



Noise pollution caused through usage of electronic gadgets: Impact on children

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Abstract

Children are like buds in the garden and should be carefully and lovingly nurtured, as they are the future of nation and the citizens of tomorrow. Due to the effect of corona disease many children were away from the traditional method of learning in schools. In pandemic season the children were closely connected to electronic gadgets to pursue their education through virtual mode. Attending the online classes was a positive lead and challenge taken by the teachers, management and the parents to mend them and to be in constant touch with education.

Unfortunately, apart from the education the children of different age groups were addicted to use the electronic gadgets for longer hours. Whether the noise pollution of electronic gadgets effected the listening skills, is there any adverse effect on Auditory skills of children, has the things gone to hearing loss induced, does it affect the health and social skills? This paper presents the impact of gadgets on psychological, sociological and physical effects on children. It also describes the ways for parenting the children in monitoring and limiting the time limit of usage of gadgets for protecting the skills of young generation in building the nation.

Keywords: children, electronic gadgets, noise pollution, nation

Introduction

The children of today are the founding pillars for the nation's development. It is necessary for every society and nation to nurture a strong healthy and intellectual youth. It is the responsibility of the adults to direct the children in proper direction. The children have lots of energy, will, capacity, zeal, and enthusiasm and have the power to mold the destiny of the nation. The talents and the abilities have to be used in constructive way and helps in building the nation. Exposure to gadgets may cause many difficulties to children in psychological, social and physical development. The success of the children depends upon the environment they live.

Exposure to Gadgets: Barrier in Building the Relationship and Social Skills

When there was no use of electronic gadgets the children were in touch with the traditional method of teaching and in leisure times, they use to play many outdoor and indoor games. Working on social skills is not just an activity but this gives children lots of opportunities for practicing and strengthening those skills everywhere. Playing outside comes with many physical benefits and helps the children to develop socially. Playing together with their peers allows children to learn important social skills like empathy, co-operation and making friends. Research also suggests that the outdoor play leads to improved impulse control and less aggression. There is another benefit to being outside playing. There is a bacterium in soil that has been found to increase serotonin in the brain and improve mood so it is better to relax and let them get dirty. So the children should be away from the electronic gadgets which spoil their skills in building the social relationship.

Noise Pollution Through Gadgets: Virtual Autism

Exposure to gadgets may cause virtual autism among children. Experts in psychiatry associate virtual autism to

prolonged exposure of children aged up to four years to mobiles, television, and computer screens. Its symptoms are delayed speech, difficulty in social interaction and behavioral changes.

Unknowingly the parents expose their children for longer hours to mobile phones and televisions. A child is made to repeat words unknowing what they mean. The child can count, but he does not know what it means. In a cosmopolitan society due to the effect of economic factors and in securing the children's future both the parents are made to work, due to this the parents couldn't spend the qualitative time with the children and after school hours also many children are made to spend extra time in school till their parents collect them back, which create a gap between parents and the children.

Sociological Changes

The usage of mobiles for longer hours reduces the interaction with others at school and at home. Potentially keeping things close, lazy to do other activities which results in disruption of child development, lack of socialism. Children neither want to play indoor games nor an outdoor game which helps them to grow socially.

Noise Pollution through Cell Phones: Hearing Loss

The children of young generation are panic if mobile phones are misplaced or are out of sight. The research has confirmed that cell phones cause hearing loss.

There are three main factors by which noise pollution of cell phones causing hearing loss

1. The high volume of cell phone

Damages hearing capacity and constant exposure of loud sounds, cause hearing loss

2. Heat from cell phones causing hearing loss

The battery in mobile phones heats up if the phone is used for longer hours. This heat is transferred to the body which

contacts with ear. Research claims that prolonged contact with a mobile phone can raise temperature of the head causing headaches.

3. Radiation effects

Due to radiation of cell phones, cell phones are wireless devices; they receive and send speech signals to the tower put by the service providers through electromagnetic waves or radiations.

Impact of Noise Pollution on Psychological and Physical Health

Children addicted to cell phones face sleep disturbances, sleep disorder, depression, anxiety, obsessive compulsive disorders. Cell phones cause sleep disorders because of the blue light they create. This blue light can suppress melatonin a hormone that helps in controlling natural sleep cycle.

When the children are away from the physical activities and close to cell phones leads to obesity issues, obesity is one of the most strongly proven outcomes of screen media exposure. The children are not aware what they are consuming. Some children are consuming less food which results in loss of nutritional values which helps in their physical growth. Some children are consuming more food than required which results in obesity.

Cell phones effects the children psychologically resulting with anger, depression make the children drained both physically and emotionally children often feel alone and isolated when the cell phones are not provided to them and during the internet connectivity issues also, we can see the anger and depression in them. Aggression is another form of behavior directed towards the goal of harming others. Frustration occurs when motivated behavior is blocked.

The Constitutional and Other Provisions of Law Related to Protection of Children

Article 21 of the Indian constitution states that "No person shall be deprived of his life or person liberty except according to procedure established by law". As we are aware that no fundamental right is absolute and every right is subjected to reasonable restrictions. Article 21 of our Indian constitution gives us the right to access the internet. The court essentially included that this right is the basic infrastructure of freedom of speech and expression. When the matter comes to the protection of children in accessing internet, we do not have a stringent law to govern cyberspace in India, with many loopholes prevailing in the laws of our county.

Section 14 and 15 of POCSO act 2012 exclusively deals with the crimes of pornography related to children. Child pornography is a serious crime punishable under section 67(b) of the information technology Act 2000. The personal data protection bill 2019 contains provisions for protecting children on online data privacy. The governments step regarding the bill protecting right to online privacy of individuals including children is commendable but unfortunately there are some lacunae in the provision regulating the protection of children right to online privacy.

Article 23 of the Indian constitution deals with prohibition of traffic in human beings and forced labor. Cyber/online trafficking should primarily be understood as human trafficking, committed with the help of online networks using gadgets.

International Perspective of Human Trafficking

Trafficking is a crime in various international anti-trafficking instruments such as the 2000 'Palermo protocol' and the 2005 'council of Europe convention' on action against trafficking in human being. Human trafficking is a crime and it falls under the 2001 council of Europe convention on cybercrime. The crisis of child trafficking is increased in country during covid-19 pandemic in 2020 and 2021 and children are made to attend the online mode of education and slowly addicted to cell phone usage.

Conclusion

The success of the social, psychological and physical development of the children depends upon the environment they live. Though India has made many laws, still it does not have an appropriate law designed specifically to handle the challenge of cyber/online child trafficking. The legislative vacuum should be filled by enacting the proper legislation in protecting the children future in building the nation. Parents are alarmed to play an active role in controlling and protecting the children in excessive usage of gadgets. The parents should monitor and to be aware of what the children are watching. Parents should fix the timings and duration of using gadgets. Smart parenting is essential in making the children a responsible citizen.

Suggestions

1. Parents should keep the children away for longer use of cell phones by limiting the time.
2. Teachers can identify the children's behaviors and keep alarming the parents in molding their future.
3. Parents should spend more time with the children in understanding the emotional feelings of children.
4. Children should be allowed to play outdoor and indoor games to strengthen their physical and mental health.
5. The children need more attention to stay without the usage of cell phones for longer hours.
6. Parents should keep eye on which games or content the children are watching.
7. The children should be protected from Anger, Depression, Aggression, Frustration and Obesity disorders.
8. Finally the legislative vacuum should be fill by enacting proper legislation.

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