

Preventing Ill-effects of the Computer and Mobile Technologies

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Abstract: Whenever students / employees feel frustrated, depressed and want to have some entertainment, they open the computer / mobile and start blindly viewing various materials available over there. This slowly becomes a daily habit and the person starts living and entertaining himself / herself in this virtual world. Some of the students and employees can get so much engaged and addicted that, they do not even attend regular classes and regular work respectively. This paper discusses on various strategies on how to prevent the ill-effects of computer and mobile technologies.

Keywords: ill-effects, computer, internet.

1. Introduction

Most of the human beings are undergoing a lot of stress now-a-days. Performance much higher than their body capacity is expected from most of the human beings. When some humans fail to deliver they try to seek solace and comfort from their stress by getting hooked on to various computer and mobile technologies like Internet TV, games, chat, movies, internet browsing, sexual material etcetera. This is a false illusion as the various technologies do not communicate back to the individuals. It is always a ONE way communication from the technology to the individual and, not the other way around.

With faster, more powerful and cheaper computers and mobiles available, various technologies like TV, games, chat, movies, internet browsing, sexual material et cetera are VERY EASILY available on one's computer and mobile. Movies, games, software of size several GB's (GigaBytes) can be downloaded in 4-5 minutes from any computer in the world connected on internet. An individual can also chat/ speak or do video conferencing with any other user on computer/ mobile phone.

2. Problem

It has been observed by me that, several bright students in top educational institutions of India and employees in companies get ADDICTED to above mentioned computer technologies. Whenever students feel frustrated, depressed and want to have some entertainment, they open the computer and start blindly viewing various materials available over there. This slowly becomes a daily habit and the person starts living and entertaining himself / herself in this virtual world. The person develops an ESCAPIST attitude.

Some of the students and employees can get so much engaged and addicted that, they do not even attend regular classes and regular work respectively. They find it very difficult to close an ongoing game/ movie/ chat session et cetera and complete the activities of real life. They find computer and mobile technologies as an avenue to ESCAPE from difficulties and harsh realities of real life.

One can keep on checking emails several times in a day. One may find himself/ herself getting engaged in online chat by their 'contacts' which would be hard to refuse. Regular visits to social sites like 'facebook', 'twitter', 'orkut', 'googlegroups' can take away a lot of one's productive time. There is always the lurking danger of getting harmed by 'scammers' on the internet via email, chat, blogs, messages et cetera. Various 'hackers' can gain access to ones computer by attaching undetected malicious software ('malware') when a person visits some websites, opens an email having virus et cetera.

The computer and mobile technologies can make it possible to have very high quality websites. This can lead to proliferation of websites on the internet. This could promote internet browsing and usage to a great extent. Almost everything from buying groceries, purchasing travel tickets to booking hotels et cetera could be done through internet. Excess usage of computer and mobile technologies makes a person sit before the computer for several hours continuously.

Apart from seeing the negative psychological effects, this excess usage can take a physical toll on the body too. This excess usage could reduce the mobility of humans to a great extent. This creates a lot of physical body problems like increase in weight, loss in eyesight, immobility of fingers, spinal cord pain, neck pain et cetera.

Computer and mobile technologies like any other technology, despite its several benefits have all the potential to have harmful effects on the computer savvy people of this world. With the increasing advent of mobile web applications, the entire internet can be accessed from the mobile phone/ cell phone itself. There is no need to have a computer for it. This has led to internet access and browsing to very high unprecedented levels.

3. Suggested Solution

The following suggestive precautions should help in avoiding the above mentioned ill-effects:

- Awareness - By becoming aware of the above ill effects of computer technologies, every person working on computer will become more alarmed and brace himself / herself to not fall in its trap.
- Strong anti-virus, anti-spyware and anti-spamware software installed on the computer can prevent from virus attacks, spam emails and hacker attacks. Most of the open source technologies based on Linux are very robust as compared to Windows in these areas.
- Making self-better - One can prevent the ill-effects of the computer and mobile technologies by becoming a better person. If one becomes better, then, that person will behave with self and others in a much better way. The better person with strong beliefs system will easily shove away any bad enticements that, the computer and mobile technologies might attract to. Thus, the person will live much better.

4. References

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