



IMPACT OF TECHNOLOGY ON GADGETS

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ABSTRACT: Among all the widgets, 67.11% of the actors were reported to use mobile phones on a diurnal base. Due to the ongoing COVID - 19 epidemic, 24.48% of repliers used electronic widgets for attending online classes. The actors were reported to use widgets significantly more ($P < .05$) in 2020 as compared to 2019. Children showed lower tendency to spend time in out-of-door conditioning. Further than 50% of the actors spend time doing out-of-door conditioning for lower than 1 hour daily. An association between contrivance use and health problems like headache, backache, visual disturbance, and sleeping disturbance has been observed in our study. In a global review study, it was set up that there's a positive correlation between the inordinate use of electronic bias like smartphones and computers and psychiatric comorbidity. The goods were more on youthful children than other age cohorts. According to the US Centers for Disease Control and Prevention, an average child spends about 8 hours a day watching electronic defenses. Too important screen time and lack of sleep can lead to lack of productivity among children. In worst cases, teens are driven into doing conditioning defying rules, getting social delinquents. Studies also prove that the inordinate use of electronic widgets in early non age or teenage times can affect in different cerebral diseases, like attention deficiency hyperactivity complaint (ADHD), as well as physiological complications like rotundity, diplopia, blankness, blurring vision, headache, etc. Hence, owing to the below - mentioned data, the present study was carried out in colorful metropolises of Bangladesh to find out the effect of the use of electronic widgets on the overall and health of secondary academy - going children. analogous types of studies were conducted before with children in Western countries and also the countries having a developed society. To the stylish of our knowledge, this is the first - ever study on this content in Bangladesh, which aimed to assess the connection between operation of widgets and health complications of the different classes of secondary academy - going children. The top end of the study was to comprehend the influence of contrivance use and diurnal screen time on the physical and physiological well - being of secondary academy scholars from colorful regions across Bangladesh in the time 2020.

KEY WORD: Gadgets, health complications, secondary school students

INTRODUCTION

Due to the advanced technologies, we can use contrivances of different kinds. We all depend on bias from the morning alarm timekeeper to night, night lights. Compared to mortal exertion and machine exertion, the machine takes the lead in this world. No field is operating only with humans as overall man is dependant on them, as without them we can not do anything. Some of the contrivances we can not indeed imagine without being them are Laptops, smartphones, cookers, smartwatches, etc. The use of bias has answered lots of problems with physically challenged people. It has told us in numerous ways, and we can't indeed suppose without contrivances in our quotidian lives.

contrivances have made our lives enjoyable and comfy. Starting from the summer to the time-out season, we're making ourselves with AC and room heaters. Some of the other contrivances include a teetotalist hair straightener. You can't be suitable to find a single house without these contrivances. bias do help in saving a lot of space. In earlier days, there were telephones, where one demanded to sit in one place and talk, but now with smartphones, one can travel around and talk wherever. Some other contrivances meant for fun, like iPod, Mp3, Play Station etc., have always been our favourite. These goods are only possible because of ultramodern technology. The operation of these contrivances brings closeness and smile to the family members. They've come essential since they've managed tedium and loneliness in our quotidian lives. Though technology and contrivances may be helpful if made an dependence, they can be dangerous. therefore to avoid dependence to it, you can set a time limit.

rested on exploration, 29% of youths efficiently use ultramodern contrivances, and 70% master them by primary academe age. Children's nonstop operation of contrivances has numerous adverse goods, similar as attention deficiencies, loss of focus, difficulty in knowledge, anxiety etc.

therefore, we need to understand that technology and contrivances make our lives easier. thus, we shouldn't come addicted to them. People presently tend to have numerous bias, and they're obsessed with them, which isn't a healthy sign. We don't have any control and keep gazing at the display as the brilliance from the screen causes torture which isn't salutary for us. Hence I'm concluding that if we use the technology in a good way, we're all good, use it in a wrong way no wonder you in trouble.

Challenges:

1. Dependence One of the biggest challenges associated with the impact of technology on widgets is the issue of dependence . numerous people find themselves spending too important time on their bias, leading to negative goods on productivity, internal health, and connections.
2. sequestration and security With the increased connectivity and data sharing that comes with numerous widgets, there's a threat that particular information may be compromised. Cybercrime and data breaches have come more common, and numerous people aren't apprehensive of the pitfalls associated with their bias.
3. Environmental impact The product and disposal of widgets can have a significant environmental impact. The manufacturing process requires a significant quantum of energy and coffers, and the disposal of outdated bias can lead toe-waste.
4. Fustiness The rapid-fire pace of technological advancement means that widgets can snappily come outdated. This can lead to a cycle of constantly upgrading and replacing bias, which can be expensive and unsustainable.
5. Digital peak The impact of technology on widgets has not been unevenly distributed, and there's a threat of a digital peak between those who have access to the rearmost bias and those who do not. This can complicate being social and profitable inequalities.

Market Scenario:

The market scenario on the impact of technology on gadgets is constantly evolving, with new devices and technologies being introduced to the market all the time. The global market for consumer electronics, which includes gadgets such as smartphones, laptops, tablets, and wearable devices, was valued at 1.2 trillion in 2020 and is expected to grow at a compound annual growth rate (CAGR) of 7.7% from 2021 to 2028.

One of the key drivers of this growth is the increasing adoption of connected devices and the Internet of Things (IoT). The IoT allows devices to communicate with each other and with the internet, enabling new functionalities and use cases. For example, smart home devices such as thermostats, lights, and security systems can be controlled from a smartphone or other device, providing greater convenience and energy efficiency.

Another important trend in the market is the increasing focus on sustainability and environmental impact. Consumers are becoming more aware of the environmental impact of their devices and are seeking out products that are more eco-friendly and sustainable. This has led to the development of new materials, manufacturing processes, and recycling programs for gadgets.

In terms of specific product categories, smartphones continue to dominate the market, with over 1.3 billion units sold worldwide in 2020. However, the market for wearables, such as smartwatches and fitness trackers, is also growing rapidly, with a CAGR of over 15% expected from 2021 to 2028.

NEED OF THE STUDY.

1. Understanding user behaviour: The impact of technology on gadgets can help us understand how people use gadgets and what their preferences are. This knowledge can be used to design better gadgets that are more user-friendly and meet the needs of users.
2. Enhancing usability: Understanding how technology impacts gadgets can help us enhance the usability of gadgets. By identifying areas where gadgets are difficult to use, we can design better interfaces that make it easier for users to interact with their devices.
3. Improving efficiency: The impact of technology on gadgets can help us improve the efficiency of gadgets. By identifying areas where gadgets are slow or inefficient, we can develop new technologies that improve the performance and speed of gadgets.
4. Predicting future trends: The study of the impact of technology on gadgets can help us predict future trends in gadget design and usage. This can help manufacturers stay ahead of the competition by developing gadgets that meet the needs of consumers before they even know they have those needs.

RESEARCH METHODOLOGY

This research study's objective is to examine the potential for the technology business both now and in the future. We have chosen a mixed-methods technique that comprises a literature review, expert interviews, market analysis, and a consumer impression survey in order to accomplish this goal.

Literature Review

1. Evolution of Gadgets:

One of the most significant impacts of technology on gadgets has been the evolution of gadgets themselves. The evolution of technology has led to the development of more advanced and sophisticated gadgets, which have transformed the way we live and work. From smartphones and laptops to smartwatches and fitness trackers, gadgets have become an integral part of our daily lives.

2. Communication and Connectivity:

Technology has also had a significant impact on the communication and connectivity capabilities of gadgets. With the advent of high-speed internet and wireless networks, gadgets are now able to connect to the internet and other devices more easily than ever before. This has led to the development of new communication tools such as video conferencing, messaging apps, and social media platforms.

3. User Experience:

Another key impact of technology on gadgets has been the improvement of the user experience. With the development of new technologies such as touchscreens, voice recognition, and artificial intelligence, gadgets are now more intuitive and user-friendly than ever before. This has led to a more seamless and enjoyable user experience, which has in turn increased the popularity and adoption of gadgets.

4. Impact on Health:

Technology has also had a significant impact on the health and well-being of users. With the development of fitness trackers, smartwatches, and other health-related gadgets, users are now able to monitor their health and fitness more closely. This has led to a greater awareness of the importance of physical activity and healthy living, and has motivated many people to make positive lifestyle changes.

5. Privacy and Security:

Finally, the impact of technology on gadgets has raised concerns around privacy and security. With the increased connectivity of gadgets and the storage of personal data on devices and in the cloud, there is a greater risk of data breaches and cyber attacks. This has led to a greater focus on data privacy and security, with many companies implementing stricter security measures and users becoming more aware of the risks.

Probable Customer Survey

To understand the potential demand for technology among Indian consumers, we conducted a customer perception survey of 136 individuals from varied backgrounds. The survey has collected data on consumer awareness, attitudes, and preferences towards technology. Overall, the literature review and customer perception survey highlight the impact of technology on gadgets, but also identify several challenges that need to be addressed for the industry to grow. Increased awareness, government support, and addressing cost barriers are some of the key factors that could help promote the growth of technology in India.

Population and Sample

We took a Sample Size of exactly Individuals from varied field. The Sample Size includes, Students', Working Professional's, Homemakers, Retired Individual's and Gardeners'. They all gave varied responses according to the Question's. We have used Google Forms to collect these 136 responses. We majorly used Social Media Platforms to share the Questionnaire in Google Form. Wherever required, we interacted with Customers' or eve respondent via Call or message to give best possible answer to the Respondent to any Question they are having.

Data and Sources of Data

1. Type of Data: This includes the type of data that we have collected for our study. For this Research we collected both primary Data and Secondary Data, the Primary Data are being Collected as form of Questionnaire. In the Questionnaire, we collected both Qualitative and Quantitative Data from the Respondent's. We revied Articles – Research Articles, Newspaper Articles, and Blogs as part of Secondary Data.
2. Data Collection Methods: We collected the Primary Data by using a Questionnaire shared among 136 different Individual's by Google Forms. We reviewed different Articles available from the Internet.
3. Sampling Technique: We used Random Sampling Technique to analyse the data received from the Questionnaire Survey.
4. Sample Size: The sample size is taken of 136

Research Review:

The study examined the association between quotidian time spent texting while on social media or the internet and internal health symptoms. All of the study actors had lower socioeconomic status and were formerly at advanced trouble of developing internal health problems. The findings of this study indicate that teenagers who used contrivances more constantly were more likely to engage in disruptive behaviours similar lying, arguing, and showing signs of attention insufficiency hyperactivity complaint. They're more

susceptible to this carcinogen because of the development of their neurological system. immature people are mobile phone addicts. They discourse with their musketeers through converse and games. Teenagers constantly use their mobile phones to play games, converse, and communicate with musketeers. They fall behind the other scholars as a result of missing the assignment. The use of cell phones can encourage immature people to act erroneously. youths can use their multimedia contrivances to browse pornographic websites. immature people are dying from mobile phone radiation every day foreword preoccupation of Electronic bias. The term technology has come from the Greek word «*techne*», which is an art or fashion used in order to find the better result of a problem, get better pre- being affect to a specific problem, negotiate a thing, chancing an relationship between applied inputs and labours variables to get asked result. Nearly half of the world is linked to the internet and in all over the world, for immature people moment, being online and using social media have come a central part of their lives. As the mass vacuity and use of digital technologies is a fairly recent miracle, there's limited hard validation being to date on whether digital technologies, as well as social media, beget internal health problems in immature people. It emerges a little bit of internet use can have a small positive impact on youth's good, and extreme use can have a small negative impact on internal good(3). This dependence on digital technological bias or electronic contrivances has increased anxiety among parents, preceptors, governments and youth themselves that digital technologies are aggravating heartstrings of anxiety and depression, disturbing sleep patterns, leading to cyber- bullying and deforming body representation. Methodology. A purposeful examining strategy was pursued to gather data from 200 understudies of the association out of which 70 were mannish and 130 were womanish understudies. The age run fluctuates from 18 to 25 times. The normal age of the complete illustration was 20 times. The normal age of both mannish and womanish illustration is 20 times. Being a technical foundation the description of the womanish understudies is more. That's the reason there's a divergence in the volume of tests of mannish and womanish understudies in present disquisition. The instruction of the examined understudies shifts from Undergraduate scholars of colourful departments of Management, Journalism and Mass Communication, Hotel Management, Nursing and exertion. The amounts of members from every class of courses are further than 60 collectively. In the present examination members, understudies and askers are employed. Results and findings. fiscal status of the member is helpful data for the examination of the information. A monetarily stable existent is anticipated to have further than one innovative contrivance. For the utmost part the bias(mobiles, workstations, PDA and so forth) are of lower expenditure as opposed to other paperback products in the request. The information represent that the maternal payment of the understudies that change from 50 thousand to 1 lakh approx every month. Normal maternal pay of the members is 40 thousand every month around. This implies the lower part of the understudies have a place with white collar class family; it's not so worrisome for their folks to manage the cost of them commodity like two tech- contrivances. Again a multitudinous members are of rich class family equipped for bearing further than a multitudinous bias. Possession of Electronic bias. To break down the addicting operation of the tech- contrivances it's important to suppose about the power of them by the immature. The farther number of contrivances one will have the fresh season of him her will be gone through with those. It's obvious from the information that all most the maturity of the attesters for illustration up to 96.8 of them are having no lower than two bias. Among them 54.6 attesters have two bias, 30 have three and 12.20 of them have multiple bias. It demonstrates the partiality to the immature members towards the tech- contraptions and services. Period Spent to Gain the installations. After the responsibility for amount of contrivances the accompanying introductory information is the time spent by the respondents to use them. In fact, indeed to ensure that notoriety is subject to certain thing the time factor is introductory for examination. The illustration in the figure 2 shows how important time the attesters are committing towards the contraptions they are using. The tall bar in the figure suggests the proportion of the individualities using their contrivances for further than 6 hours. 55 of the total attesters are passing further than 6 hours out of every day with their electronic bias and drink the associations out of them. installations using Electronic bias. The farther conspicuous services given by the bias in current age is the web. All most every one of the general population exercising tech- contraptions are getting to the administration. verity be told, web gives the available resources of diversion for the immature generation. Intention of Using the bias 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 dependence the purpose behind the use has to be considered. also the purposes are categorised into three orders analogous as study, communication and entertainment. Gender Divergence in the intention of Using Electronic bias. The reasons behind the operation of the tech- contraptions if there should be an circumstance of virile members vary from that if there should be an circumstance of womanish members. Notwithstanding, virile understudies use the services for the utmost part for recreation. Health Impacts of Extreme Use of Electronic bias. In the event that the effect of the operation of commodity or any movement is easily not a bone on the client also it will involve senseless to guarantee the operation as an addictive use. Along these lines, it's vital for the exploration to consider the part of the goods of the extreme operation of the tech contraptions. also every one of the understudies under the exploration are of a similar establishment for illustration living in a similar situation and getting a similar office and likewise the goods on good those will be broke down are not ceaseless in nature. So different rudiments those are impacting the good are about controlled and are same for each canvasser . Following sections portray the evil goods of abuse of electronic bias and services. Physical Health Issues with Youth Use of observance Phones and Its Impacts on Hearing Capacity of the Attesters. One of the eye- getting data in the source information is about the operation of the observance telephones or head sets by the members and its effect on their hail limit. Information infers that about 69 of the attesters who are exercising observance telephone or set out sets toward further than 6 hours of the day are having huge hail issue. This exploration from the source information underpins the current knowledge and can be viewed as a useful case of this. Physical torture. According to the earlier information torment, hurts(principally migraines) are a numerous suggestions of frail good. Normal migraines are likewise having issues on cerebral wholesomeness of the person. Redundancy of Sleeping. About 78 of the attesters who are exercising their contrivances for over 6 hours have expressed that they have dozing issues for illustration they defy issue in seesawing off or staying unconscious. So it's a name amongst the most negative goods of the Electronic contraptions. Restlessness itself is considered as an illness by the good specialists. Mental Health Issues Anxiety or Stress position. Uneasiness, apprehension or stresses are generally viewed as the rates of sick emotional well- being of a person. The more the position of these rates the more unfortunate the existent would be. A sound personality is demanded to have lower measure of these side goods. The reason of this uneasiness might be the mindset of the guests of picking up speed in each work which is the impact of gamming and operation of web. Also, when they can't negotiate that, it turns into the very reason for their apprehension Depression. The lower ought to be the sadness position the more solid and glad the existent will be. So the pity or the misery is affecting the cerebral good of a person. The information speaks to also shows how the addicting operation of the bias by the understudies is controlling the melancholy dimension of 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 actuality. Social Health Issues Interaction with Public. Man being a social critter ought to associate with one

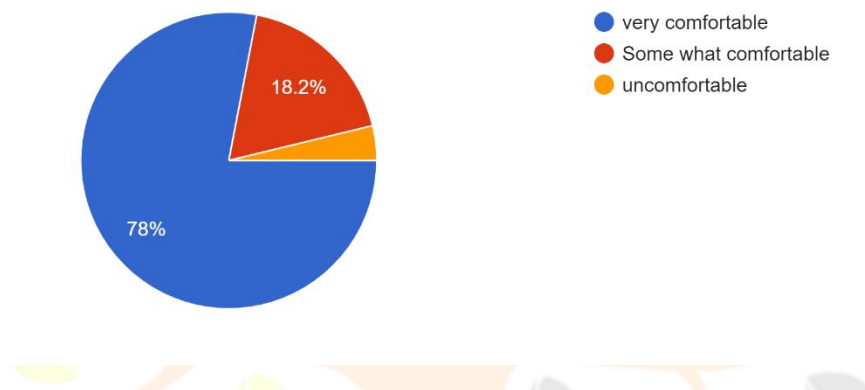
another which give a sentiment and likewise feeling of security. Yet, it's hard to acclimatize to the general public when someone fears open talking. It's hard to express one's view without correspondence and that to be the immediate correspondence. It makes the circumstance of hopelessness and influences consequently emotional well-being of a person in long haul points of view. significance of the Study. There are colourful exploration works to this disquisition area led basically in western nations and the nations having a created society. The examinations depend on the western/ current culture and the vacuity and office of the tech- contrivances and services are substantial in those nation. Nearly less disquisition are being led in the creating nations like India linked with this region of study and those less examinations are indeed led in the metro collaborative areas. This examination is led in University a abecedarian ground which goes under a creating megacity Chennai known as 3rd topmost Education mecca in India. This examination will be an spare knowledge in the separate field of research for the up and coming critic It might likewise help understudies with understanding the goods of the dependence on the electronic bias and services and make them alive about the control of the operation of the contrivances.

RESULTS AND DISCUSSION

The Results of the Questionnaire as Follows (136 Respondent's):

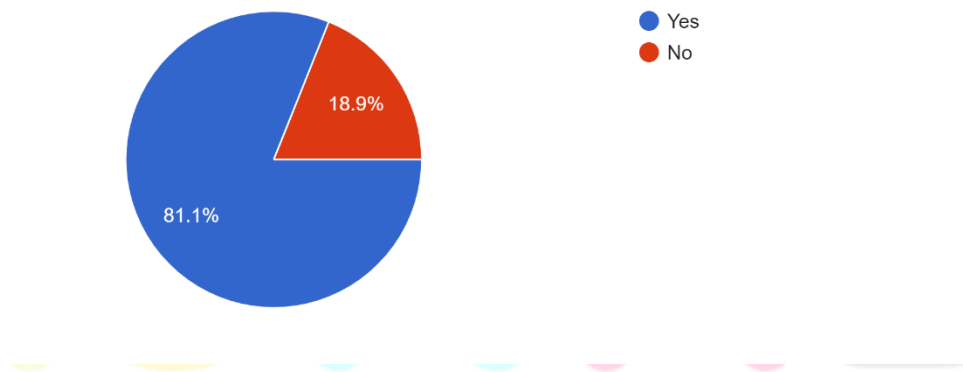
How comfortable are you with sourcing relevant information on the internet?

132 responses



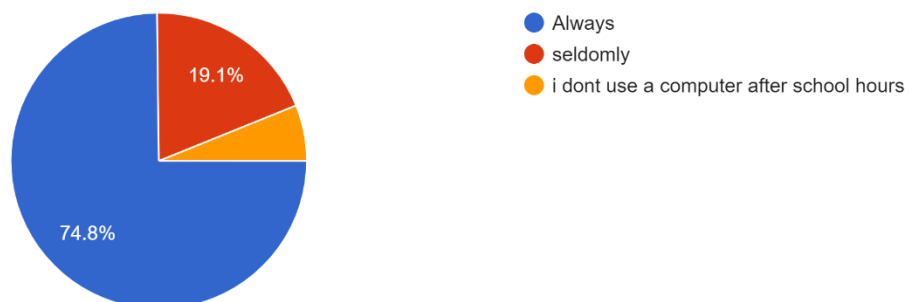
Would you need any help with adapting to online learning?

132 responses



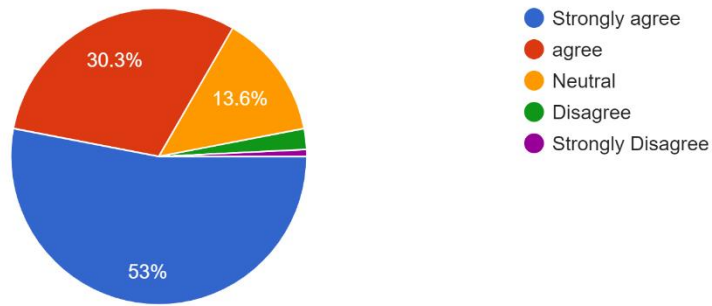
How often do you use a computer away from school?

131 responses



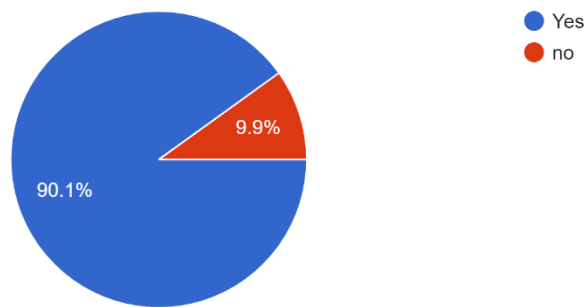
The organisation uses technology to achieve its objectives.

132 responses



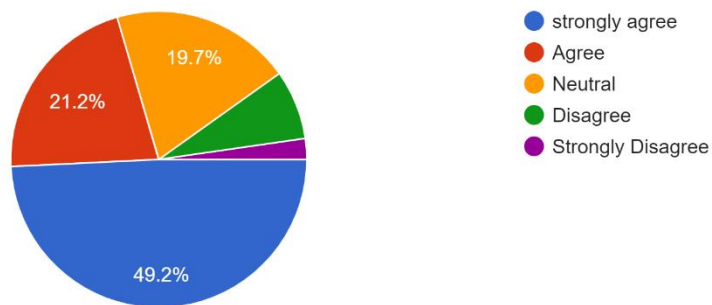
Have you ever used the internet to complete a school task?

131 responses



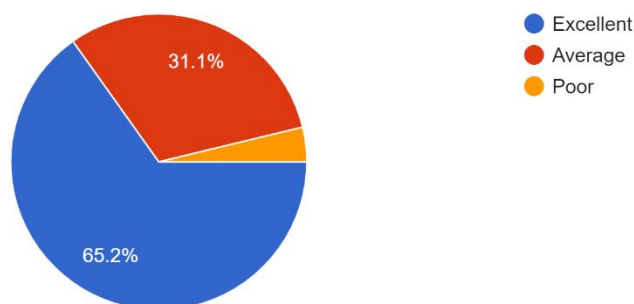
The school provides adequate access to technological tools for learning?

132 responses



How would you rate your proficiency in technology?

132 responses



Discussions:

This study has demonstrated a significant position of association between the use of electronic widgets and the socio-demographic characteristics of secondary academy - going scholars from Bangladesh. Grounded on the results of the study, among the secondary academy - going children in Bangladesh, manly actors are the dominant druggies of electronic widgets. It was reported that there's no gender bias currently in penetrating the technological installation in terms of electronic contrivance uses.^{18, 19} As per the former literature, there's a lack of agreement with regard to gender and mobile/ internet dependence, with some studies reporting advanced frequency in males^{20, 21, 22} and some reporting advanced in ladies.^{23, 24} still, recent studies showed that manly scholars are more likely(three times) to develop technology dependence as compared to womanish scholars and males tend to use widgets for dragged ages of time compared to ladies.^{1, 13, 25} In addition, among the Vietnamese youths, it has been reported that vulnerability of inordinate widgets internet use has a significant relationship with their socio - demographic characteristics.²⁶ The chance of using widgets was lesser for both Bangla and English medium academy scholars compared to the Madras scholars. The reason behind this advanced frequency could be the fact that all the scholars of English medium²⁷ and a significant number of scholars of the Bangla medium seminaries in Bangladesh come from families with solvent fiscal status²⁸ and they've easy availability to the internet on their mobile phones or PCs.²⁹ This is harmonious with the study, which reported that scholars who come from upper - income seminaries use further widgets and indeed can go particular cell phones than the scholars who come from lower - income seminaries.³⁰ In addition, numerous parents feel that the uses of similar bias are salutary for their children.³¹ It can be assumed that parents' involvement into and concern toward their children's education and well growth are some of the notable reasons behind widgets dependence of their children.^{3, 18} This is well supported by our observation that the use of widgets is significantly related to increased yearly family inflows and parents' education. This present study observed a veritably significant difference among scholars from civic, pastoral, and suburban areas The frequency of contrivance operation is advanced among civic scholars, while in Bangladesh, numerous pastoral areas are still deprived of numerous introductory requirements, so having access to the internet or other ultramodern widgets except for mobile phones is delicate on their part. This fact is supported by another study, which concluded that the civic terrain imposes a bad influence on children than in pastoral areas and significant differences prevail between civic and pastoral areas in the use of widgets.³²

In this study, mobile(smart) phones are set up to be the substantially used contrivance followed by different forms of tablet bias, as anticipated, because of their stoner - benevolence and easy to carry handle.^{33, 34, 35} Close to 13 of actors were reported not to use any contrivance. analogous to the findings of a study on Malaysian abecedarian academy scholars, then in this study, the actors were observed to use widgets for watching pictures cartoons and social media relations generally.³³ Unlike ahead, about one - fourth of the actors were set up to use widgets for sharing in online classes, a new adaption of the educational system for the ongoing coronavirus complaint 2019 (COVID - 19) epidemic extremity. Supporting this matter, an Asian study depicted that interpersonal influences affect from different online conditioning(eg gaming, online classes, social media) have a redoubtable effect on getting partial to the widgets use or the internet dependence and showing apathetic towards out-of-door conditioning.³⁶

A number of former studies have reported enterprises over the use of widgets by children and adolescents that may affect their social, physical, and emotional functions negatively.^{19, 25, 35, 37, 38} Our study suggests that secondary academy - going children are spending further time with widgets in the time 2020 compared to the time 2019. It's an area of major concern as Liu et al suggested that the use of electronic widgets for further than 2 hours daily has a mischievous effect on a person's physical and internal status.³⁸ A former study on the pattern and vulnerability of inordinate internet use among scholars reported that internet dependence creates a tendency of staying up late, which was significantly associated with different internal and physical discomforts. According to the studies of Liu et al and Wahyuni et al, this type of practice can bring serious health(physical and internal) issues.^{35, 38} Another study conducted by CDC has also reported that this type of physical inactivity can lead to energy imbalance and can also enhance the threat of getting fat and fat.³⁹ In thickness with these claims, we've observed an increased circumstance of physical and internal problems in the secondary academy - going actors of this study. Nearly 50(on average) of the actors who reported using widgets further than 2 hours daily were suffering from any form of headache, sleeping disturbance, backache, pain in branches, visual disturbance, or depression. analogous studies were reported before where the actors were suffering from headache, backache, and eye strain due to redundant smartphone use. Some studies have set up that physical exercise significantly helps to reduce the threat of diplopia.⁴⁰ This could be the reason behind the association of^{45,51} visual problems in our actors who happed to use widgets for further than 2 hours daily. also, a study in Indonesia revealed that long use of widgets is able of affecting sight.⁴¹ This exploration supports our findings relatively well where we set up a significant association between visual impairment and contrivance operation.

Utmost of the actors who considerably use electronic widgets stated that they witness sleeping difficulties and wrathfulness/ depression in regular life. numerous studies have been conducted on sleep quality and technology use observed that widgets especially mobile phone use detector sleep diseases and disturbances among adolescents.^{42, 43} Our finding was supported by another study, which concluded that further than 40 of their study population had inadequate sleep, which had a significant association with spending further than 2 hours per day using widgets.⁴⁴ previous study also mentioned that the study actors were either sleeping lower(85) or having sleep difficulties(26.7) due to their inordinate dependence toward the internet.⁴⁵ Conditioning include but aren't limited to late - night texting, a watching spree of web series or pictures and frequently gaming.^{46, 47, 48, 49, 50, 51} Several studies have proven the co - relationship between internal health problems and electronic

media operation. 19, 25, 35 analogous results similar as increased threat of psychiatric comorbidity and internal discomfort have been observed among cases who engage in further screen time followed by internet dependence in many studies.²⁵ The present study has several limitations. A first limitation is that it might have recall bias due to the youngish age of the actors. Second, we were unfit to collect data on several contributing factors, similar as the outgrowth of redundant use of widgets, effect on academic performance, and girding factors that could be applicable to contrivance use. Eventually, selection bias could be a possibility as a convenience slice fashion was used due to the lack of a slice frame for the contrivance druggies in Bangladesh.

In summary, the results of our study misbehave with the findings of former studies in other regions that the overuse of widgets imposes severe health goods among adolescents. We also set up that socio - demographic determinants and factors frequently impact the inordinate use of widgets.

CONCLUSION:

Widgets make our work lightly. If we use it in a formative way with limited operation also it's surely a good thing to be appreciated. still, anything that's used beyond its need and limits, it'll surely give us its adverse goods. currently, technology has made studying easier- to say the least. still, too important use of widgets similar as cell phones, tablets and other bias that emit radiation and blue light can beget macular degeneration that can lead to blindness. Probing the internet and browsing information is made easier with the help of technology. currently, books can be read from phones and computers which isn't only dangerous but is a fully different experience from one reading an factual book. Mobile electronics can also be addictive and abuse of these widgets lead to dependence and an unhealthy life.

ACKNOWLEDGEMENT:

We would like to Acknowledge Google LLC for letting me use their Product Google Forms to interpretation the Data received by the Questionnaire Survey.

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