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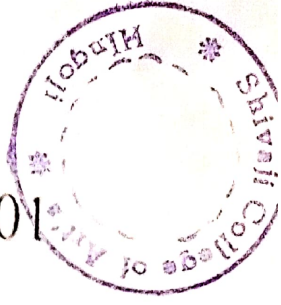
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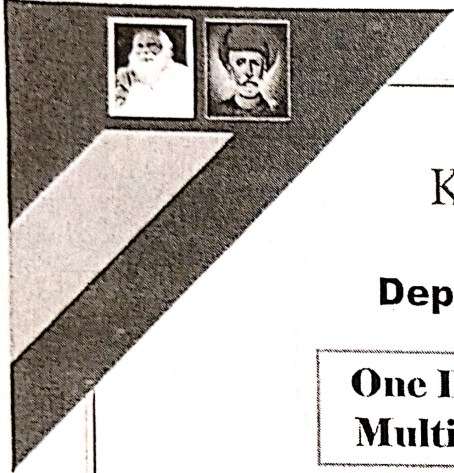
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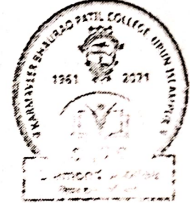


Index
Kanpur Philosophers Volume-VIII, Issue-I,
January – June 2021

Sr. No.	Title	Name of Author	Page No.
51.	Quality of Life, Work- Life Balance and Occupational Stress among Male and Female Police Constables	Mrs. Patil Kalpana N Prin. Dr. Rasal Pundlik V.	213
52.	A COMPARATIVE STUDY OF SOCIAL MATURITY AND EMOTIONAL INTELLIGENCE OF RURAL AND URBAN MALE ADOLESCENTS	Shri. Anil Balaso Balugade	218
53.	Role of Social Media in Emotional Intelligence and Anxiety among College Students	Mr. D. K. Kannor Dr. Narendra V. Deshmukh	224
54.	Miss Lena's Struggle for Survival in Kristin Hunter Latteny's The Survivors.	Dr. Neeta Vijaykumar Jokhe	228
55.	Literary Experiences with the New Social Media	Dr. Manisha Gaikawd	231
56.	A Journeying Soul: The Valkyries by Paulo Coelho	Dr. Shruti Joshi	234
57.	Migration: Version of Displaced World in Mohsin Hamid's <i>Exist West</i>	Shahaji Mastud	240
58.	Pandemic Situation, Internet Addition and its Remedies	Asst. Prof. Jadhav B. S.	244
59.	Feminism in R.K. Narayans Novels	Asst. prof. Mukesh V. Kamble	248
60.	Understanding the Experiences of Women Immigrants in the Novels of Bharati Mukherjee	Dr. Sushil A. Deshmukh	250



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**One Day Online International Conference on
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Pandemic Situation, Internet Addition and its Remedies

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Abstract

Today, not only in India, but in the whole world, the web of technology, i.e. the Internet, has spread. Today everyone is realizing that we are happy in this virtual world. Over the last few years, many changes have taken place in the virtual world. Today the whole world is suffering from this Corona virus. The virus has serious economic, social, and cultural consequences, along with physical and mental consequences. Infectious diseases are spreading rapidly from person to person. To prevent such serious problems from escalating further, the Government of India has set a deadline for the entire country. The biggest loss of this lockdown was to the private sector. Many have experienced starvation, anxiety, depression, adjustment problems, loneliness, and other mental health problems. Internet addiction has increased during this period. Today, India ranks second in the world in terms of internet usage, and the use of social media with the help of the internet seems to be on the rise. In this situation of covid-19 today school institutions, colleges are closed and their education is started online. These kids pass near all the kids have Smartphone's nearby. Because of that they are constantly connected to the virtual world.

Keywords: Pandemic situation, Internet Addition Social Media.

Introduction:

Many changes take place in the society with the passage of time, be it cultural, socio-economic, political or mental and technical. Looking back over the years, India has made great strides in technology along with the rest of the world. The 21st century is known as the age of technology. So there is no doubt that India will become a superpower in the next few years. The new inventions in technology today are benefiting the society. Technology has made the Internet an invaluable gift. Thanks to this internet, we can see the world very closely today. Every person wants happiness today and he is ready to do any kind of behavior to achieve that happiness. Today, not only in India, but in the whole world, the web of technology, i.e. the Internet, has spread. Today everyone is realizing that we are happy in this virtual world. Over the last few years, many changes have taken place in the virtual world. Infectious diseases entered the age of technology and engulfed the entire world, He is covid-19 CO' stands for corona, 'VI' for virus, and 'D' for disease. Formerly, this disease was referred to as '2019 novel corona virus' or covid-19. The COVID-19 virus is a new virus linked to the same family of viruses as Severe Acute Respiratory Syndrome (SARS) and some types of common cold.

Today the whole world is suffering from this virus. The virus has serious economic, social, and cultural consequences, along with physical and mental consequences. Infectious diseases are spreading rapidly from person to person. To prevent such serious problems from escalating further, the Government of India has set a deadline for the entire country. Restrictions on all Cultural, Social, Political, Educational Programs. The government's intention was to prevent as many people from becoming infected with the virus. The effect of the lockdown seems to have been good. During this period of lockdown, everyone was forced to stay at home. The feeling of being away from all the relatives, friends and family must have come to everyone. According to the social sciences, man is a social



creature, he cannot live without society. But during this time of the epidemic, no one belonged. Anyone was thinking of himself and his family. The biggest loss of this lockdown was to the private sector. Many have experienced starvation, anxiety, depression, adjustment problems, loneliness, and other mental health problems. Internet addiction has increased during this period. Today, India is second rank in the world in terms of internet usage, and the use of social media with the help of the internet seems to be on the rise.

Statistical Analysis:

Data from the department of telecommunications showed that between March 22 and March 28, Indians consumed an average of 307,963 TB or 307 pet bytes (PB) of data.

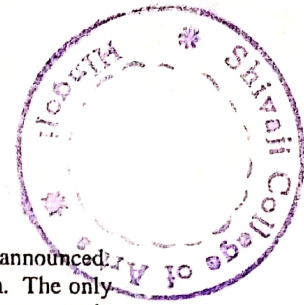
India's internet consumption rose by 13% since the nationwide lockdown was put in situ to see the spread of Covid-19, consistent with telecom ministry data that showed Indians consumed 308 petabytes (PB) or 308,000 terabytes (TB) of knowledge daily on a mean for the week beginning March 22. According to the department of telecom, which collated reports from service providers, the daily average consumption during this era was 9% above 282PB data used on March 21 (the day the Janta curfew was announced) and 13% quite Saint Joseph, when consumption was 270 PB. The change reflected how people consumed more streaming content and logged on to figure from home, which was also captured in how data demand from residences rose as compared to commercial areas.

Andhra Pradesh and Bihar saw a number of the foremost drastic increase – it rose by 12% in both states. In Maharashtra, where data consumption was highest among all states under the lockdown period, the increase was 7%. The government said that that increase was within their capacity. "We have the capacity to handle a spike of 20% without any duress. We optimized the fiber optics network and haven't yet reported a breakdown," said a Dot official, asking to not be named. The consumption, the official added, rose lower than it would have since many streaming services such as YouTube and Netflix decided to downgrade video quality. Rajan Mathews of the Cellular Operators Association of India (COAI) said around the third week of March, operators recorded a 30% jump in traffic with most of it from people streaming videos. The COAI wrote to OTT sites to downsize their content. The decision by media companies to disable high-quality video and optimize bandwidth usage helped networks meet the increased demand, Mathews said, adding that the operators also started using unused cell towers. "With the consumption moving to residential places, the challenge was that these areas resist installation of cell towers. We worked with the government to ensure that of 800 unused cell towers in metro cities, 730 were made functional," said Mathews. A third factor that helped, consistent with Mathews, was operators being allowed to hold out maintenance work. "Complaints of cuts in fiber optic cables were about 100 each day on a mean, this fell right down to 6-7 each day," he said. India's consumption rates have seen a gentle increase over the previous couple of years. Nokia's annual Mobile Broadband India Traffic Index (MBIT) report says that there was a whopping 47% jump within the overall data traffic in India in 2019. This translates to 1½ GB a month per user, and is driven by 4G consumption.

Today, the world cannot function without the Internet. Tata Communications, an Indian company, surveyed Internet users in six countries: the United States, the United Kingdom, France, Germany, Singapore and India. One of the conclusions is that if there is no internet, the feeling that we are separated from the world increases their anger. From this conclusion you can prove how many people have gone on a diet of internet. They spend at least 6 hours a day on the internet, considering their age; young people under the age of 35 are more addicted to the internet. Due to the excessive use of the Internet, the virtual world of the younger generation has expanded a lot, but in reality, their world has shrunk a lot. In fact, their world is just a 'Smartphone'. There are thousands of friends in the real world, but there is no one in the real world that is not close to his happiness or sorrow. This real tragedy is seen in many places. If you think of India, this is the alarm bell. Because if the same young people whom we consider to be the pillars of the country have gone on a diet of the internet, then it is useless to expect anything from them.

Technology should be used only for needs:

Excess of anything is bad, technology is not bad but if it becomes excessive then we have to suffer serious consequences, so using it as required will not adversely affect our physical as well as mental health. Generally speaking, the number of internet users is higher among the youth, so internet addiction is also higher among boys and girls of the same age. During this age, the body secretes a variety of hormones. It affects physical growth and emotional levels. Young people of this age live in a fantasy world. They accept events in the virtual world as true. The age at which one should not get the scientific information about one's body is obtained from this virtual world which is largely unscientific. For example, today we can tell the web series, under this web series, obscenity is exposed. Which does not require proof of any age, anyone can easily see anywhere. There are currently no restrictions on such web series that promote pornography. The number of visitors to your website is increasing day



by day after a banned notorious porn website released statistics for the month before the lockdown was announced. According to a report, 48 per cent of children between the ages of 15 and 16 are affected by online porn. The only clear purpose of such a porn industry is to make money. As a result of their behavior, thousands of young people have become addicted to pornography and lost their selves. As the individual goes on a diet of technology, some new ailments are being invited along with the traditional ailments. Excessive use of mobile phones, social media and computers is causing many mental problems along with ear, eye, back and brain problems. Children in college or university use Smartphone's more for non- functional work. This means that non-calling phones are used less for talking, more for viewing social networking sites

Physical Problems:

Constantly sitting in front of the screen puts stress on the brain and reduces the chances of losing your eyesight. The same sitting position for too long causes discomfort to the spine. Sleep is a human gift, everyone needs to sleep according to their age, normally: 14 to 17 year olds need 8 to 10 hours of sleep and 18 to 60 year olds need 7 to 9 hours of sleep but with constant chatting and playing online games Deterioration also results in deterioration of your digestive system. Physical ailments are on the rise due to the decline in outdoor sports.

Mental Stress Problems:

The person who watches due to internet, online video games is living in a virtual world; he is constantly addicted to the addiction that I will win. Lack of direct interaction leads to low self-esteem and low self-esteem. The true understanding of some unscientific information on the internet is stored in the mind as it is.

Other Problems:

Internet addiction affects learning ability, racial divisions are forming in the society; cyber crime is on the rise. The excesses of the internet have made the individual self-centered, posing a major problem to the developing nation. Aggressive behavior increases, the mind becomes engrossed in distorted ideas by looking at the sexually arousing visual audio picture, it becomes a disposition. There is a lot of unscientific information on the internet today, so accepting any information on the internet is like imitating it in life. The constant barrage of advertising leads to unrealistic expectations about body, relationships and self-esteem. Adolescent boys and girls tend to feel free to talk to someone close to them, but many people abuse such relationships through the internet, e.g. Facebook, etc.

Social Media and Youth:

Today, social media has become an integral part of everyone's life. One of the most effective means of communication is social media. However, its overuse has left the younger generation alone. 2014 survey found that the number of social media users was Facebook-1350, WhatsApp-500, Google Plus-343, LinkedIn-332, Twitter-284, Tumblr-230, and Instagram-200 million. This number will be much higher today. According to a global study, the world's population is 7.9 billion, with 3.5 billion smart phone users, 4.66 billion internet users and 3.96 billion social media users. The medium used for internet based communication is called social media. Social media is an effective means of expression. In short, all these social sites run through the internet. There is no need to consider social media as secondary and give it unrealistic importance if the thread of how to use it is followed. Because of that, we need to change the way we look at social media.

Excessive use of social media is making a person self-centered. Racial rifts are being created; one's own mental health is being neglected.

Is there a connection between loneliness and sharing information about you on social media sites? A study by researchers at an Australian university found that netizens, plagued by frustration and loneliness in life, were exposed to highly sensitive and personal information sharing reasons on Facebook and other sites.

Every hour one student commits suicide in India, with about 28 such suicides reported every day, according to data compiled by the National Crime Records Bureau (NCRB). The NCRB data shows that 10,159 students died by suicide in 2018, an increase from 9,905 in 2017, and 9,478 in 2016.

The Psychiatrists in the 'National Institute of Mental Health and Neurosciences in Bangalore' finding 'cyber bullying' a cause of 'suicide'. Researching on this. According to him, many suicides are due to cyber bullying. In this situation of covid-19 today school institutions, colleges are closed and their education is started online. These kids pass near all the kids have Smartphone's nearby. Because of that they are constantly connected to the virtual world.



Remedies:

- 01) The use of social media in educational institutions should be completely banned.
- 02) Public awareness should be created in the younger generation.
- 03) Instead of visiting friends in educational institutions, go and meet them directly.
- 04) Restrict you to how much time to use the internet in a day.
- 05) Use internet only if it is very important.
- 06) Family members should pay special attention to their children.
- 07) Knowledge of law related to cyber crime should be imparted from educational institutions.
- 08) Use social media only for social benefit.
- 09) Only after verifying the authenticity of the information available on the internet should you share and like it with others

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