets for a constrained time frame have a sound rest in the night instead of the respondents connected with to the addictive use. Less dozing can influence their wellbeing in a long run. It affects both on mental and physical strength of the person. So it is a standout amongst the most negative effects of the Electronic Gadgets. Restlessness itself is considered as an illness by the wellbeing specialists.

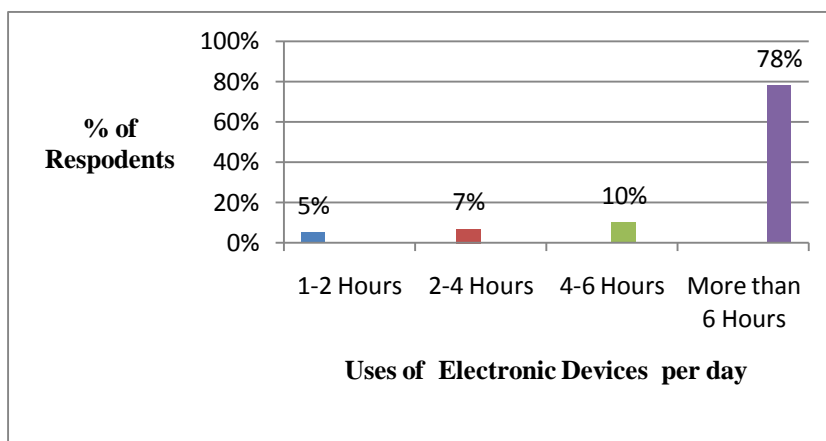


Figure 8: Respondents facing Sleeping Problem

6.9 Mental Health Issues

6.9.1 Anxiety or Stress Level

Uneasiness, apprehension or stresses are commonly viewed as the qualities of sick emotional well-being of a person. The more the level of these qualities the more unfortunate the individual would be. A sound personality is required to have less measure of these side effects.

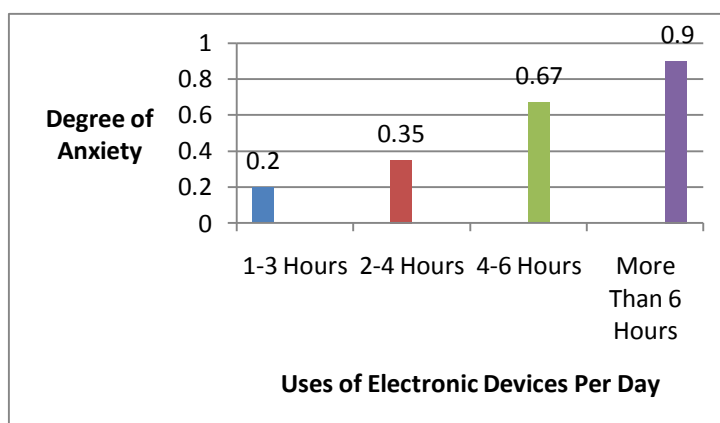


Figure 9: Impact of Obsession on Anxiety Level

Table 1: Anxiety Level

Anxiety Range	Level
0-.2	Normal
0.2-0.6	Mild
0.4- 0.8	Moderate
0.8-1.0	Severe

Figure 9 shows the majority of the clients utilizing the devices for over 6 hours are on edge and anxious. The reason of this uneasiness might be the mindset of the clients of picking up speed in each work which is the impact of gaming and utilization of web. Everyone in the tech world needs the quick movement in each work. Also, when they can't accomplish that, it turns into the very reason for their apprehension.

6.9.2 Depression

The less ought to be the sadness level the more solid and glad the individual will be. So the pity or the misery is affecting the psychological well-being of a person. The information speaks to here shows how the addictive utilization of the devices by the understudies is controlling the melancholy dimension of them. The information uncovers that among the clients of >6 hours, 88% are discouraged in their lives. While the level of the respondents having dejection if there should arise an occurrence of the clients of 4-6 hrs is 57% and for 2-4 hrs and 1-2 hrs clients it is 22% and 13% separately (Figure 10). Again the level of gloom differs from lower to higher according to the expanding request of the time span of the utilization of contraptions. It might be the after-effect of social seclusion of the understudies because of the dedication of extensive measure of time towards the innovation. Despite the fact that the devices are giving satisfaction to the understudies however after all these are the machines just and have no feelings and sound judgment. They work as per the information nourished to them. So for gladness in life the communication with the people is essential and from which the addicts are denied of and having a discouraged existence.

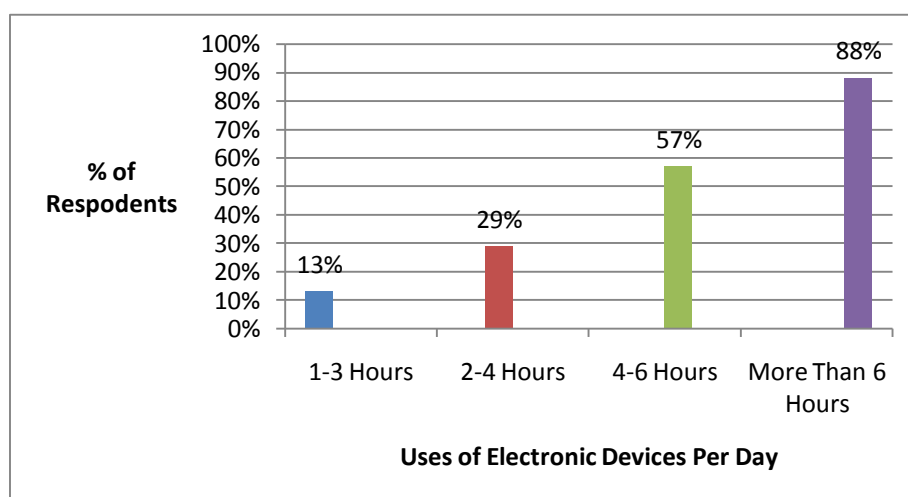


Figure 10: Respondents Facing Depression Problem

6.10 Social Health Issues

6.10.1 Interaction with Public

Man being a social creature ought to associate with one another which give a sentiment of unity and furthermore feeling of security. The common association fabricated the certainty inside the person which an imperative to live in the general public. It symbolizes a social conduct of a person. Yet, it is hard to adapt to the general public when someone fears open talking. It is hard to express one's view without correspondence and that to be the immediate correspondence. It makes the circumstance of forlornness and influences accordingly emotional well-being of a person in long haul points of view.

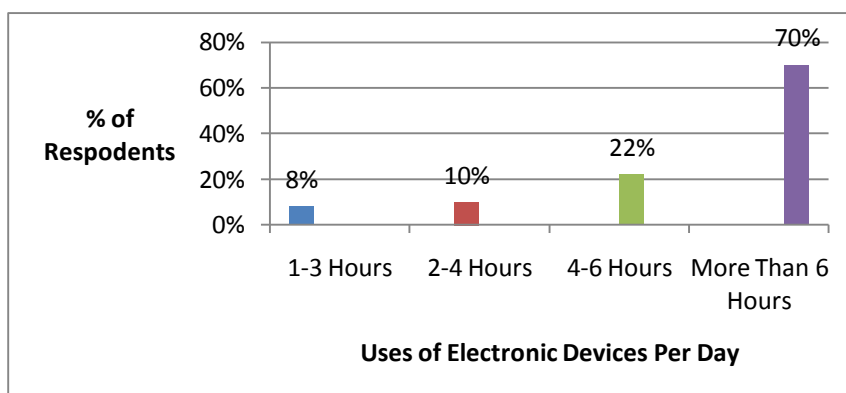


Figure 11: Fear of Public Interaction

About 70% of the addictive clients (in excess of 6 hrs) fear open talking which is an extraordinary risk for these youthful mass in the event of social point of view. Additionally 22% of the clients of the gathering 4-6 hrs fear the equivalent. Different classes have few issues in these viewpoints spoken to by the qualities 10% and 8% separately (Figure 11). The reason for the above issues might be the investing of less energy with others.

7. Importance of the Study

There are various research works to this investigation area led essentially in western nations and the nations having a created society. The investigations depend on the western/current culture and the accessibility and office of the tech-contraptions and services are substantial in those nation. Nearly less investigation are being led in the creating nations like India identified with this region of study and those less examinations are even led in the metro urban areas. This examination is led in Tilak Maharashtra Vidyapeeth a fundamental ground which goes under a creating city Pune known as Education Hub in India. This examination will be an extra learning in the separate field of research for the up and coming analyst. It will give vital data with respect to the understudies to the instructive establishments like Tilak Maharashtra Vidyapeeth, Pune and will help them in detailing their strategies in regards to the controlled utilization of electronic devices of the understudies. It might likewise assist understudies with understanding the effects of the dependence on the electronic devices and services and make them mindful about the control of the utilization of the gadgets.

8. Conclusion

The present study is a promising report as in we are living in a universe of information and innovation. Changes in the logical world are extremely quick. Keeping ones speed alongside the change is certainly a testing undertaking. Henceforth, one must figure out how to practice control and to comprehend what is vital and what isn't imperative at a predefined time. Learning the executives, time the board and setting the needs of life should manage our conduct in utilizing the mechanical contraptions and services. Last yet not minimal; utilization of any item ought to be need driven as opposed to extravagance driven, with the goal that we can infer greatest joy and joy.

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