

Digital Detox "A Day without Applications"

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Abstract

If we think of "a day without smart phones" we are no Where, we are ready to compromise our friends, family and relationships just because we are too busy in our smart phones. Too much dependency on smartphones creating in number of difficulties in our daily lives, work place burnout, irritability, frustration, overthinking, depression, mood swings, and many psychological issues such as decreased concentrations & attention and medical alienments such as obesity, hypertension, postural abnormalities are very common.

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Introduction

This one day change will change your pattern of daily living or affect so much, that's depend on you, how you will manage yourself. if we think in present technological world without smartphones, we detach our friend and family, relationship, but because of that we can't give to our self-due to problem solving difficulty, frustration, overthinking, depression, medical diseases, psychological problem detected. We should know the importance of self-realization, and self-perception, self-body image etc. Questions arise who we are?,

Nowadays we act like smartphones is our basic of hierarchy need like food, hunger, sleep, shelter etc. its true or not but YES, smartphones

also have added ease life in our life, it's a chain of communication, its easy and smarter way to do work, helpful for multitasking activities.

"Raising awareness of one's own smartphone use can be the first step in the right direction of decreasing smartphone use" often individuals are not aware of the frequency and extent of their smartphone use" [1].

-Says Dr. Dariakuss
from Nottingham trent university

For some people it's hard to go a day without smartphone, but we all know before invented mobile still people fulfilling life, people were connected to humanity and appreciate others from using communication skills, and even I found without a smartphone for one day will do no harm, but it gives so much relaxation about all application

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Trending issues

Your Smartphones Brand/Model Represent Your Standard/Status of Life.

□ *Questions arise:*

1. We can't survive or feel awkward.
2. Best selfies competition occur but how we look actually that we forgot and other person not assuming the reality face of your?
3. If that person have costly mobile so I also want?
4. Are you giving time to your friends, family, society?
5. Are you developing your physical strength, skills from internet?
6. Is childhood experience changes? because of smartphones games, attraction.
7. At what age you started controlling, handling the smartphones?
8. Smartphone giving you right direction ?
9. What you are losing or gaining from smartphone?
10. You control yourself or mobile control you? Think about it?

□ *Got a better result*

In a exam time, examination cell not allowed student to enter a hall with smartphone. It's a because of misusing a smartphone in a exam time and this rules made student to focus on their exam only and fulfilling their tasks. Some of company also not allowed a worker for using a smartphones in their working time, goal is to effective work.

☞ *"Let me ask you, "who's the captain, you, or your phone?"*

Now, you might bring up a lot of reasons why you need to have your phone with you:

What if your loved one need you?

What if there is some major issue and you need a phone?

You need to connect with your friends

You need to listen music.

These are just a few of the many excuse you might think of. All the reasons are right, but people lived without phones, and they lived happy

without them.

□ *Adjusting to situation*

- Informing the friends or family about it this will prevent everyone from any misunderstanding.
- Involve yourself in activity which doesn't involve smartphone like a discussing on a topic, writing work etc. But if you spend your one day without smartphone you will get to know about your patience capacity.

❖ *Why you should follow 'A day without a smartphone?'*

- Sometimes you firm our behavior in a robotic pattern, our daily pattern.
- You don't realize on social media what is right or wrong? nowadays social media, like application misguide/ changing your cognition according to their benefits.
- To know the difference between humanity and technology.
- To understand our environment.
- To realization of present facts.

❖ *How you control your smartphone ? way of using smartphone*

- When you wake up in the morning, on the way, to work, on the traveling, sometimes at work,
- When you get from work
- ✓ Its constant
- ✓ I watched a TED talk by doctor Cal Newport and
- ✓ He said "going on social media is like going to the casino"
- ✓ You are anticipating getting likes and you come out of it, you go back in thinking 'I will get the reward'.
- ✓ Next time 'I will get the reward' and you sit and waiting for notification.

Problems encounter

- Difficulty in coping with everyday situations
- Difficulty concentrating and focusing
- Anger

- Illusion - (in extreme) we assume that mobile is with us even though it's not there
- Anxiety or panic episodes
- Intense loneliness and sadness

Experiment

- I think i was 16 year then i got a phone from that day to the present day i am using a mobile but this one day will give a positive change in my life

We all know 'humanity is involving in technology rising'

Planet earth is changing, we are leaving in a age of constant change with constant battle between humanity and technology,

- It's like i am doing a fast of "mobile baba" suddenly mood swings occur like i want to know what going on my timelines, any important message came and i can't able to reply them, this all are thought roaming in our mind, to maintained that patience without using a smartphone its horrible and i think its fabulous experiment i have done
- No mobile phone in a day
- Positive result

I got extra time, i saved 1 hour from this day

I found myself stress free, everyone in their life facing problem and i found that what are sources of problem therefore ? and that sources is smartphone also included ?

□ *Negative Result*

- Leaving my cellphone at my phone
- Getting lost
- Patience
- Anxiousness
- I feel like i am behaving like antisocial person
- Looking here and there
- No contact in my hand and even i don't remember any contacts except mother number
- It's i like free but there i was thinking is it good ? or bad ? question arises

Types of bonding with smartphones

1. Using only for calling purpose.
2. For someone way of connecting to friends, an escape, a source of wistful dissatisfaction, an obsession.
3. For advertising our business, name etc.
4. Playing games only
5. Taking pictures.
6. Expressing yourself more important than others.

1. A Smartphones is Like Locker of Our Banks

- People using smartphones give more priority to their mobile, there is connection between the psychological problems and their use of application its found that student are more obsessive, addictive tendencies toward their smartphones, using internet in genral were also more likely to be anxious, depressed.
- People who described themselves as tending toward being addicted to the internet and cell phones "scored much higher on depression and anxiety scales", [1].

-According to researcher Alejandra Lleras

2. Some points to prevent from exposure

- Use headset.
- For preganant women avoid contact smartphone to the abdomen.
- For men: use wallet case.
- Don't keep your mobile below the pillow at bed time.
- Don't allow your children to play with or use your mobile.
- Don't text and drive.
- Switch off your wi-fi router at night.
- Eat healthy vegetables.
- Don't use your mobile before sleeping.

Smart phone health hazards

There is a dangerous side effect occur due to microwave radiation it affect our immune system. We strive to be constantly connected and available. This makes us feel tired, nervous, and absent - minded. we hardly realize that a reason for our fatigue is hidden in our pocket. Some are list below [2].

1. Phantom pocket vibration syndrome

- Checking the mobile that its vibrating but actually its not ringing. this is called as phantom pocket vibration syndrome. This occur between the teenage group who are addicted.

2. Blurred vision

- Messaging or reading news, articles on the internet, we set in a small sized font in our mobile. that gives a lot of pressure on your eyes. After your work you feel dry out and hurt when blinking. Always away your mobile 16 inches from your face. Vision problem person should use bigger font in your mobile. if any symptoms occur contact to ophthalmologist.

3. Brain cancer risk

- Microwave adverse effect on our body and can trigger the development of brain cancer in the future.

According to the research conducted by the international agency for research on cancer, excessive use of cell phones may lead to the formation of such brain tumors as glioma and acoustic neuroma.

4. Sleep disorders: Because alarm set, vibrating and ringing of mobile it affect s our sleep.

5. Neck and back pain.

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