



**ADELAIDE JOURNAL
OF
SOCIAL WORK**

Volume: 6 Issue: 1
August 2019 ISSN 2349-4123

EDITORIAL

Editorial	Sebastin K V	2
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ARTICLES

A Formative Research Study on the Health Seeking Behaviour of Individuals with Post-Polio Syndrome in Telangana, India	Jayanthi Mekala, Saleel Kumar, GVS Murthy & K Suresh Kumar	5
Protective Factors of Personality	Bibin V Philip N Janardhana	21
Impact and Prevalence of Electronic Gadgets on Life Style among University Students	Sreehari E, Mohan A K & Indu Nair V	38
People's Perceptions Regarding Response of Social Activists to Development-induced Displacements in Karnataka	Shreenivas B H & Ashok Antony D'Souza	52
Determinants of Utilisation of Antenatal Care Services by Koraga Tribe of Dakshina Kannada District in Karnataka	Prakash Marpady	63
Bullying - Threat to Child's Right to Education and Safety	Rosa Nimmy Mathew	72
A Comparative Study Between Mental Health and Spiritual Well-being of Early Adults in Kerala after the Flood	Johnson K P & Riju Sharma	84
Adolescent Tribal Girls awareness on Menstrual Hygiene and Sanitation	Revathi N, Mohan A K Indu Nair V & Raneesh N	93
An Assessment of Waste Management Strategies in Uduma Village, Kasaragod District	Anuradha Shetty	104

Impact and Prevalence of Electronic Gadgets on Life Style among University Students

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Abstract

Modern world is very near to 5G where people are eagerly waiting for the better and best. It is nothing but the result of human capital and their innovations and discoveries which resulted in much technological improvement in the modern world. Today all the academic resources are just a click away which is more convenient and flexible than books because a gadget only requires network and space is not a matter where if we want to refer a book we need resources like space, medium and availability. So the researcher intended to know about the prevalence of electronic gadgets and its impact on life-style among university students with certain objectives of examining the influence of electronic gadgets in career building and also to know the intention behind the use of the electronic gadgets and its services and to study the impacts of the addictive use of the gadgets and services on lifestyle. Post graduate students of Central University of Kerala were the target population of the study and by using simple random method sixty samples were selected. This study is descriptive in nature and the findings of the study clearly shows that majority of the respondents agrees that they have obsession towards electronic gadgets and psychological problems like depression, and anxiety are profound among the students. So it can be concluded that even though technology has its own opportunity for career building and higher education, it requires additional control to prevent excess use and protection of mental health of each consumers. Sensitization and orientation is very essential to maintain positive outcome through digital platform and technological devices.

Keywords: Prevalence, Electronic Gadgets, Impact, Lifestyle, Youth

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