

Benefits and Drawbacks of Electronic Gadgets in Daily Life

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Abstract- As we know that in today's world electronic gadgets are most important in daily routine. In our daily work life, office life, for communication everywhere we are using electronic gadgets for an example smart watch, Mobile phones, Laptops etc. In this paper we are going to discuss advantages and disadvantages of electronic gadgets in our day-to-day life, which will more focus on smart watches. In our daily life, with a special focus on smart watches

Keywords- Electronic gadgets, Electronic, Smart phones, Smart watches.

I. INTRODUCTION

Everyone knows that our lot of time, money and efforts are saving by use if electronics devices in our daily life. By using computers and mobile devices the distance is reducing between nations, people's life is becoming easier, vibrant and smoother. This devices also used for entertainment and fun by playing online games and using entertaining apps. People can use these devices whenever they want.

In education also computers and mobile devices are playing important role, Teacher and students can easily communicate with each other by using this devices. In Medical field also this devices are very important for treatment for patients, Maintaining reports and other operations. For security also electronics devices are playing major role for detecting crimes using CCTV cameras. By using Radars, signals, speed controls we reduce road traffic accidents. Early warning devices are helping for controlling smuggling, thefts, fires. In Development industries and factories there are various electronics devices are used for fast work. Electronic Devices are constantly damaged and they need maintenance regularly. In networking privacy also major problem. Due to hacking there are chances for personal data leakage.

II. ADVANTAGES OF ELECTRONICS GADGETS

1. Communication

Now day's communication become more easier and most accessible as compare with before because of electronic gadgets. Smart phone and social media has become very important part in daily life. We can easily get connect with family and friends using social media and smart phones. The next step is Smart watches, without accessing smart phone we can use mobile functionalities.

2. Convenience

As we know that our life is very easy by using Electronic gadgets in many ways. For examples we can pay bill easily, we can book an appointment from anywhere or from home, we can shop anything which we want without going to shop with the help of computer or smart phone. For achieving out fitness goals, controlling our home smartly, maining out daily activities smart watch is additional gadget in our life.

3. Productivity

In corporate life or in offices productivity has been increased sue to use of electronics gadgets. With the help of tablets and laptops we can work remotely from anywhere and using smart phone we can

always stay connected with clients, manager and our colleagues. Using smart watches we can check our messages and emails are we can manage our activities and schedules a task accordingly. We can attend meeting using same gadgets. so defiantly productivity has been increased because of using these electronics gadgets.

4. Entertainment

Previously there were limited devices were available for entertainment like Television, Radio. But now there is lot of Electronic gadgets for endless entertainment options. By using laptop or Smartphone we can enjoy TV shows and streaming movies, we can play games using tablets and laptops. Using these gadgets we can access entertainment anywhere and anytime. We can enjoy music and short videos using smart watches.

5. Health and Fitness

For improving fitness and health, electronic gadgets are playing very important role. Fitness trackers and smart phones are using for monitor our health and tracking physical activities. For tracking heart rate, monitor sleep, calories burned, etc this type of health related actives are manage and maintain by smart watches.

6. Safety and Security

For increasing Security and safety Electronic gadgets are help a lot. For example in case of emergency we can call for help using home assistants gadgets or using smart phone as as for monitoring our homes there are lot of smart devices are used for an alert messages in case of security breaks. Smart watches are alosing playing very important role in safely and security for example we can get real time notifications and alert on our smart watch and we can make an emergency call using smart watch without help of phone.

III. SOME DISADVANTAGES OF ELECTRONICS GADGETS

Due to uses of Electronic gadgets made our life easy and more convenient but there are some concerns and challenges in use of Electronic gadgets. Impact

on mental health is one of major concern of use of electronic gadgets.

We have explain below what are the dis advantes of use of electronic gadgets.

1. Digital Addiction

As we know that now days people are social media addicted, They are continuously accessing the social media, notifications, emails. This addiction is very harmful for our health. It is increasing the anxiety and stress. It is impacting on concentration and focus and due to lack of concentration there is bad impact on productivity.

2. Cyber Bullying

The out of limit use of electronic gadgets and social media increasing cyber bulling. Cyber bullying is nothing but bullying which happen in electronic gadgets like computers, Tablets, cell phones. The sources of cyber bullying are online in social media, Apps, Text, SMS, online gaming in which people share information and participate in the game. Cyber bullying also contains share harmful, false or negative post or content about another person. its like a humiliation or embarrassment if someone sharing private or personal information of someone. There is some criminal activities also there in in some cyber bullying.

Some general examples of cyber bullying: Social Media like Facebook and Instagram, dating apps online chatting Apps, Emails, Video Game Communications.

3. Sedentary Lifestyle

As we discussed, electronic gadgets makes our work easy. For example online shopping, tracking of our physical activities and monitoring health. So people are spending lot of time in front of screens for using all those features. People are spending lot of time for entertainment using electronic gadgets. The results of this people are giving less time for physical activities. If we take daily routine, people are using lifts for going to upper floor so there no walking activity. People are spending for online shopping so there is no physical shopping. People are paying online bills so there no physical movement for all

those activities and it is badly impacting on our health.

4. Privacy Concerns

As we know that our smart phone, smart watches are continuously tracking our location and our activities as well as our personal data. There might be chances of misuse of our personal information, our location and our activities if this information is hacked by a wrong person. Here electronic gadgets are responsible for raising concern about security and privacy.

5. Environmental Impact

There is bad impact on the environment because of production of electronic gadgets and disposal of material of electronic gadgets. The electronic waste and non renewable materials are creating problems in environment.

IV. CONCLUSION

In Conclusion, electronic gadgets have very important part in daily life for increasing productivity, maintaining health and fitness, for entertainment, security and safety. But there are some concerns and challenges also there by use of electronic gadgets. For an example environmental impact, sedentary lifestyle, digital addiction, cyber bullying, Privacy concern etc. If we use electronic gadgets in limit then it is obviously beneficial for us but if we increase use of electronic gadgets out of limit then it will impact negatively on our life as well as environment.

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