

The Impact of Technology on Human Life: Special reference to Smart Phone

Dr. Kanchan M. Thakre

Assitt. Professor

Annasaheb Gundewar College, Nagpur

Abstract

In Modern era, rapidly growth of technology has been changed the human lives. Day by day technology has been changed as well as our life style also changed. Now a days every person has depends on the technology. Technology has various effects on human lives. It has helped to develop more skills and advanced economies and has provided the rise of living of standard. Technology is created by humans for making life simpler, easier and getting work done fast. No doubt that this resolution has made a tremendous impact on our lives by increasing our work life efficiency.

Today we use technology in our everyday life. I refer to that not only when I talk about the computers but when I talk about a Smart phone too. It is very important to use technology to live a good life in peace and not with weapons and wars. This research paper highlights the role of Smart phone and its impact on human life.

Keywords: Technology, Smart phone, Techno stress

Introduction

Technology is the collection of various techniques, different skills, methods and processes used in the production of goods or services or in the accomplishment of objectives, such as scientific investigation. The development of technology may draw upon many fields of knowledge including scientific, engineering, mathematical, linguistic and historical knowledge, to achieve some practical result. Technology is often a consequence of science and engineering, although technology as a human activity precedes the two fields.

Technology can affect life both positively and negatively. New technology always changes our life very much and takes it to a new level. It is like the new way of thinking or doing the normal things differently, better and much more faster with less hassle and at a much affordable rate.

Review of Literature

1. R. K. Jena and P. K. Mahant (Vol.3, No.2 (2014)), highlight on “**An Empirical study of Techno-stress among Indian Academicians**”. They concluded that there are significant influences of age, gender, technology awareness and tenure (duration of service) on techno-stress. But techno-stress has no impact on marital status of academicians.
2. Elish Duke and Christian Montag (2017), focus on “**Smartphone addiction, daily interruptions**

and self-reported productivity”. They stated that Moderate correlation relationships illustrated the relationships between these variables, so that Smart-phone addiction was associated with self-reported negative effects on productivity, both in the work place and in participants' daily lives.

Objectives

The following objectives are covered in this paper

- 1) To test the excessive uses of Smart phone affect work/study as well as sleep.
- 2) To find out the stress level increases by Smart phone.
- 3) To examine the opinion of the respondents about Language skills.
- 4) To study the prevention of techno stress.

Research Methodology

Methodology is data collection method. It is necessary to distinguish between types of the data. There are two types of data; primary and secondary data.

A) Primary Data: Primary data is defined as data that is collected from original sources for a specific purpose. The primary data is documented as record which is collected at first hand. The primary data is collected through several methods as follows:

1. Observations
 2. Survey through questionnaires and schedules
- Collection of the data is essential part of research. The research methodology was followed

“Descriptive & Statistical”. The questionnaires are used to collect primary source of data, hence the interpretation, analysis and conclusions drawn from questionnaires is applicable for the present study.

B) Secondary Data: Secondary data is data collected from indirect sources. It is collected by someone else and which has already been processed. It includes Books, Internet & Web Sites, Journals & Magazines & Newspapers Articles etc.

Sample Size

The data has been collected by survey method. Questionnaires have been filled with the help of employees and students. Sample size for this study was 40 (Questionnaire was filled up from 40 respondents).

<https://docs.google.com/forms/d/1-tFO6f08zXHxH7ulxcnfUs0BtWeFrDzBzAUQKF2P-QE/edit>

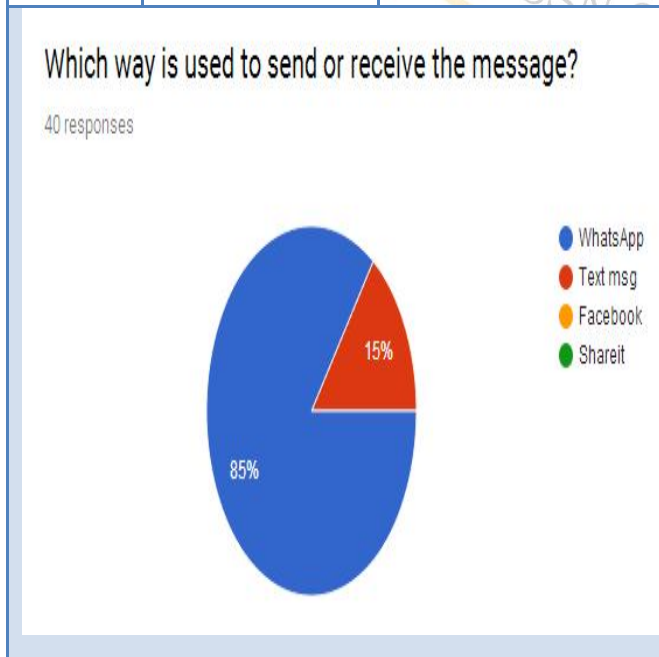
The link of Techno stress questionnaire is given above; researcher has prepared tables & explained everything through the statement.

Analysis & Interpretation

Table 1

Ways of Sending & Receiving the Message

Sr. No.	Ways	% of Respondents
1	WhatsApp	85
2	Text Msg	15
3	Facebook	---
4	Shareit	--

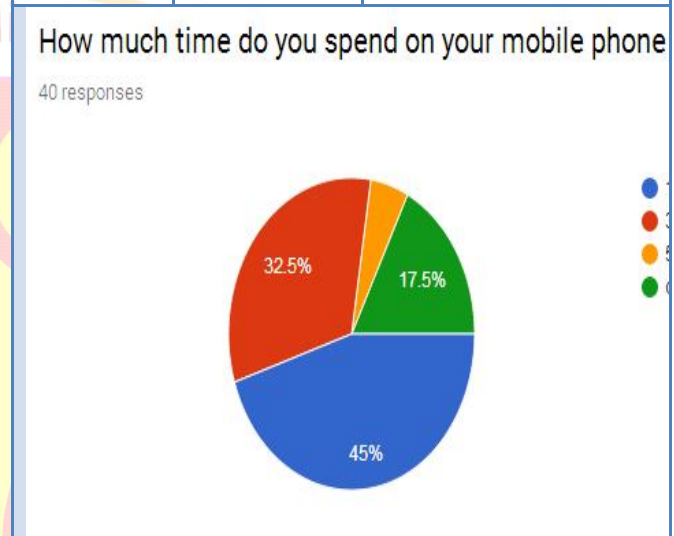


The above table shows that 85 percent of respondents are using WhatsApp for sending and receiving the message. Use of Text message the respondents are 15 percent. The least respondents are in Facebook & Shareit option. It is nil.

Table 2

Time spend on Smart phone

Sr. No.	Hours	% of Respondents
1	1hrs	45
2	3hrs	32.5
3	5 hrs	5
4	Don't say	17.5



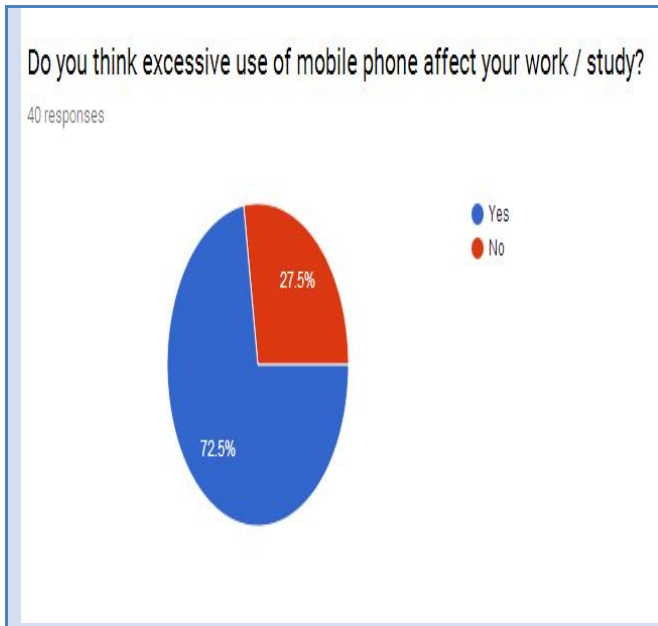
The above table shows that maximum respondents ie. (45 percent) spend at least an hour on smart phone. Minimum respondents (i.e. 5 percent) use their smart phone 5 hours in a day.

According to the study carried out the respondents check their phones about 10 to 20 times a day on an average of time spend near about 2 hours on their smart phone. Maximum peoples have “Nomophobia” means Smart phone addiction which is an abbreviation of “No mobile phone phobia”. It is created by problems such as increased heart rate, stress, anger, anxiety or frustration, irritation fear and difficulty to sleep.

Table 3

Excessive use of Mobile affects the work/study

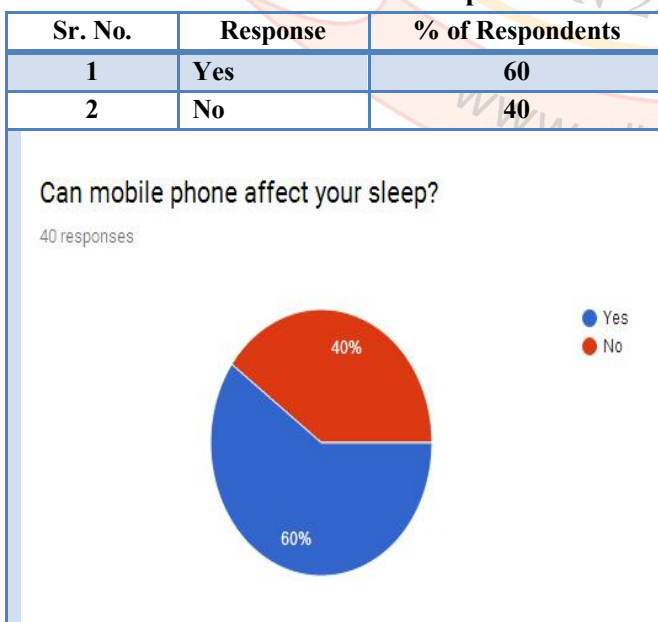
Sr. No.	Response	% of Respondents
1	Yes	72.5
2	No	27.5



This table shows that, 72.5 percent respondents agree to affects the work/study by excessive use of mobile. We can't concentrate any other work, when we use the mobile plenty of hours. Automatically mind can divert. Therefore 27.5 percent respondents towards no affect the work/study by excessive usage of mobile

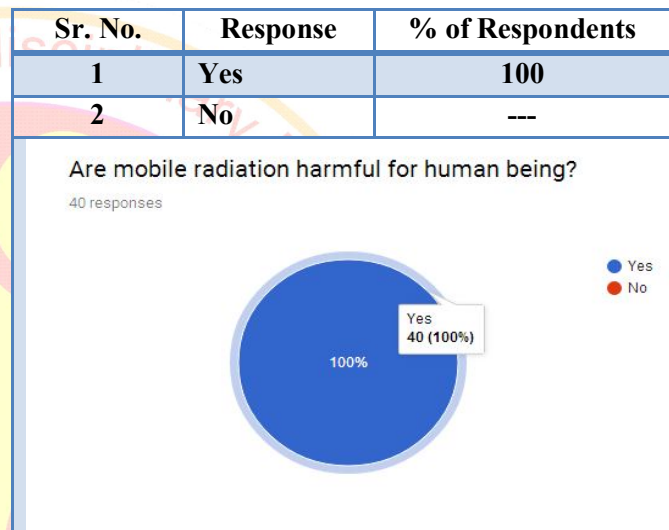
Extended use of Smart phone can lead to poor posture, text neck and eye strain. Text neck is repetitive stress injury because of over use of smart phone with lead hung forward and down looking at the phone screen for long time.

Table 4
Mobile affects the sleep



It is evident that 60% respondents said that mobile affects the sleep and 40% is no affects the sleep. The problem starts with the fact that maximum people sleep either holding their mobile, having it in bed with them. Some of people use their smart phones as their alarm clocks; it makes sense that many would want their mobile with an arm's reach. It is explain that why people who consume electronic media in bed are at higher risk for insomnia.

Table 5
Mobile Radiation harmful to health

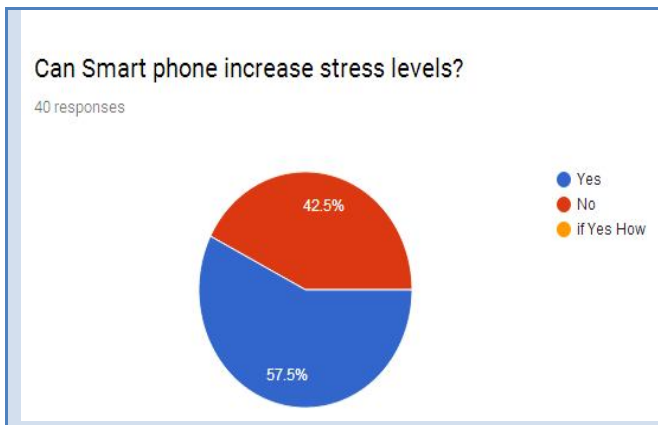


Above table shows that 100% response of respondents are mobile radiation harmful to health. We know that enormous increase in mobile phone usage throughout the world. We can't avoid the mobile radiation but it is harmful to health because of it directly and indirectly related to eyes as well as brain.

The time people spend online has been correlated with their level of depression. Long working hours on smart phone has increased the screen time resulting in blurred vision, itchy and watery eyes, headaches, double vision and other symptoms of eyestrain.

Table 6
Smart phone increase stress level

Sr. No.	Response	% of Respondents
1	Yes	57.5
2	No	42.5



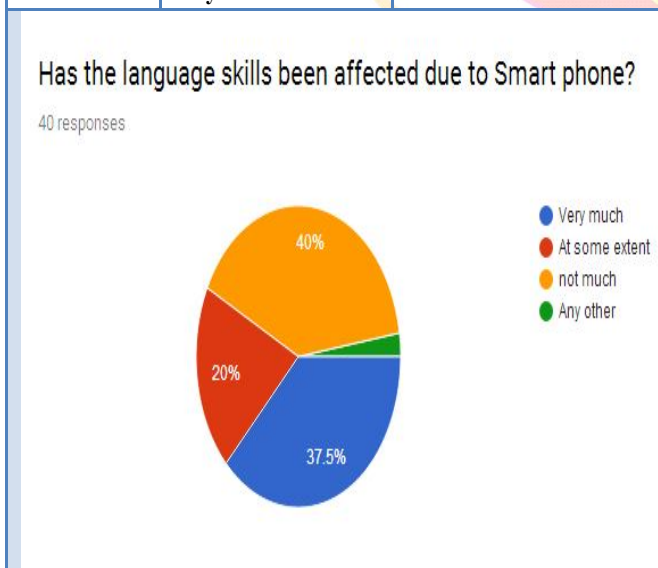
This table shows that 57.5 % respondents said that more use of smart phone increases stress level. 42.5% are not agreeing towards the stress.

Techno stress affects physical and mental health and interferes with the personal time dimension of people’s lives. Moreover techno stress can make us irritable, confused ineffective, frustrated, stressful and feeling exhausted and drained.

Table 7

Language skills affected due to Smart phone

Sr. No.	Responses	% of Respondents
1	Very much	37.5
2	At some extent	20
3	Not much	40
4	Any other	2.5



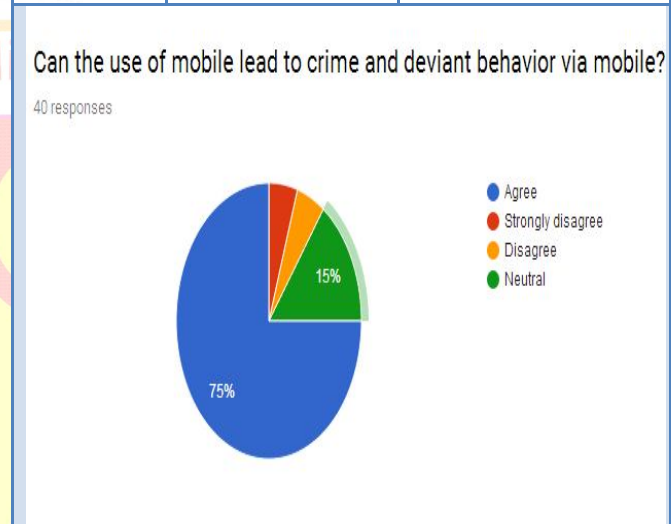
The above table it is evident that 37.5% of respondents accept their language skills are affected due to Smart phone messaging specially WhatsApp message. 20% of respondents agree that their skills

affect at some extent. Maximum number of respondents agreed that no effect on language skills. The least number of respondents respond to any other.

Table 8

Mobile leads to crime & deviant

Sr. No.	Responses	% of Respondents
1	Agree	75
2	Strongly disagree	5
3	disagree	5
4	Neutral	15



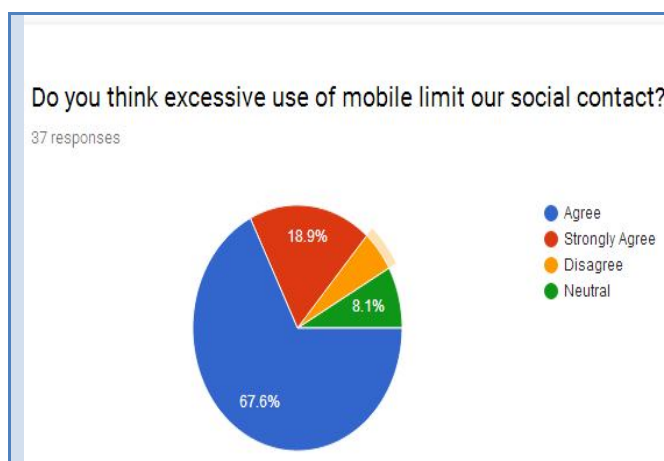
It is evident from the above table maximum percent i.e. 75% respondent accepted that Mobile leads to crime & deviant. 15 % respondents are neutral means they don’t know about crime & deviant. Minimum number i.e. 5% of respondents are strongly & disagree both are same.

Every smart phone has internet. Smart phones make it easier than ever to be connected to the Internet at every waking moment globally. It is well suited to support deviant lifestyles and behaviors because it is unregulated, information is privately posted and can be obtained freely and anonymously, and it connects individuals with others who practice the same deviant behavior.

Table 9

Mobile limit the social contact

Sr. No.	Responses	% of Respondents
1	Agree	67.6
2	Strongly disagree	18.9
3	disagree	5.4
4	Neutral	8.1



The above table shows that 67.6 percent respondents are agreed their social contact has limited due to more use of smart phone. Besides 18.9% strongly disagree, 5.4% disagree that their social contact has limited due to excessive use of mobile. Only 8.1 percent respondents are neutral. They could not decide and their clarification about the limited of social contact due to smart phone.

Prevention of techno stress

Several programs such as Yoga based stress management programs, training programmes, social support creating awareness, acceptance of the use of technology and effective communication are suggested for managing techno stress.

Yoga based wellness Prescription involves disconnecting with the never ending work ever busy world, undo the injuries, reduce stress and inducing state of relaxation. Yoga maintains the peace of mind & assessed the effects of Yoga in managing techno stress in the professionals with encouraging results

Major Findings

The result of major findings became from analytical study of techo stress;

- Maximum respondents accepted that excessive use of smart phone affects work/study as well as sleep. It is causing a lot of physical as well as psychological problems and has become one of the major causes for the increasing workload of the employees.
- Practically professionals in every field, including students, youngsters working in the IT sector, Various call centers, Doctors, Teachers, Businessmen and many others are

facing the techno stress by excessive usage of smart phone.

- Almost when sending the message through WhatsApp maximum times use short cut limited words so that it damaged the language skills.
- The amount of information stored on a smart phone has skyrocketed in recent years. The connectivity of apps means we supply nearly every piece of information about ourselves, whether it's our bank account details, insurance policies etc. For a cybercriminal potentially wanting to commit identity theft, a smart phone is a goldmine. Internet connects individuals with others who practice the same deviant behavior via mobile.
- Practically professionals in every field, including youngsters working in the IT sector, Various call centers, Doctors, Teachers, Businessmen and many others are facing the techno stress. It is causing a lot of physical as well as psychological problems and has become one of the major causes for the increasing workload of the employees.

References:

1. <https://opentextbc.ca/introductiontosociology/chapter/chapter7-deviance-crime-and-social-control/>
2. <http://www.lawyersclubindia.com/articles/Mobile-Cell-Phones-Cyber-Crimes-in-India-5381.asp>
3. The Hitavada newspaper insight
4. <https://www.sciencedirect.com/science/article/pii/S1877050916312480>
5. https://www.researchgate.net/publication/307935825_Understanding_the_effects_of techno-stress_on_the_performance_of_banking_staff