



Digital Detox in India

DR. NARENDRA KUMAR PATHAK
Academic counselor, IGNOU

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.

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.

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.

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.

Digital Detox – Technology Addiction Treatment

- **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!”

- **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.
- **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.
- **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.
- **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.

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 or 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.
6. 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.
7. **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.
8. **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.

9. **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.
10. **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.

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.

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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