

A Study of the Adverse Effects of IoT on Student's Life

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Abstract— Internet of things (IoT) is the most powerful invention and if used in the positive direction, internet can prove to be very productive. But, now a days, due to the social networking sites such as Face book, WhatsApp, twitter, hike etc. internet is producing adverse effects on the student life, especially those students studying at college Level. As it is rightly said, something which has some positive effects also has some of the negative effects on the other hand. In this article, we are discussing some adverse effects of IoT on student's life.

Key words: Student's Life, IoT

I. INTRODUCTION

Now we are living in the era of 21st century. Everyone knows that IoT is very important aspect to enhance the knowledge for qualitative life. But along with these advantages IoT also has some bad influences at different levels like emotional, mental, social, moral, etc... In other words "Blind use of internet will misguide the student's life & will bring them on wrong pathway."

A. No Face to Face Communication

When students are very much indulged in the use of internet, they might not be able to achieve face to face communication with the friends and the family. There are many instances where students talk to each other on Face book the entire day and they are in front of each other in reality, they react like they do not even know each other. This is a great disadvantage of internet as this reduces face to face communication among the students. Even the family is ignored by such students and they tend to sit in front of their laptops or desktops for entire day.

B. Thinking Capacity Reduced

These days, whenever teacher gives assignments to students, they will search it on the internet and copy down the facts. But, this is not the right thing to do. This would reduce their thinking capacity and they just cram the facts listed on the internet. This also makes students lazier. If this thing continues in the future it may happen that students would not do anything of their own and just cram what is given on internet, they would not even try to think whether the matter given there is actually correct or not.

C. Sexual Exploitation

According to a study conducted by University of Florida, the students who use internet two to three hours on a daily basis are likely to fall a prey to sexual exploitation. With the advent of internet, exploiting small children sexually has become very easy. There are a large number of sexual predators lying there on the internet and once a student comes in contact with such people, his mind and thoughts are affected by that. In the long run, this can produce adverse effects on the mental health of the student and he is sexually exploited online. In the extreme cases, student might not be able to tell this thing to anyone.

D. Privacy is Disturbed

The more you use internet, more are the chances that your privacy is disturbed. Hacking the internet has become very easier these days, hackers are very intelligent and you cannot even imagine how they are going to use their talent to spoil your life. Not only your basic information, but some of your most confidential details might get into their hands if you do not use the internet safely. Students must operate the internet under supervision of their parents and even if they think they are old enough, parents should not allow them to be that much self-dependant for using internet.

E. Addiction

After alcohol and drugs, internet is the third most addictive thing. Once you fall a prey to this drug of internet, it is very difficult to come back from there. The internet addiction can be of any kind, a student might be addicted to the social networking sites or the gaming sites and in the extreme cases, a student might even fall a prey to the gambling sites. In the third case, student may even lose all his family's wealth.

F. Insomnia (Sleeplessness)

Due to the presence of internet, some students shorten their sleeping hours. They sit on their laptops at late night, chatting with their friends or playing games on the online gaming sites. If this thing continues for a long time, insomnia may occur. This is a state where a person is unable to sleep. This condition is very harmful as we all know that proper sleep is a must for good health. Not only it would affect your mental growth, but your physical growth would also be very much affected by it. These days,

students check their updates on Face book and Gmail even in the middle of nights on their mobiles. This also causes problems in the eyes of the students.

G. Moral Corruption

There are many things available on the internet that should not be in the reach of students. But internet does not have any hard and fast rule for that. A 5 year kid can approach the content which only an 18+ is allowed to see. This leads to some kind of moral corruption among the students. The innocence and purity of the school students as well as the college students is extremely affected by such things.

H. Cyber bullying

When students use the internet to bully other students of the same age group, this is known as cyber bullying and this is a very negative effect of the internet on the students. Students feel insulted or embarrassed when someone bullies them and this may lead to depression sometimes. Mental harassment also comes under this category. There have been many cases reported where some of the students have committed suicides as a result of cyber bullying. As the usage of internet is increasing day by day, cases of cyber bullying are also increasing simultaneously.

I. Wastage of Time

Obviously, the more you sit in front of your computer, lesser the time you would give to your studies. Students do not realize this fact soon and when their exams approach, they feel like a lot of course is yet to be studied and they have wasted all their time on the internet. In some of the cases, students start failing in their exams which lead to further depression. Internet is a very valuable resource no doubt, but if students use it excessively, even this resource can produce very adverse effects.

J. Inactivity

Today, students hardly do any of the physical exercises. They prefer bikes instead of cycles or walking. This may cause obesity. And, to add to this problem, internet is there. Students spend most of their leisure time sitting at one place in front of their computers and very less movement is done by their body. Lack of any kind of activity is one of the root causes of all the problems occurring to the body. Even at night, instead of sleeping, they prefer to waste their time on the internet. Many of other health related problems may also rise due to obesity and inertia.

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