

# Mobile Games Changing Human Behavior In Growing Kids

Hasanbir Virk  
Amity University, Noida, India

**ABSTRACT** – Ever since the evolution of the civilization games & recreational mediums was thought to pose any danger on the human development in terms mental & physical health. This potential risk is accepted widely in various studies conducted over last two decades which suggest the computer games pose clear health hazards/ behavioral changes affecting the normal human development in early years of growth among toddlers, school going adolescents & teens. The evidence of most studies conducted in last two decades suggest the quantum of the problem which is ignored over the years by the authorities, parents & school administration. Its impact is now visible on mental/physical health parameters. This article is all about this alarming situation which needs immediate attention of the authorities, parents & school administration to take up corrective measures to address the problem.

Key words: Child Psychology, Kids upbringing, Parenting

## I. Introduction

It is a well known fact that over the last two decades invasion of Computer/ Laptop/ LED. Screen taken over our routine office/personal life that without these electronic gadgets imagination of modern times is not possible. But since the last decade the Mobile & Cell phones has taken over the left over part & privacy of the modern life in urban cities. The use of the cell phones is not limited to the adults but it has invaded the life of the kids/adolescents & young individuals who are glued to these gadgets most of their time. These electronic gadgets are now considered to be source of certain somatic & psychosomatic impact on humans & especially the impact is multifold among youngsters stress/adolescents.

## II. Directly Evident Impacts

Among the evident impacts most common are following which are most commonly reported-

### A. Impacts on Eye-Sight

The first and most common evident impact is on the eye sight, as the normal working of our eyes involves reflection of the light from the surfaces which makes it visible for our eyes. Here the source of light is outside the surface of reflection whereas in case of the electronic gadgets the illuminated surface of these gadgets interact with the natural visibility principals and this harms the normal functioning of the human eyes. The problem gets worse when the duration of uses of these gadgets and their impacts the situation sets alarm for

immediate response. The onset of the problems is with eye sight and the quantum of the problem leads to partial or permanent loss of sight is reported out of the recent studies conducted in last decade.

### B. Orthopedic Impacts

The continuous focus on the electrical gadget's screen creates strain and postural defects among the viewers. As the viewers need to sit continuously in certain posture or they need to keep holding the cell phone in a particular position - this affects the joints involves temporarily/permanent dysfunctions of the particular bones and joints, most common problems reported are with elbow, neck, wrist and spinal-cord. These problems are also known with different names as the neck and elbow joints dysfunction due to excessive use of these gadgets is called "Selfie disorders".

### C. Impact on Academics

Overall performance of the young individuals is affected due to excessive exposure to the electronic gadgets and its impact is not limited to the academic performance alone but it may harm the future of bringing up the student's. The active student life may be affected due to excessive use of these gadgets.

### D. Impact on Physical Activities

The increasing exposure of the viewers on these gadgets may reduce the normal physical activities and outdoor games and

physical activities. This has reported to be root cause of obesity and growth related problems in young individuals.

### III. Indirectly Evident Impacts

Besides the evident and visible impacts certain hidden and deep rooted impacts are there which can only be ascertain once the onset of the symptoms appear-

#### A. Behavioral changes

The excessive use of gadgets affects the normal functioning of the brain and it interacts with conscious and subconscious brain. It interacts with normal secretion of endocrine glands and system which controls the overall functioning of the body. The irritation, short tempered attitude and irritant behavior in young individuals and common symptoms reported by most of the parents and school authorities. Ignorance of these symptoms may result into a permanent psycho-somatic disorder.

#### B. Changes in Eating Habits

Sudden changes in loss of appetite or demand of junk foods and fried food may also be noticed in the young individuals which is a alarming stage and the other symptoms of depression may follow.

#### C. Anxiety/Depression

The prolong symptoms of the behavioral changes may spread and this may result into the anxiety/ depression which may need proper psychiatric treatment, this may take months and sometimes years to recover and complete cure.

#### D. Violent behavior

The excessive use and exposure to the gadgets may result into violent and hysteria symptoms. These symptoms can't be ignored and this may be fatal for the patient and for the society as ignoring these symptoms may invite irruption of the volcano someday and this may even land the patient to nervous breakdown stage and is a big question mark as the cure in this case is very tricky and this may months or years with proper psychiatric treatment.

### IV. Interpretation

All these somatic and psycho-somatic evidences are self-explanatory to raise alarm for the society to wake up as any delay in decision may adversely affect the future of the young generation. The schools, parents and authorities world over has raised their voice to control of the spread of this gadgets disorder. The activists and scientist world over has already declared their stand to fight for this disorder from last two decades. Studies has reviled that we have already reached at the alarming stage at immediate corrective measures to curve

the usage of these electronic gadgets are must. Authorities also need to be pro active to initiate counseling sessions inside the school campus and the involvement of students, parents and teachers as these are counter parts in this fight. The proposed counseling session of the young generations may revise this situation.

### V. Corrective Measures

Corrective measures to be implemented as the remedy to the problem involves following –

1. Society need to decide that we want health & well being of the young generation or. The greed of these electronic gadgets.
2. Essential restrictions are needed to impose on the spread of the gaming apps to curb the habituation in young generation.
3. Panel of the psychologist may be decided to check the mental/ physical health on regular intervals at school level is suggested.
4. Essential counseling of the parents is required to gather the early symptoms to check the problem at the early stage.
5. Physical activities / outdoor games need to be added in the daily routine of the young students as this is reported to increase their self stream & sharing among friends.
6. Internet connectivity may be logically used to handle usage by the young individuals & this control is needed at School/ Home both ends.

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