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Modern life style and tech-related health risks

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Abstract
The human civilization underwent many changes and developments with the passage of time. Early man lived in caves and forests. They lived on the food available in the forests. The process of evolution of technology has reached a point where pretty much anything is available at the touch of a button. Shopping, learning, working and entertainment can all be accessed from the comfort of our own homes. Science and technological advancement has blessed mankind with all the basic comforts of life. In today's life emails, iPhones, laptops, wifi, headphones and cell phones dominate our modern world. However technology bliss us many advantage for life progress and similarly it gives lots of health related hazards like poor sleeping habits, development issues, back and neck pain, strain on the eyes, lack of privacy, obesity risk, stress, relationship issues, road accident, hearing impairment, death from social networking etc. These tech related-health risks cab be decreased through use of technological instruments in limited time, take preventive guards, systematic habits, healthy exercise and information about the negative side of technology on health. In this dynamic span of life can be healthy and more colourful with helping of technology.

Keywords: Badminton, smash skill, motor ability, boys, girls

Introduction
The process of civilisation has lots of changes in life of all people. Along with people face so many problems in daily life living due to improper environment of social, economic and habitual practices. These problems are malnutrition, unhealthy diet, smoking, alcohol consuming, drug abuse, stress and so on, are the presentations of unhealthy life style that they are used as dominant form of lifestyle. Besides, the lives of citizens face with new challenges. For instance, emerging new technologies within it such as the internet and virtual communication networks, lead our world to a major challenge that threatens the physical and mental health of individuals. The challenge is the overuse and misuse of the technology.
Technology is applied to the roles each individual fulfils during life. Modern technology simplifies life in so many ways and everyone defines technology in their own way. In today's world, where just about everything is more convenient and accessible due to advances in technology across almost all aspect of lifestyle, it may seem as though it's a misnomer to even mention any disadvantages of technological advances. To some people, it means complicated electronic devices. To others, it means the source of the radical changes that are happening in all phases of life. Emerging new technologies within IT such as the internet and virtual communication networks, lead our world to a major challenge that threatens the physical and mental health of individuals. So, there is arising some health related technological risks which emerge various problems in our healthy life access.

Modern sedentary life style
In modern day's concern, life style are deviated from past. Due to technological advancement peoples are easily communicate to others setting. This advancement builds poor habit in lifestyle progress and life becomes sedentary. Past study also found that sedentary lifestyle is a key factor to influence the health. An individual health and quality of life are correlated to lifestyle factors near about 60% (WHO). Millions of people follow an unhealthy lifestyle. Hence, they encounter illness, disability and even death. Problems like metabolic diseases, joint and skeletal problems, cardio-vascular diseases, hypertension, overweight, violence and so on, can be caused by an unhealthy lifestyle. The relationship of lifestyle and health should be highly considered.

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Sedentary entertainments

Modern humans have less engaged in physical activity programme in comparison to people of ancient period. But presently higher productivity with less physical activity is possible with the revolutionary approach of science. This ultimately invites physical inactivity leads to sedentary lifestyles that build poor healthy behaviours and diseases like diabetes mellitus, obesity, cardio-vascular problem, etc. This habit not only affects physically but mentally too like less cognitive work, stressful mind mobilization, depression, anxiety, metabolism may be affected, and your body may have more trouble breaking down fats etc. Social relationship is also becoming unhealthy less adjusted, Emotional imbalance, watching unhealthy movies, excessive use of black berry and laptops, video games and chat etc. are the causes of such type of unhealthy and abnormal behaviour. After surveying more than 3,300 government employees, Australian researchers found that men who sat for more than 6 hours a day at work were 90% more likely to feel moderate psychological distress-like feeling nervous, restless, hopeless, or even tired-than men who sat for less than 3 hours a day.

Some worst tech-related health risks

Tech-related health risks mean the risks which are for over use of technological instruments like computer, laptop, smart phone, iPod etc. These provide lots of work easier and negatively lots of disorders form like visual, musculoskeletal, mental and emotional, etc. Few of risk described below:

- Laptop/Desktop Headaches,
- Smartphone and Stress,
- Internet causing Anxiety,
- Decreased attention span,
- Computers Causing Wrist Pain,
- Computers causing back and neck pain,
- Allergies and cell phones,
- Decreased Sperm Count from Wi-Fi,
- Hearing loss from headphones,
- Cell phones and Car accidents,
- Headphone use leading to accidents,
- Death from Social Networking.

Images of Few Worst Tech-Related Health Risks

Laptop/Desktop and Headaches

Laptop headaches are the condition of straining eyes by staring at the computer screen for too long period can cause headache and blurred vision. Screen related technological headaches are common these days. In fact, laptop may be one of the main causes of chronic daily headaches in today's world. There are three major reasons i. e. eyestrain, poor posture, and EMR (Electro-Magnetic Radiation) lead to headache. Firstly eye strain is such a problem which causes physical fatigue, decreased productivity and increased numbers of work errors and symptoms like eye twitching and red eyes etc. Secondly, poor posture or improper alignment of the body causes compression on the back of neck and can cause pain in head. This head pain is known as cervicogenic headache. Thirdly, Headaches, nausea and trouble can be concentrating when surrounded by EMFs (Electro-Magnetic Radiation) which is the result of oscillating electrical and magnetic fields that moves as an energy force in wave form through space.

Smartphone and Stress

Scientists have found an association between smart phones and stress. Due to constant checking of messages and alerts people becomes a bit anxious. This condition arise when anybody in not receiving a message, miss call, text, email, social update, video or anything else that can be beamed into that nifty little devoiced how else would we update our Facebook page every few minutes, catch up on all that desperately important email or, generally, make sure we were contactable and available every single waking second of every day. Smartphone addiction risk was negatively related to academic performance, but the latter was positively related to satisfaction with life.

Internet Causing Anxiety

People who use the internet excessively may have more mental health problems, like depression and anxiety. Joiner, R. & Colleagues (2007) [10] investigated the relationship between Internet identification, Internet anxiety and Internet use on 446 University students (319 females and 127 males) of UK and Australia. They revealed that measures of internet identification and internet anxiety were developed and also found that men identify with the Internet more than women, and that people who identify with the Internet spend more time using it. It's kind of like, when you identify with some music, you go out and buy the album and listen to it more than people who don't like the same kind of music.

Decreased Attention Span

Attention span can decrease from using long time active on Face book, what's app and other messengers app. Peoples keep attention on these electronic social side which reduce cognitive and recognition power.

Computers Causing Wrist Pain

Engagement in typing on keyboards for long time a feeling of aching, burning, numbness or tingling in wrist is observed. This is the called Carpel tunnel. Carpal tunnel syndrome occurs when the median nerve (nerve of upper limb) gets compressed at the wrist because of swelling. There can also be cartilage injuries in the wrist. Other common injuries include sprain, strain, tendinitis, and bursitis.

Computers Causing Back and Neck Pain

Spinal column consists of bones called vertebrae that protect the bundle of nerves called the spinal cord. Separated by gelatinous cushions called discs, the vertebrae stretch from the cervical or neck region to the base of spine, called the lumbar area. Various conditions, injuries and repetitive stresses can damage these delicate structures, including sitting

in a chair working on a computer for several hours a day (Hakala *et al.* 2012) [15]. Back pain from computer use is related to a number of internal and external factors like uncomfortable chair, poor posture, inactivity etc. In another study it was found that learning in to read the small print on a tablet screen can strain the neck and suggests hunching over that laptop or desktop can cause pain in the neck and back.

Allergies and Cell Phones
When phones come into contact with faces a facial allergic reaction. Nickel, chromium and cobalt found causes skin irritations in the use of common phones made by Black Berry, Samsung and LG among others. Cell phones can be covered in bacteria, causing oils to collect when placed against the face. The result is that unwanted pimples on cheeks and chins. It can be spread after touching bathroom door, lifting button or any open place of object germs which are transferred to Smartphone are prone to acne. That means some nasty little organisms may be hitch-hiking from one surface to the phone's surface, which is then applied directly to your face.

Cell phones and Car Accidents
Using of a mobile phone while driving is one of the main causes of accidents on serpentine roads across the state. Smartphones have made it easy for us to stay connected at all times. But that can pose serious safety risks if someone decides to check his or her text messages, emails, phone calls, or any other mobile applications while driving. Cell phone distraction rates are alarmingly high. In India, an estimated 1.35 lakhs person died on road accident in 2010 found during a month-long police survey (Shabeer H. A & Banu W, 2012) [11]. Chatting on the phone while driving is more than just distracting-it can actually reduce activity in the brain and draw our focus away from the road.

Death from Social Networking
Internet and social media influence suicide-related behaviour. Researchers have growing interest in this topic. In recent days, online game namely The Blue Whale Game or Blue Whale Challenge is a social network phenomenon that consists of a series of tasks assigned to players by administrators over a 50-day period, with the final challenge requiring the player to commit suicide. According to report 130 teen deaths across Russia and Google trends for the past year show India saw the highest number of searches in the world for 'Blue Whale Game'. A focus on adolescents and young adults is intuitive given that suicide is the third leading cause of death among these groups and that these groups have a high likelihood of encountering suicide-associated content on the Internet (Luxton *et al.* 2012) [12].

Decreased Sperm Count from Wi-Fi
Working on a laptop wirelessly may hamper a man's chances of fatherhood. A recent study found that electromagnetic radiation from Wi-Fi can kill sperm if the computer is too close to the crotch. It may decrease a man's fertility (Reuters Health). Avendano C, *et al.* (2011) [14], Nascent Medicinal Reproductive in Cordoba concluded that radiation from Wi-Fi connections can reduce sperm activity in up to a quarter of men. They took sperm from 29 men aged 26 to 45 and placed them either under a Wi-Fi connected laptop or away from the computer. Then information from the internet for four hours were uploaded and downloaded. At the end of the experiment 25 per cent of the sperm under the laptop had stopped moving and 9 per cent showed DNA damage. In comparison just 14

per cent of samples who were kept away from the Wi-Fi stopped moving. And just 3 per cent suffered DNA damage. He concluded that the use of a laptop computer wirelessly connected to the internet and positioned near the male reproductive organs may decrease human sperm quality. Urologists described how a man sitting with a laptop balanced on his knees can increase the temperature of his scrotum to levels that aren't good for sperm. According to the American Urological Association, nearly one in six couples in the U.S. have trouble conceiving a baby, and about half the time the man is at the root of the problem.

Hearing Loss from Headphones
The use of headphone may lead to infection in the ear canal and contribute to hearing loss if listen up and turn the music down and blasting those tunes through our headphones can create to hearing impairment. Headphones deliver stronger, more damaging wave's straight to the cochlea (also called auditory or acoustic nerve)-even at lower volumes. It's not just the volume that can be dangerous to hearing; but the longer listen to something at a high volume (Reported by common sense media, US, Fidler J, 2016) [13].

Status of modern health risk
Many of research found that modern technological life style influence the health risk. Unhealthy life style is the cause of life risk factors. Modern technological stress decrease the life span uses of modern technological facilities decrease our mental and physical efficiency. Modern sedentary life style disturbs the natural social balance. Modern life style is more depending on high facilities machine and its effect on mental disturbances. Speedy machinery life style helps to work easily but it is not perfectly active and its causes of decrease our cognitive ability. Internet has been perhaps the most outstanding innovation in the field of communication in the history of mankind. As with every single innovation, Internet has its own advantages and disadvantages. One study looked at more than 2,000 people ages 18 and over that indicated that 60% of people experience some form of health problem due to the use of technology during the day in USA. Eye strain 36%, back pain 30%, neck pain 27%, and headaches 24%, and wrist pain 21%, and carpal tunnel syndrome 11%, insomnia 9%. A study on 1000 employees who are engaged in Information Technology found higher level stress by Holmes and Rahe questionnaire and 56% had musculoskeletal symptoms. 22% had newly diagnosed hypertension, 10% had diabetes, 36% had dyslipidaemia, 54% had depression, anxiety and insomnia, and 40% had obesity. The stress score was higher in employees who developed diabetes, hypertension and depression. Early diagnosis of stress induced health problems can be made out by stress scores, intense lifestyle modification, diet advice along with psychological counselling would reduce the incidence of health problems in IT sector and improve the quality of work force (Padma V *et al.* 2015 [6], Suparna K 2005) [8]. Computer related health problem is common to IT sector worker which is very high computer related morbidity. The common problems seen among the study subjects were musculoskeletal (77.5%) and visual (76%) followed by stress (35%). The meta-analysis done by Lim *et al.* (1998) for National Institute for Occupational Health (NIOSH) found musculoskeletal discomfort to be as or more prevalent than visual discomfort with prevalence rates of 20%-75% meta-analysis done by WHO. Use of computer affect in terms of human health, rather than on the countless beneficial effects of its use on the

issue of health. It occur psychological problems (fear of technology, computer anxiety, dependence on the internet and so on) and physical problems (repetitive strain injuries, carpal tunnel syndrome, computer vision syndrome, electronic waves, sleep disorders and so on (Gunduz, S. 2007) [17].

Suggested remedies
- Turn phones to silent or plan to check it only every few hours,
- Take a break from the smart phone,
- Keyboard should be low enough so the wrist doesn't bend upwards,
- When using a laptop or desktop, use a standing desk or build a makeshift one,
- Don't use headphone in trains, planes, and automobiles, unplug completely,
- Controlled internet anxiety,
- Increase attention span,
- Be aware on Social Networking,
- Take safety measures for using technological gadgets,
- Regular practice yoga and meditation,
- Maintain food habit,
- Less use virus effective technology,
- Less use of cell phone from danger situation
- Use bacteria protected instruments
- Protect eyes from laptop, computer and mobile,
- If you know you have arthritis or joint problems, avoid excessive use,
- If you feel strain or pain, stop and rest your hands,
- So ditch the phone and keep both hands on the wheel and don't even think about texting.

Conclusions
Technologies provide people with many benefits like educational activities, online shopping, chatting with friends, search for anything; and sometimes, and office based work also be done in home. If these technologies, which dominate our lives more each passing day, are not used carefully, it is inevitable for people to end up with certain illnesses. In order to avoid these problems, one should learn how to use these technologies without experiencing any problem rather than avoiding using them. If feel any illnesses go to doctor for check-ups. Technology users should immediately take education on the healthy use of these technologies. Take care of health by own activeness that make a resourceful person in society.

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