The Use of Modern Communication Technology Devices and the Psychological, Health and Moral Effects on Youngsters

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ABSTRACT

The uses of technology are increasing day by day. We all are depending on technology and we are using various technologies to successfully complete specific tasks. Technology is not just a term which is impartial. So modern technology changes the way of people engage, read, and think. In culture today, technology plays one of the important parts in people's lives. It has positive and negative effect on our environment and affects everyday lives. In this research I am talking about how young people effect by modern communication technology devices in our area. Modern communication technology devices have been affected into the youth. The research found the impact of psychological, health and moral effects of modern technologies among the youth. Youth is spending more than 6 hours on their phones every day. Through, modern communication technology, young people are participating in a range of activities, like social networking, blogging, vlogging, gaming, instant messaging, downloading music and other content, uploading and sharing their own creations, and collaborating with others in various ways. In my research I discovered that modern technology has many advantages, also disadvantages of youth. Without any doubt, technology is improving our lives better. But we must not ignore the disadvantages of technology. The research found that, the preponderance youth are using internet in the wrong approach. These are identifying through analyzed of all my data in broad view. The results forecast that the many youth are affected by the usage of modern technology, and the usage of modern technology is not only affecting the psychological and ethical of youth but also it has been influencing on in physical too. The main objectives of this research are to what extent are telecommunication devices used among the youth? How telecommunication devices and facilities encourage young people to transgress social norms, and also what are the ways to make effective use of telecommunication system. I used primary and secondary data to successfully complete my research. The primary data techniques consist of interview, focus group discussion and informal discussion. Secondary data were collected from books, research article, magazines, newspapers and online articles.

Keyword: effect, technology, young people

1. Introduction

Information technology refers to personal electronic devices such as laptops, handheld computers, smart phones, the institution computers and associate devices. Modern technology is allowing machines to become more and more complex, and also manual control task can mostly be automated. Modern communication is very indispensable and important where became an essential part of our life. Modern communication is made information transmission and communication faster, easier, less expensive and more efficient. Long ago, communicating with the people outside our immediate location was a difficult process, requiring communication by physical letters and lot of patience. But now the internet has change long distance almost transparent. It Allowing user to correspond with the people on the other side of the planet in an instant. Technology is also increased our connectivity, with cell phone and other devices like laptop, tablets, tabs are providing an always on link to global communication network. When I started researching my research on the use of technology, I discovered that modern technology has many advantages, but it also has the disadvantages of youth's life.

Without a doubt, technology is improving our lives in best way. We create technology as an alternative for all our difficult tasks. But we must not ignore the disadvantages of technology among youth. The research found that, the preponderance youth are using internet in the wrong approach. Now a days, after school, young person come to home late from school, turn on the Television and phone screen while watching a show with one eye, texting on the other on the smartphone with lunch plate. Or having the meal with managing to play a game. This can create lots of psychological and health problems. And also, modern communication devices create lack of social skills among the people, means people learn to communicate via online instead of actual words. This way makes the people to behave awkwardly in person and does not teach the social skills to them. When the person with his mobile that time he does not know what actually going on around him.

If there is internet connection in the home, what really happen is teenager might be connecting with outside of the house, and they are not interact with their families at their home, experts now recognize internet and technology addiction is the major diagnose-able issue affecting adolescents. They face many phycological problems. Such as isolation, depression and anxiety, etc.. not only that but also health issues like eyestrain, poor posture, sleep problems, higher BMI etc. however, overdependence on the technology can have serious consequences especially to the youngsters who are still at an impressionable age.

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2. Literature review

Technology devices like a weapon, we can use it to good or bad manner. Technology devices are one of the bad influence on the youth people means it separate them from the reality. We can realize this according to the many resources like article, research papers or magazines. There are many resources help for successfully completed to my research.

In the research of *'Social Media and its effects on youth'*; Daniel J. Flannery, J. Semi and Ruth Begun talk about what social media is, how it affects young people, and how it affects the psychology of their behavior (Deniel Flannery, Semi, & Ruth Begun, 2016). And also, Study on *the "Impact of Information and Communications Technology (ICT) and New Media on Language Learning"* is held by European commission. In this study they talk about how modern communication devices effect on learning languages in human life.

Sunitha Kuppuswamy, P. B. Shankar Narayan did the research on *"The Impact of Social Networking Websites on the Education of Youth."* This research points out how social media affect the student's educational sector (Shunitha Kuppuswamy, & Shankar Narayanan, 2010).

Seth Godin wrote a research essay in *"Social Media and its impact on Youths"*. There were many matters they talked in this research. Such as, What is social media, types of the social media, what are the affects on social media among the youth people, how we can minimize the effects that negative affect (Seth Godin, 2016).

Another research talked How mobile phones used for young people's life, effects and psychological effects were included in the *'The Impact of Technology Development on Youth Consumption Culture: An Empirical Investigation of French Teenage'* Use of Mobile Phone Device' research. (Wided batat, 2009).

Karishma s Ramdhonee, writes a book of *"Psychological impacts of internet usage on children / adolescents"*. What are the purposes young people use the internet, negative and positive affects by internet, psychology effects from internet and how internet control their life were discussed in his book (Karishma ramdhonee, 2016).

Anna Mieczakowski, Tanya Goldhaber and John Clarkson did the research on tittle of Culture, Communication and Change: *"summary of an investigating of the use and impact of modern media and technology in our lives".* It's tell The use of ICT can have both negative and positive effects on human day to day life. (Anna Mieczakowski, Tanya Goldhaber & John Clarkson, 2011).

However, Technology is affecting everyone! Whether positive or negative, we all are affected, how it manifests itself into problems for youth will be studied and debated for years. Balancing technology throughout the educational process and keeping with current trends and uses of technology will affect everyone. Technology has transformed our youth's daily and social lives.

3. Material & Methods

The study was conducted based on my village Pubbogama, I used quantitative and qualitative methods to collect the data. I included 75 young boys in my research to get the results. All boys are students. And also, I choose 15 - 18 age boys. There were 75 questionnaires were given to the students with 20 questions and I received 72 responses that can be used for this study. All the participations were asked to complete the questioner to measuring laptop use, watching TV, use of Internet like that. Mainly I used the software "Screen Time" to get the hours they use mobile phones. And also, I did informal discussion too with the participant to get data. After that outcome were enlightened using charts. According to my research mobile phone is very first enemy to the youngsters' life.
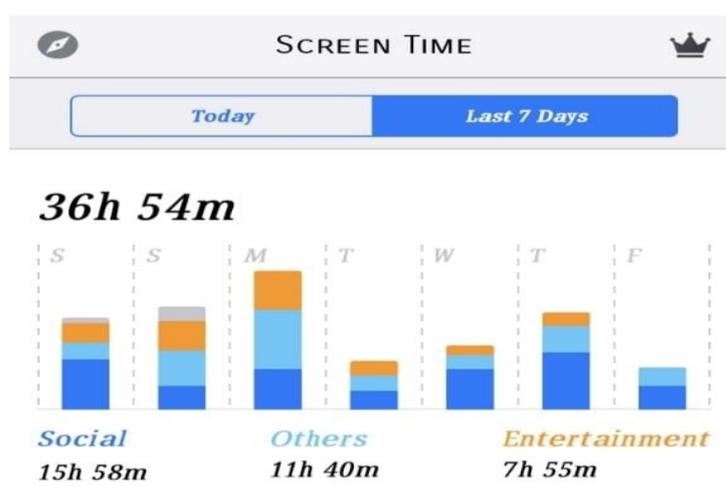

Figure 1: screenshot of one of the person's Screen Time software's last 7 days summary.

4. Result and Discussion

The truth is technology has changed it our life a lot. With the usage of our cell phones and computers allowing access to social media, internet and more, we can plug in at any time, 24

hours a day and 7 days a week. Mostly, we all are suffer from a multitude of the negative results of overexposure to the technology.
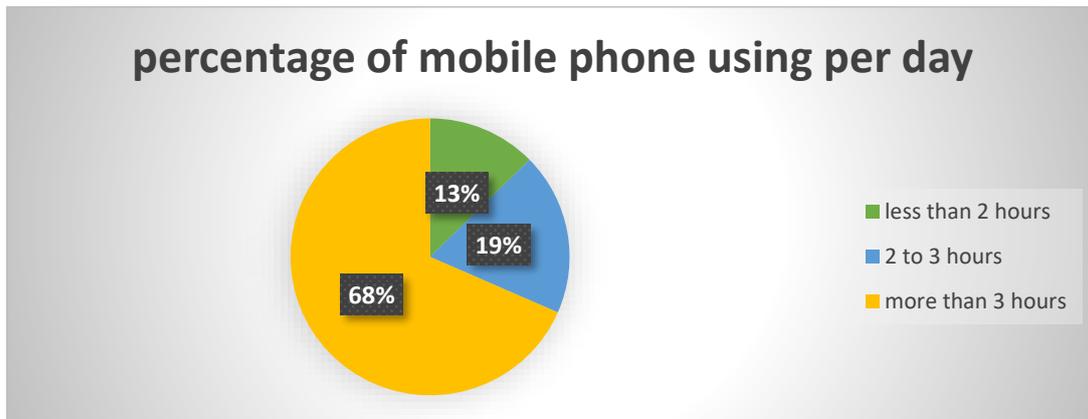

Figure 2: Percentage of youngsters using their phone according to the period of time per day
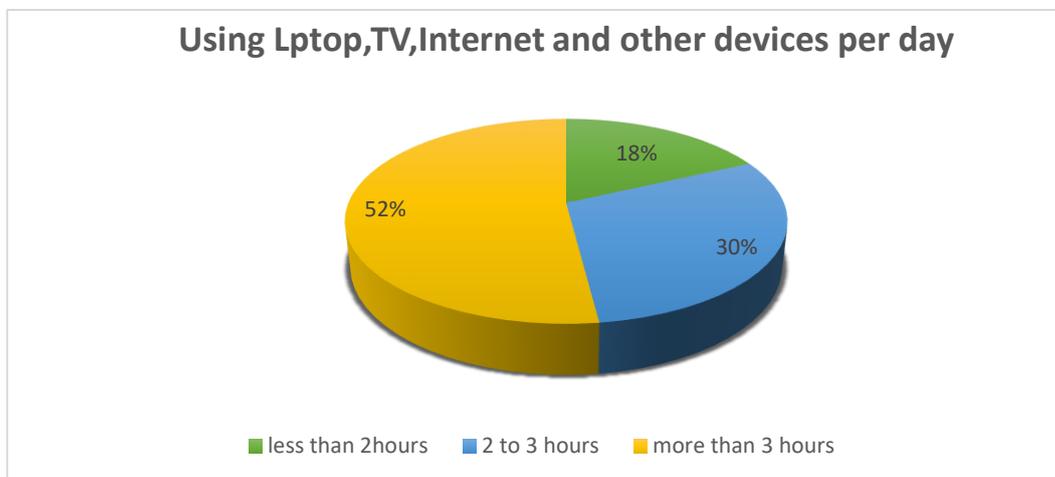

Figure 3: using laptop, TV, Internet and other devices

I found few aspects of the enormous and negative impact of technology on youth people's daily lives.

1. Technology affects sleeping habits.

Technology has impacted how we sleep. Many of people stay up far too late into the night to texting friends or scrolling through the social media. It's really hard to put the devices away when even we are tired. Most of the young people said they waking up in the middle of the night and rolling over to check their phones. All of these leads to interrupted rest and also overall poor sleeping habits. The light from TV impacts our sleep patterns as well as for those who fall asleep with the TV on. The late-night use of the devices alters peoples' brain's production of melatonin and the sleep hormone, which makes it harder for everyone to get a good night's sleep.

2. Technology leaves feeling isolated.

The attachment to our technology devices can also leave us to feeling isolated. A significant lack of human contact also can cause depression. When the majority of interactions with others take place via online we may feel disconnected from humanity. Sometimes the online friends are not really friends at all the time. Electronic communication is one of the long way from true human companionship. It sometimes hurt our personal relationships.

3. Technology promotes more sedentary lifestyle.

This is also one of the biggest drawbacks of the device-filled world. Now a days young people who play video games constantly and those who spend the great deal of their time online do not get as much physical exercise. The advances in technology are result in keeping us glued to the devices, whether on the sofa and watching TV or with the cell phone in hand. What frequently start as a quick scroll through social media and soon turns into fall down the rabbit hole with no end in sight.

4. Technology is the constant source of distraction.

Having every response in the world continually at our fingertips is massive source of distraction. It might be as simple as difficulties holding a conversation to difficulty keeping our phone out of our hand while driving. If we are constantly distracted by incoming messages or notifications we surely lose focus on what else we are trying to do. I have seen people texting or scrolling the devices while they should be doing something else, and also, it's very distracting.

5. Technology leads to neck pain and bad posture.

It's difficult to sit up straight when people stooped over their cell phone. Many of young people are suffering from back pain and neck pain. This is a result of they not sitting up straight. We don't hold our cell phones at the eye level when we are looking at phones, then We typically lean over with our heads down to examine phones. All of these things leads to poor posture, back and neck pain, and occasional wrist pain from continually using our devices.

6. Technology promotes a shorter attention span.

We are bombarded by the short videos and small character limits which are only adds to the problems. According to this, we tend to lose our focus quickly as we surf from the one video or a social media post to another.

7.   Be a bully is easier while hidden away online.

The anonymity providing by the Internet caused rampant cyberbullying problem as well. It's easier to say the terrible thing to someone when they may not be held accountable for our actions. In the worst cases, some of the things persons say the online might even be deadly. Youth suicides are on the rise now a days, and online bullying is one of the primary causes.

8.   Technology can cause to the eye and ear problems.

Persons who sits in front of a computer or TV all day long knows how mentally and also physically draining it can be. At the end of the day, we might notice our eyes become blurry and have difficulties focusing from continuously staring at a screen. Listening to music and playing video games in modern technology devices doesn't help our hearing either, because we are often listening to things much too loudly.

9.   Technology causes more energy consumption and pollution.

As a society, we are consuming more energy than we ever have in the past. Electronic devices require electricity to run, which means these costs more to enjoy all of this technology. It requires massive amounts of the energy to produce all of these gadgets, and not to mention the massive electronic waste issue due to gadgets that are no longer working.

10.   Technology separates families.

While we may thinking of technology as something that is allowing us to stay in constant contact with our loved ones, which it does, it sometimes leads to negative outcome. The more we rely on modern technology, as opposed to face-face contact, the more disconnected families become. Texting is a very impersonal and it surely can't take the place of human contact.

11.   Social media promotes a culture where drugs and a lack of sexual boundaries are apparent.

Sexually & drugs explicit content are widespread and accessible to the everyone. While this may be fine for a consenting youth people, it's something that should be available to young.

12.   Technology addiction is becoming more widespread.

One of the most negative effects is the rise of modern technology addiction. Internet use disorder or else Internet gaming disorder is a new classification and the growing trend, but many addicting games are built with that intention. We have access to some kind of technology device nearly all of the time and it's hard to step away. While this type of addiction still is not classified in Diagnostic and Statistical Manual of the Mental Disorders, it is one of fast-growing phenomenon with no signs of slowing.

13. Being plugged constantly in adds a new layer of stress.

Negative effects of tech also include the idea of we are constantly plugged in. All are wake up and immediately reach for their cell phone or electronic device. they check their devices while eat and while doing other things. For many of us, the last thing we watch before going to sleep is electronic device. All of these adds is another layer of stress and anxiety in lives.

14. Technology leads to the "phone thumb" and tendonitis.

Basically, phone thumb is a development of a tendonitis within the thumb. The continuous use of our thumb when pushing buttons or texting leads to this painful and persistent condition.

5. Conclusion

All of us, especially the young people, need to learn how to practice moderation in the things we spend our time on. Technology for teens is fun and also allows them to stay connected to their family and friends, which is important. Some youngsters will do this by spending a lot of time to connecting with their friends on social medias, or by hanging out with other 'gamers' when they playing multi-player games via online. That's okay! Two hours used to be the golden rule for the amount of the screen time teenagers should be allowed per day. It's one of the more important to set limit on recreational screen time. It's important to support to balance that with physical exercise, learning, and also other types of play, and to make sure they are leave enough time in their weeks for face-to-face time with people... teen is never too old to have screen-free dinners around a table, or go for a screen-free walk with others!

So, use properly our technology so that we'll have also a good impact. Use & don't forget the saying is "Think Before You Click".

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