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***Effects of Electronic Gadgets on the Health of Homoeopathic
Medical students of 18-25 years Age Group during Covid 19 Crisis***

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ABSTRACT:

The ill effects or disease conditions caused due to excessive usage of electronic gadgets, fall under the category of "PSEUDO CHRONIC DISEASES" mentioned in §77 of 6th edition of Organon of Medicine[1], as here the avoidable noxious influence (maintaining cause) is increase in the screen time, when provided with no other chronic illness. Scope of homoeopathy in these cases are higher[2] thus the knowledge of the maintaining cause through these type of surveys will help in treating these cases successfully by homoeopathy. These diseases if not managed at the earliest may turn into true chronic diseases in the long run. So it is very important to pay attention on the MANAGEMENT OF THESE CASES BY UTILIZING THE SCOPE OF HOMOEOPATHY IN THESE CONDITIONS[10].

Brief description of the experiment:

A "cross sectional study" has been conducted on 100 (n=100) students of Devs Homoeopathic Medical College and Hospital, Keesara, Hyderabad, belonging to 18-25 years age group for reliability of the information obtained.

A "semi structured questionnaire" has been used to obtain both qualitative and quantitative information for a better understanding. The questionnaire was filled by the participants through GOOGLE FORMS with obtaining prior consent and clearance from Institutional Ethical Committee (IEC).

Results:


All the results were calculated through descriptive statistics in the form of Mean, Graphical representations, tables and pie charts.

The study involves 100 students out of which 84 were females and 16 were males. The mean age is 21±0.5, mobile is the type of electronic gadget used by majority of students. The average screen time before COVID 19 crisis was 4.4 hrs/day and 6.4 hrs/day during COVID 19 crisis. 77% of students felt online classes were the major reason for their screen time during COVID 19 crisis and 59% students felt that increase in dependency on electronic gadgets during COVID 19 crisis has impacted on their addiction in the present. Complaints such as headache (71%), Eye complaints (like eye pain (46%), redness of eye (14%), blurring (14%), backache (15%), stress (25%), restlessness (14%), were experienced by the mentioned proportion of students and these were the major complaints which have been experienced by major proportion of students when compared to the proportion obtained from results before COVID 19 crisis.

Important conclusions:

Overall result of this study shows that excessive use of electronic gadgets do have a major ill effect on the health of students as mentioned above in the results. (Descriptive statistics). The most disappointing fact is, these ill effects are progressing with time and increasing their addiction in the name of necessity.

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