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## Digital detox: Live in offline

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### Abstract

A digital detox is switching off all digital devices like mobiles, smartphone's, tablets, laptops and computers for a certain period of time or a state when an individual hold the use of digital equipments to utilize that time for face to face interaction and activities. 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 an opportunity to reduce stress, focus more on direct social interaction and connection with nature in the physical world. It increases mindfulness, lowered anxiety, and an overall better appreciation of one's environment. The best way to detox is by going into nature. The objective of this study is to learn about exactly how modern technologies are changing humans' behaviors, their way of living and why it is important to take some time off from the rapid use of technology. It focuses on negative impact of excessive use of modern technologies and networking sites on the human behavior. It affects their critical or creative thoughts, making them less focused by involving in social media and more disconnected from their real lives. Adoption of digital detox is the way of reducing the use of digital technologies and involving in the real life.

**Keywords:** digital, detox, technologies, health, real life etc

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### Introduction

Digital detox refers to a period of time when a person voluntarily quit the use of digital technologies such as smart phones, computers, and social media platforms. This form of detoxification has gained popularity, as individuals have increased their time spent on digital technologies. In recent era the concept of digital detox or tech-detox has come out remarkably in the meadow of behavioral science and more specifically in the work field. At this point digital detox is widely known as time period during which a person not using his/her electronic connecting devices. Now it has become so important that it is listed in the dictionary too. Undergoing a digital detox is the act of restrictions from using digital/electronic devices for a certain period of time, intentionally to stay away from the disturbance that come from always being connected. Some examples include: A set time every day where all devices are switched off, not engaging in any work-related digital communications, such as email, outside of working hours, actively engaging more in conversations and interactions in the "physical" world and less in the "digital" world and most importantly to spend some quality time with the person himself so that he can rejoice again. Now a day the use of digital technologies has become so common that a child also knows how to play YouTube or other gaming app or how to access the stored data in any mobile phones. They are so much savvy about the use of the smart phones or even other technologies.

### Need of digital detoxing

Technologies changed our life very surprisingly but slowly-slowly we are become addicting of these technologies. We are no longer managing our technologies – instead technologies are managing us. In fact, smartphone addiction now has a clinical

name – Nomophobia – the fear of being without a mobile/smart phone. Our connection to the virtual world is superseding face-to-face human interaction. According to Thomée, Sara 2012, excessive use can be linked to stress, sleep disorders and depressive symptoms. For those who used both computers and mobile phones combined, the risk was augmented. The abuse of smart phones has placed people at the risk of impaired social interactions. When it comes to smart phones, tablets and other mobile delights, many of the adults have the unfortunate tendency to behave like children: urge and poking their shiny toy to the exclusion of anyone and anything else.

People would rather communicate via text instead of talking face-to-face. As an increasingly pressing issue, phubbing has raised global attention and stirred widespread discussion. Almost in all kinds of social settings one can find phubbers. However the problem of phubbing becomes much trickier when it comes to the field of education. Usually expected, while the learning environment should be quite and pleasant, portable device use has become increasingly common in the classroom with 98% of college students owned a mobile phone (Diamanduros, Jenkins, and Downs, 2007) <sup>[2]</sup> and 62% of students reporting the use of electronic media for non-academic purposes while in class, studying, or doing homework (Jacobsen & Forste, 2011) <sup>[5]</sup>. End, Worthman, Mathews, and Wetterau (2010) <sup>[3]</sup> claimed that ringing mobile phone impairs student performance during the lesson. However, mobile phone ringing is distracting; students typically do not converse with the caller during lectures (Barks, Searight, & Ratwik, 2011) <sup>[1]</sup>.

Although, silent cellular phone text messaging permits extensive conversational exchanges during classes that may not be as obviously disruptive (Young, 2006) <sup>[11]</sup>, a significant proportion

of surveyed believe that texting creates a distraction to those sitting nearby (Tindell & Bohlender, 2010) <sup>[9]</sup>.

Taking into account of classroom discipline is one of the most important aspects in teaching and learning, it become not easy for teachers to struggle with mobile phones' negative impacts on students while keeping them focused on learning. In accumulation to all this negativity, some students have found ways to use mobile phone by accessing information online during an exam, taking and disturbing photos of exam, and text-messaging answers to exam questions (Katz, 2005) <sup>[6]</sup>. Gilroy (2004) <sup>[4]</sup> argued that the opinions of faculty regarding the use of cell phones in the classroom are quite diverse, with some faculty members wishing to ban them and others feeling that even guidelines on cell phone use are overly restrictive and unnecessary. Some institutes have certain guidelines for restricting the students for carrying and using mobile phones in the class rooms, whereas some institutes are not much restrictive (Shrivastava & Shrivastava, 2014) <sup>[7]</sup>. Stay connected via the phone, all the time, can be hazardous, warn experts. While technology has its benefits, several studies have been sounding the alarm on its overuse. It can cause smartphone addiction in addition to severe mental and physical symptoms. So, there is an urgent need of digital detoxing not only for students for every individual.

### Importance of digital detoxing

Across the country, people are rebelling against the hold smartphones 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. This gives people time to continue or to do other activities and realize that there is a life beyond the digital or technological world. A growing number of people making a conscious effort to reduce their dependence on smartphones and smart devices, even if it's something as small and simple as setting aside their phones while eating.

Digital detox is an opportunity to reduce stress and focus more on interaction with others. Making time and space for a regular technology detox is important for all ages of people. However, digital detoxing may be especially important for children and teenagers. That's because their brains are still growing and developing. Therefore, they are more susceptible to the negative effects of technology on the body and nervous system. Ultimately, a digital detox is a way to disconnect to reconnect. It helps to provides time to experience nature, get physical exercise, and practice mindfulness. It's aiming to reduce stress and anxiety caused by the over-use of technology. Digital detox making stronger vision, improved mental health, stress relief, boosts immune system. Develop a healthier relationship with real life. It helps the body relax and prepare for some shut-eye. It maintains better posture and hormonal and cellular health.

### Conclusion

Emerging modern technology is the answer to all troubles as it makes our life so easy, saves our time, gives one ability to work from literally anywhere and above all has a worldwide reach. The virtual world is slowly crawling into our lives and has come a long way in a very short span - moving from our desks to our

bedroom, which has an adverse effect on not only our physical healths but our personal relationships too. Technology as we all know is one of the greatest blessings of our times but it comes with a heavy warning, which is of making sure that we maintain a healthy balance between our rapidly growing virtual world and the ever existing real world. Digital Detox does just that by giving us an opportunity to get back in touch with our real world and taking a break from constantly staying active and available to the technologically driven virtual world.

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 been 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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