



# Digital Detox in India

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## Abstract:

*Our Smartphone's are the first thing we see in the morning and the last thing we check before going to bed. We are no longer managing technology instead technology is managing us. In fact, Smartphone addiction now has a clinical name Nomo phobia the fear of being without or away from a mobile phone. Tech addiction has become a global problem and is making a nomophobe of us all. If someone 7 days a week connected to his Smartphone and laptop. Then he felt physically burnt out, fatigued, stressed, He will losing sleep, forgetting things, unable to manage my work and highly unmotivated, If he adding, Gradually reducing the amount of time on his tech devices made a huge difference and he began to work really hard at it. Everyone knows that they are addicted to some extent but most don't know that the amount they spend on their technology is doing a lot of harms. Their webpage goes to mention: We know that living in the modern world means that you can't simply live without technology so we opt for a healthy approach to living with it. Across the country, people are rebelling against the hold Smartphone's and gadgets have taken on their lives, mind space and their use of free time. It's called a digital detox, and it's being recommended by technology de-addiction and counseling clinics such as the one set up by Nimhans (the National Institute of Mental Health and Neuro Sciences) in Bangalore in April 2014.*

**Keywords:** *Digital detox, Smart technology*

## 1. Tech-addiction in India

Problem is just as bad in India as the rest of the world. Although the amounts of accessories are less, in more developed countries, people will possess a tablet, Smartphone, laptop, wearable tech and a kindle. However, with smart technology becoming cheaper, it won't be long before India is just as equipped. We're seeing a growing number of people making a conscious effort to reduce their dependence on smart phones and smart devices, even if it's something as small and simple as setting aside their phones while eating. There is no clear data or study on the extent of addiction to digital devices, but the number of people whose lifestyle is compromised due to online time is going up significantly. In the last few years, the number of patients seeking to detoxify themselves has gone up two to three times, say experts. Our problem is that the problem is so enmeshed with our day-to-day life that it takes time to even realize there is need to reduce. It also takes time and conscious sustained effort to implement change. But if one is aware and motivated, change is easy. According to a study 42 percent of employees reported feeling obligated to check their email during vacation, while 26 percent felt guilty even using all of their vacation time.

## 2. What is digital detox?

A digital detox is switching off all mobiles, Smartphone's, tablets, laptops and computers for a certain length of time. Even though the science of how technology impacts human behavior is still in its infancy, digital detox has found a mention in a dictionary. The Oxford dictionary defines it as a period of time during which a person refrains from using electronic devices such as Smartphone's or computers, regarded as an opportunity to reduce stress or focus on social interaction in the physical world. It is regarded as an opportunity to reduce stress, focus more on true social interaction and connection with nature in the physical world. Claimed benefits include increased mindfulness,

lowered anxiety, and an overall better appreciation of one's environment. The best way to detox is by going into nature. Studies have shown that blood pressure, heart rate, muscle tension and the level of "stress hormones" like Cortisol all decrease faster in natural settings. Depression, anger and aggressiveness are reduced in green environments and ADHD symptoms in children reduce when they play in green settings. Digital detoxing is a growing phenomenon that serves as a reaction to the information overload coming with new media and digital connecting devices. Smartphone's, laptops and tablets, combined with the increasing wireless Internet accessibility, enable technology users to constantly be connected to the digital world. Constant online connectivity may have a negative impact on the users' experience with electronic connecting devices and result in a wish to temporarily refrain from communication technology usage.

In one study in Mind, 95% of those interviewed said their mood improved after putting down their phones to spend time outside, changing from depressed, stressed, and anxious to more calm and balanced. The motivations behind digital detoxing vary. In some cases the motivation is negative emotional responses to the technology usage, such as dissatisfaction or disappointment of the technology device and its functions. In other cases, users see the technology as a distracting factor that consumes time and energy, and want to take back control over their everyday lives. Some people have moral, ethical or political reasons to refrain from technology usage, such as fear of violation of their privacy. Furthermore, a concern of developing addictive behavior in terms of tech addiction or Internet addiction disorder is one of the motivations for disconnecting for a period of time.

Constant engagement with digital connecting devices at the workplace is claimed to lead to increased stress levels and reduce productivity. Certain characteristics of the technology make it more difficult to distinguish work from leisure. Moreover, being continually connected increases the amount of interruptions at work. Allowing employees to disconnect for a part of the day in order to truly focus on their work without disturbance from colleagues is claimed to be beneficial to the productivity and work environment. The connecting devices multitasking character has a serious impact on the learning ability. Multitasking implies operating on a surface level, which only involves the short-time memory. Using multiple connecting devices as learning platforms is therefore not beneficial. A reduction of information choices enables the brain to focus more on the quality of the information rather than the hastiness of it.

### **3. How to cure your child's technology addiction**

What should you do if your child suffers from technology addiction? How do you help your kid to overcome addiction to internet, cell phones, games, tablets? If your child is overly exposed to internet, games and electronic gadgets, there is a good chance that this misuse will result in severe physical and behavioral consequences. Too much EMF radiation from electronic devices can also lead to DNA damage, cancer, sleep disorders, low success in school etc. With such dangerous consequences it's not strange that many parents are concerned their children spend way too much time in front of screens. What they often don't know is how to treat technology addiction and what is the best way to help their child to find the right balance between healthy and abnormal use of technology.

### **4. Technology Addiction Treatment**

#### ***4.1 Trust your instincts and don't hesitate to react***

You know your child and if something feels wrong, it probably is. Technology addiction will make kids lie, be deceitful and secretive about how much time they spend online. Take time to check their online behavior for yourself, rather than go along with their games. Don't silence that inner voice inside you telling you "This is simply wrong and it calls for action to get it under control!"

#### **4.2 You can't expect kids to behave well if you're not setting a good example**

Kids learn more by observing your behavior than listening to your words. Make a rule of keeping phones on silent during mealtimes, while having conversations with your family, or establish cyber-free weekends. No exceptions. This way you're sending a strong message that being connected to your family comes first, everything else can wait and is of less importance.

#### **4.3 Establish a maximum time your kids are allowed to spend with their electronic device**

Restricting the time kids spend with their cell phones, smart phones, laptops or other electronic devices is crucial in fight against technology addiction and prevention of further continuation of unhealthy dependence. Pediatricians from *American Academy of Pediatric* recommend no more than 2 hours of screen time for kids daily. Talk to your child and whether he/she understands it or not, be very transparent on reasons why you're limiting their online time.

#### **4.4 Guide them to focus on "real world" fun activities**

Occupy their minds with challenging outdoor games or sports, encourage playtime with friends they like, travel to experience new people and cultures, take them to funny theater show or great music concert, get them interested in beauties of real world.

#### **4.5 Good sleep means no technology in bedrooms**

Child's ability to think, verbalize, memorize, understand and learn depends on how much sleep they get at night. Make sure they get an activity-fulfilling day, so they can get a good night sleep and keep smartphones, laptops, iPads and other gadgets that spark technology addiction outside of their bedrooms.

### **5. Different ways to start a digital detox**

From Smartphone's to sat navs, our lives are full of screens. We wake up to them, we come home to them, and we carry them around in our pockets all day. So perhaps it's unsurprising that experts are warning that this constant exposure could be damaging our health. Technology may be incredibly useful and educational and it undoubtedly allows us much creativity, connectivity and enjoyment. But if it begins to distract you from doing what you should be doing like your job or your education or it negatively affects your relationships, or costs you more money than you can afford, then it starts to become dangerous. If it is negatively impacting your life you need to evaluate what you do online, when and with whom.

#### **1. Make a gadget list**

Before you commit to a detox, try making two lists," advises a psychologist "Firstly, list all of your gadgets. This will show you how dependent you are on technology. Secondly, make a list of all the things that you enjoy doing in life, but aren't doing presently. Making a list will show you how dependent you are on technology. This will help you realize that, if you cut down your technology use, you'll gain back hours of time to do things that you find considerably more meaningful than constantly checking Facebook. Some estimates show that we spend the equivalent of three weeks every year on social media and checking emails - time we could be at home or on holiday.

#### **2. Give yourself an allowance**

If you establish a maximum daily time allowance for your devices then you will be more likely to stick to your detox, suggests a Technology Addiction. If you establish a maximum daily time allowance for your devices, then you will be more likely to stick to your detox. By restricting the time you spend using technology, you can focus on the 'real world' much more, and will be encouraged to enjoy social interactions in person rather than through a screen.

#### **3. Don't set unachievable targets**

Although an allowance is important, digital detoxes are something one needs to ease into. Try not to overwhelm yourself with unattainable targets. In order to completely sever your dependency, it would be a good idea to first simply set small limits for each day. Be this during exercise time,

your lunch break, or when out shopping, if you slowly eliminate technology from various parts of your day, your detox will be easier to stick at. Habitual rituals help us achieve our targets, but only if they are achievable themselves.

**4. Commit to changing one habit at a time**

Don't attempt to give up your tablet, laptop and smartphone all at once. Choose one technology habit to change at a time. May be this would be banning all devices from the dining table, or from the bedroom, or only checking emails every two hours. Choose one technology habit to change at a time, and make sure that you stick to it for at least a week no matter what, and then move onto tackling another. But whatever it is, make sure that you stick to it for at least a week no matter what and then move onto tackling another habit. Keep going like this, eliminating your dependencies incrementally, until you feel more in control.

**5. Ensure you get enough sleep**

Try storing devices in a different room to your bedroom overnight. This will stop yourself using them straight before sleep, and first thing in the morning which is important as sleep issues can sometimes coexist with technology addiction. Make sure you turn all screens off at least two hours before bed that means no phone, no laptop, no iPad. Your bedroom is for sleeping - so don't turn it into a cinema, a shopping centre, a bank or a casino.

**6. Make an effort to give others your attention**

You should make the effort to give people your undivided attention. Focus on how rude people will think you are if you're constantly checking your phone or texting away - and this will make you more likely to give them 100 per cent of your attention. Don't spend social time with others on your smartphone if you're still struggling, take away temptation. Try timing your emails so they only download to your smartphone every two or three hours. This will mean that your time and energy isn't dissipated by constant distractions, and you can then deal with your day's emails and notifications in a concentrated period of allotted time per day.

**7. Find a detox buddy**

Things are always easier when you team up, So why not pair up with a 'detox buddy. With this support, you can discuss your progress, encourage each other to keep going and spend time together face-to-face rather than messaging through a screen. A detox buddy will keep you honest.

**8. Leave your gadgets at home**

We are ever-curious about what others are up to then we compare and despair, So try leaving your gadgets at home, or just going out without your headphones once in a while. You may find that you miss very little, and will have more time to do more with your life than spending it watching other people's worlds through a screen. Rather than thinking life without your iPod is boring, get used to listening to birdsong when out on a run. You may find that you miss very little, and will have more time to do more with your life than spending it watching other people's worlds through a screen.

**9. Tell everyone what you're doing**

The more people you tell about your detox, the more people will be watching you and the less you will want to fail. By banning devices from various spaces around the house, such as the dining table, it will be easier to kick your technology dependency. Setting an example to friends or family is a great way to motivate yourself. Try leaving phones on silent or switched off during meal times something which is particularly important for children and young people who learn behaviour from their parents.

**10. Disable pushes**

To cut back on your digital dependency, turn off your phone's push notifications for social media apps, Felix says, including Facebook, Instagram, Pinterest, news sites, dating apps anything that sends an alert when someone contacts you or likes a post. Starting with one or two, set a specific time of day to check each and a time limit for how long you'll spend on the site, such as 20 minutes. This way you're not going offline entirely but rather choosing when to access your social media sites and networks.

### **11. Buy an alarm clock**

Qualcomm survey, 50 percent of Americans reported sleeping with their devices next to their beds, and another 15 percent leave theirs somewhere out of reach in their bedrooms. If you do so because your phone doubles as your alarm, watch out. You're inviting the whole world every Facebook friend, reporter, blogger into bed with you. Switch to a real alarm clock, and when it buzzes, give yourself 10 to 20 minutes, or even an hour, to ignore your devices as you prep for the day. You'll be able to start your day on your own terms, not someone else's and feel more inspired and rested, and less anxious.

### **12. Switch off into aeroplane mode**

It's pretty inevitable that you use your phone to listen to a playlist while on a run or lifting. But although music is a proven way to pump up your effort, stopping mid-interval to answer a text or like an Instagram photo isn't the most productive way to burn calories. Before you lace up to exercise, turn your phone to airplane mode or do not disturb, so there's no temptation to check it. You'll not only sculpt a better body, you'll be more likely to reach that blissed-out, endorphin-soaked mindset by focusing on your workout, not your social network.

### **13. Gradually power off a day**

Just as you wouldn't run a marathon before running a mile, you need to ease yourself into taking breaks from the digital world," Tate says. Start by putting your phone down for 15 minutes without looking at it one day. The next day, break away from technology for 30 minutes, and so on. Or designate one day a week to stay away from one social media platform completely say, Twitter-free days. When you feel ready to take the full-day plunge, a weekend day is a good choice since work pressures tend to let up. Sundays are probably your best bet, as it's typically intended for rest and relaxation. Place your phone in a drawer and spend the day connecting interpersonally not electronically with family and friends.

### **14. Establish back ups**

Since not being connected 24/7 has practically become a cultural taboo, many people's biggest fear about doing a digital detox is that others won't be able to reach them. If you're ready to take the leap to a whole day or weekend of unplugging, put in place/ Tell family, friends, and colleagues that you'll be going off line and use technology to do so. At least one week in advance, send emails, texts, and tweets, and set up an out-of-office away message. You can also write on your social media profiles that you'll be unreachable for that period of time. To ease your mind, consider leaving your phone with a trusted family member or friend who will know how to reach you if something truly urgent comes up. Then keep in mind: What's *really* an emergency? "Ask yourself, 'What's the worst that could happen while I'm offline. Most likely whatever may happen during your unplugged period won't be life-threatening or even all that important.

### **15. Be prepared for temptation**

When you're on a diet, it's smart to keep single-serving dark chocolates on hand to nosh if a molten cake craving kicks in. Do the same thing for a digital detox. Have activities available to distract you when the urge strikes to check your phone or laptop. Consider buying magazines, a book, or a new nail polish, or head out for a walk and simply take in what's going on around you. When you are fully present in the moment, you'll feel more thoughtful, your stress levels will dial down, and you'll develop stronger relationships as you chat with friends and family.

### **16. Find your social media**

Identify the sites or apps you're spending all your time on and ask yourself why you're drawn to them, Felix says, then create a way to find that satisfaction in real life. If you're inspired by artistic photos on Instagram, visit an art gallery with a friend. Or if fitness blogs are your go-to, organize a run or hike with your friends. And when the itch to post a photo arises, create your own "Instagram filter. Make a frame with your fingers, and take a mental snapshot of that sunset or beautiful bouquet for yourself, not your followers. It really can enrich your experience. Science shows that when you engage with a moment with all of your senses, you'll be more

likely to remember it later on, he explains. The same recall doesn't occur when you're too busy snapping photos.

### **17. Repeat a Mantra**

Whether you're sitting at home and know a party's going on, or you're lying in bed and yoga class started five minutes ago, be okay with where you are. "Tell yourself, 'Wherever I am is exactly where I need to be. Remember that the choice you made is the right one for you at that time. Later when you turn on your phone and are flooded with party pictures on Facebook and Instagram montages of fun-filled weekends, remind yourself that social media shows only the highlights of others' lives. People choose the flawless photo, add the best filter, and draft the perfect caption, so of course everyone's lives are going to look awesome although chances are they're not so shiny behind the scenes.

## **6. Digital detox in India**

While the world has taken to digital detox holidays, India is still coaxing tourists with the "free internet" freebie. Fortunately, there are a couple of destinations that are popular among tourists - obviously not by design, but default. So if you are ready to unplug and unwind, here's where you should be heading out.

### **1. Serenity Kanam Estate, Kottayam**

The resort is nestled between an old rubber plantation and consists of only five rooms. With no internet connectivity, guests are forced to get back to basics to unwind.

### **2. Vana, Dehradun**

Allows use of digital devices inside rooms, but not in shared or outdoor spaces. It emphasizes holistic well-being of individuals, something most have forgotten in their fast-paced lives. There is also yoga, "mindful tea", nutritional cooking, raag therapy sessions and "silent walking meditation. The retreat is surrounded by sal forests and mango and lychee orchards to help reconnect with nature.

### **3. Bandipur, Karnataka**

Bandipur is among the few Project Tiger reserves that has seen an actual increase in the population of these endangered cats. The park is home to leopards and four-horned antelopes. Tourists are not allowed to play music nor have noisy parties. If they have to soak in the sounds, it is of animals.

### **4. The Misty Mountains**

The Misty Mountains is an offbeat destination in Kumaon. It is surrounded by forests with the nearest neighbor being a kilometre away. An ideal holiday destination for writers and photographers.

### **5. Kaza, Spiti, Himachal Pradesh**

The stunning capital of Spiti, Kaza is located at the height of 11,980 feet. There's plenty to do at this charming place. Kibber, Langcha and Komic villages have their own charm. In fact, at the height of 13,943 feet, Langcha happens to be one of the highest villages in Asia, and Komic village has just 114 people. What you do here is chat with locals, enjoy the peace and quiet and soak in the stunning scenery. Mobile network? Consider yourself lucky if you don't get it.

### **6. Mawlynnong, Meghalaya**

Asia's cleanest village, tucked away in the north-eastern state of Meghalaya, is absolutely gorgeous. Combine it with a trip to Shillong and you can easily spend a night here. No fancy hotels or a resort, but a basic guesthouse takes care of all your needs.

### 7. Gurez, Jammu & Kashmir

Far away from the crowd in Srinagar, Leh and Gulmarg is this quaint valley that was a part of the ancient Silk route and is connected to Gilgit in Pakistan. It's 130km from Srinagar and it can easily take you about six hours to reach here, but the journey with snow-capped peaks in the distance and driving past pretty lakes, is so scenic that you won't even realize how time has gone by.

### 8. Binsar, Uttarakhand

Spotting birds, going on treks to see animals and gazing at Himalayan peaks like Trishul, Nanda Devi, Panchachuli Located in scenic Kumaon, the hilly sanctuary, surrounded by oak, cedar and pine trees, has more than 200 species of birds. It's a lovely hamlet tucked away in the hills and an ideal location for those who want to switch off and be one with nature.

### 9. Kalap, Uttarakhand

A village lost in the Garhwal Himalayan region, is home to 500 people and 3000 sheep. Kalap, about 200km from Dehradun, is a gorgeous village, surrounded by pine and deodar trees, where you can go back in time because the villagers claim that they are descendants of Pandavas and Kauravas. Getting here is one challenge, as no car goes there so you'll have to trek for at least 4 hours, but the effort will be worth it. There's nothing much to do here expect enjoy the natural beauty, meet the locals and listen to their stories. It's an experience of a lifetime that you wouldn't want to miss.

## 7. Other benefits of digital detox

- **Good mental health:** There is a growing concern among scientists that indulging in these ceaseless disruptions caused by digital devices is not good for our brains in much way that excessive sugar or fat and other things we tend to crave are not good for our bodies
- **Better human relationships:** With digital detox, it is possible to maintain a better relationship. Many people have bad breakups because of a cultural shift from face-face communication and shorter attention span.
- **Increased Productivity:** Mobile devices and gadgets often cause distractions at work leading to poor performance, carelessness, absent-mindedness and failure.
- **Good Posture:** The physical effect of too much technology will be reduced. Such effects include wrist, arm and shoulder pain, ears roaring, eye strain, and lack of sleep.

## 8. Conclusion

Digital detoxing is no longer a concept but a reality as people and organizations have started adopting it in order to achieve a balance in the digital age. Device-free events such as retreats and holiday camps are now being planned for people to get away and relax. According to a recent report majority of people would rather go without food and other daily staples than be without their mobile devices, therefore digital detoxing is not as simple as it sounds. Symptoms include lack of concentration, a feeling of irritation if separated from your device or when your battery is running low, looking at your phone first thing when you wake up, ignoring people while you are at your digital device, and reduced productivity resulting from overwhelming use of digital devices.

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