

MODERN DAY GADGETS & THEIR IMPACT ON HEALTH & ACADEMIC PERFORMANCE OF THE YOUTH

Vibha Mathur¹ & Saloni Arora²

¹Associate Professor, Department of Commerce, Jesus and Mary College, Chanakyapuri, New Delhi, India

²Assistant Professor, Department of Commerce, Jesus and Mary College, Chanakyapuri, New Delhi, India

Received: 03 May 2019

Accepted: 10 May 2019

Published: 31 May 2019

ABSTRACT

“Youth is the future of every nation” is a popular saying and holds true for every country. When a country has an educated and knowledgeable workforce enabled with the latest technology, then the country is bound to lead the world in overall progress and development.

Modern day gadgets such as Tablets, smartphones, Ipads, laptops, etc. are electronic devices which can be easily carried from one place to another. These are being used by the younger generation of today for brighter prospects but they end up falling to its harmful effects. Though, there are significant advantages arising from these “Tech devices” like easy accessibility to information, instant connectivity, enhancement in knowledge, etc. but addiction to these devices are proving to be a menace rather than a boon. Over the last decade, research into addictive technological behavior has substantially increased. Reports have shown that internet, apart, from its benefit for the educational development of young people, is also associated with some negative effects on their psychological wellbeing.

The study aims to study the repercussions of excess use of modern gadgets on both health and academic performance of the younger generation. It has been observed that the youth is experiencing its serious consequences such as increased levels of anxiety and depression, insomnia, lack of appetite, dissatisfaction with body image, cyber-bullying, and FOMO (Fear of missing out). Its ill effects can also be seen on their academic performance (poor scores or failing in exams etc). The youth, it seems, has forgotten that modern-day gadgets should improve their life and not become their life.

KEYWORDS: Youth, Modern Day Gadgets, Insomnia, FOMO