

The study of Positive and Negative Impacts of Whatsapp on Students and the remedies to reduce the its addiction

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Abstract

Today in rapidly moving world, we can see change in every moment. Therefore life is getting complicated in every phase but the technology has made life very convenient. It is evolving in the world at very fast pace and affecting people from various ways. And Whatsapp is one of the medium of such technology. Now-a-days it is becoming a popular word among youth, which is currently available in the various electronic items such as I-Phone, Android, windows phone and computer also.

Whatsapp is an amazing application, and with the help of it we can connect ourselves to the society and the whole world. It is an effective medium for the flow of information and ideas. This application is advantageous for us from many ways which occupies a major part of our day-to-day life. However, this app has emerged as an important medium for social networking and sharing of information and ideas, even it has some harmful effect on the life of youth. Hence, it is essential to know how it is affecting the life of youth and the society at large. The study will reveal that whatsapp is a medium of making communication easier and faster thereby by enhancing effective flow of information, idea sharing and connecting people easier. it is found that whatsapp has also a profound negative impact on youth and adversely affects their education, behavior and routine lives. It messes up much of study time of students and spoils their spelling skills and grammatical construction of sentences. This app has been found to be highly addictive, which leaves a trace that becomes difficult to control. The impact is so powerful that users give up their real world interest their entire emotional quotient is restricted to the app. Their happiness or sadness depends on the reply which they receive from other users. They cannot control themselves from constantly chatting, replying and sharing of ideas.

Introduction

Whatsapp is one of the changes in technology that is commonly used on specific mobile phones and computers. Since the Smartphones became popular, many messaging services were launched but Whatsapp has become very popular among them. The service is free for one year and after that a very small amount is charged yearly. Besides all, this Application is highly addictive and can create a great impact on regular users, and apart from that it can leave a trace that becomes difficult to control and cure.

The world is ever changing due to the advancement in the realm of science and technology. These days it seems hard to escape the presence of technology. Most people will praise the many technological gadgets that they use in their everyday lives. Many of us depend on it to get us through the day, to do our job, to get around, and to find certain things. Technology is evolving at a very fast rate, and what most people did not even think could be real a few years ago, is now becoming a reality. With increasing time, scope, and frequency of use, internet technologies have started to shape the way people form and share content and their way of communication. Social networks, which are very popular among young people, are becoming prevalent due to their nature to meet the needs of individuals towards socialization.

Research Objectives

The preliminary study examines the use of Whatsapp The researcher attempted to understand the perceived high-level of usage of social What Sapp amongst the students by looking at the intensity of it usage and how it affects their academic performance.

1. The main objective of this paper is to evaluate the degree of the negative impact of the use of What Sapp Messenger

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2. Also to determine the relationship between the use of the application and academic performance.

Research Methodology

It is an important social media tool that has impacted the psyche of the modern users, especially the teens. However, it has its own pros and cons that are listed below.

Positive Effects of WhatsApp on students

1. E-learning platform

Students these days enhance their technical skills using WhatsApp that is similar to other study-related platforms like the Blackboard environment. The app supports knowledge sharing among students and between students and teachers. WhatsApp has become a platform for students to express themselves without any fear in a non-restricted environment. As a result, WhatsApp has helped students in getting rid of low participation, an attribute of classroom lectures.

2. cost-effective app

'WhatsApp' is free of cost and students are making use of it for exchanging information by forwarding the messages. Wherever the internet is accessible, social media app 'WhatsApp' is being used without spending even a single Rupee. Video calling and whatsapp calling are freely available.

3. A community of friends by making groups

Almost all the students have smartphones with WhatsApp installed on it. Like-minded youth create groups on WhatsApp and discuss and disseminate facts and figures related to a specific topic. This has become the fastest way to share information, discuss certain topics and enhance Knowledge. The teens also use the app to share jokes and memes to spread humor and bring smiles to their friends.

4. WhatsApp does not have advertisements

Internet sites and many social media applications are replete with infuriating advertisements that pop in between and distract the attentiveness. WhatsApp is free from ads. It provides an excellent user experience and the app does not struggle due to many ads. This helps students to exchange any conversation without any disturbance.

5. End –To – End Encryption in WhatsApp

WhatsApp offers security by providing End – To – End Encryption. That means all the messages, pictures, videos, voice messages, and files are safe and secured from any kind of tampering. WhatsApp's end-to-end encryption ensures that there is no one between you and the other person with whom you are communicating. Also, it has a feature called 'Easy Blocking Option' for blocking unwanted contacts. However, WhatsApp has certain negative impacts as well, especially on the young generation.

Negative Effects of WhatsApp on Students

1. Whatsapp addiction

Students engrossed with WhatsApp are obsessed with sharing of selfies, videos and audio files among the friends and colleagues. They don't want to mingle with the outside world. As a result, they become socially unreachable and aloof. No interaction with the people and society makes these teens snobbish which is harmful to their growth.

4. harmful effects on health

Constant typing and texting through WhatsApp result in inflammation and swelling of wrist tendons. This condition is called Tenosynovitis. Adolescents may develop personality disorders, excessive aggression, attention deficits, and even abnormal anxiety.

WhatsApp is also causing harm to the body posture in many teens. By constantly keeping heads angled down to type, view and text on their smartphones, backs, and necks start to hurt.

2. Whatsapp encourages laziness among students

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Whatsapp addict students become lazy due to constant use of the application. They waste their productive time due to their obsession with sharing jokes, selfies, and videos on Whatsapp.

3. An unwelcome distraction

WhatsApp is addictive, especially for Students. They often get distracted and don't focus on the important tasks and their studies, Also, the constant memes, jokes, trolls and funny videos make the present-day youth insane and crazy. A lot of unimportant information clouds their minds as an impact of the constant use of Whatsapp.

5. Sleep deprivation

Whatsapp obsessed students are sleep deprived. This makes them prone to perform poorly in academics. Whatsapp addict lacks emotional connection.

Teenagers obsessed with Whatsapp lack emotional bondage as they hardly meet people. The feeling of care and warmth, which one gets from face-to-face communication is not there in Whatsapp addict teens.

Remedies to reduce its addiction

1. **Put your phone away.** Put your phone somewhere where you will not see it. Turn your phone on silent mode when you are at work, study or anywhere else, so it won't distract you.
2. **Take a cell phone holiday.** Cut cell phone use out of your life completely for a short period of time such as a weekend.
3. **Engage in other mood-boosting activities.** Using your cell phone has been linked to increases in mood, which positively reinforces cell phone use. Instead of using your phone to feel better, engage in alternative activities such as exercise/sports or creative activities such as writing or drawing.
4. **Keep busy.** If you have a specific plan for each day and you are focusing on your responsibilities, you will have less time to spend on your phone. The bonus is that you will spend more time focusing on your goals and being productive.
5. **Accomplish social tasks in a different way.** Much of our desire to be on the phone comes from our innate and evolutionary drive to be social beings. However, there are other options to be social which may be more beneficial and satisfying in the long-term.
6. **Replace your habits.** Think of each reason you use your cell phone (games, texting, phone calls). Some of these habits may be necessary to your work and daily life (perhaps work emails, etc), while others could be disrupting your life if they take away from your normal interactions and responsibilities. Attempt to replace each of these disruptive habits into more productive, social, and quality experiences.
7. **Plan face-to-face meetings.** Instead of getting social support mostly through your cell phone, it is important to engage in a personal and intimate level. This can only be fully accomplished in person.
8. **Give your cell phone to someone else.** This can be especially helpful during times when you feel strong urges to use your phone including after school, after dinner, and during the weekend.

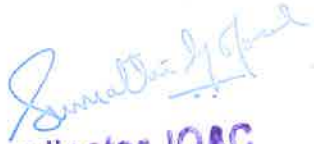
Conclusion

Most students have access to internet which is the gateway to social networking sites like WhatsApp messenger and WhatsApp messenger is an easy and cheaper way to interact with friends and family. Students normally use this site during lectures and study time which creates distraction for them leading to poor academic performance.

This medium negatively affects their grammar and spelling because, short words like HW r u? (for 'how are you?'), Gud mornin' (for 'Good morning') etc.

Students spend most of their precious studying time in 'sapping' as they call it instead of reading which brings a serious setback in their academic performance because they cannot create a set of scale between the WhatsApp messenger usage and their academic pursuance. Most students use their mobile phones to access this social

media networking site more frequently within the university campus which is the main cause of academic distraction.


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