

The Effects of Technology to the Student's Health and Academic Performance

Introduction



The Greek word "techne" means the art or skill used to solve problems. Technology refers to making, modifying, and achieving solutions to problems. The addiction to gadgets has become such that life without them is unthinkable. Gadgets allow people to **share their interests instantly**, and the internet is **rapidly connecting the world**. The impact of these gadgets is significant, and their use is growing, according to Tsitsika and Janikian (2013).

Studies show positive impacts of technological gadgets on cognitive thinking and multitasking, but also reveal negative impacts. A balanced approach to the use of tech should consider both positive and negative impacts, and students should **minimize their use and be aware of their effects**.

The overuse of the internet can lead to negative mental health impacts and clinical help may be necessary. Technology has both positive and negative effects, and studies show that **excessive gadget use can cause various health issues**. Online games, social network sites, and gadgets are now a part of youth culture.

Excessive internet use has been linked to **loneliness, lower emotional intelligence, and depression**.



Introduction

Extensive usage of gadgets, especially smartphones, has been linked to health problems in the upper extremities, back, and neck. Excessive and unmanageable use of the internet is associated with social, psychological, and occupational impairment. A study was conducted to assess gadget addiction among undergraduates and its impact on their health.



Technology has led to **addiction to tech-devices and services**, with concerns about the emissions of radio frequency (RF) radiation from smartphones and base stations.

Review of Related Literature

This study also showed positive and negative impacts of the technological gadget. Some of the studies take both the positive and negative impacts of these technologies into consideration and some others show a balanced approach regarding the use of the tech-adgets and services.

Positive Impacts of Technology

The use of technological gadgets and gaming has positive effects on individuals, such as improving investigation skills, strategic thinking, and creativity potential. It may also help develop engineering skills and a positive attitude towards overcoming obstacles. The internet's growth has **allowed people to share their interests rapidly** and connect globally through social networking sites. This interconnectedness is rapidly increasing due to the rise in internet use.

Negative Impacts of Technology

Excessive use of digital devices by youth **negatively impacts their physical health, mental well-being, and social life**. It can lead to a sedentary lifestyle, addiction, poor time management, and unhealthy eating habits. Violent games can also affect their behavior. Awareness and moderation in using digital services can help minimize these negative impacts.

Conclusion

In conclusion, this study provides a balanced examination of the impacts of technological gadgets on individuals. The study emphasizes the importance of promoting responsible gadget use, particularly among the youth, to mitigate the **negative impacts on physical and mental well-being, academic performance, and overall lifestyle habits**. Awareness and moderation in the use of technological gadgets emerge as critical factors in achieving a harmonious balance between technological advancement and personal well-being.



While they offer significant benefits, such as **enhancing cognitive skills and facilitating global connectivity**, it is imperative to acknowledge the potential drawbacks associated with their excessive use.

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