

Digital Hygiene and Mental Health of Teen Age Children

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Abstract- The investigation of generalized closed (g- closed) sets in a topological space was initiated by Levine [4] and concept of $T^{1/2}$ spaces was introduced. Dunham [3] additionally explored the properties of $T^{1/2}$ spaces and defined a new closure operator cl^* by using generalized closed sets. S. Pious Missier and S. Jackson [7] cleared another pathway by introducing a new notion of generalized closed sets called P^g closed sets. This paper explores P^g open and P^g closed maps in topological spaces and concentrate some of its essential properties and relations among them. In this paper we derived some important results and establish its relationship with other existing open and closed maps in topological spaces.

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1. INTRODUCTION

Today's world is a technological world and every day, the world grow is digital knowledge. Today's updating and go out dated tomorrow. As so, the age style also has changed. The system of joint families had reduced to single families. The parents of young generation very less time with their teenage children they want to till their absence in the form of electronic gadgets. A recent survey conducted by Asoka says that buyers of smart phones with a base age of 16-18 have shown a rapid rise from 5% in 2012 – 25% in early 2014. The addiction of smart phones results in a number of psychological & physical problem. It's time for parents and teachers to assist our children the build their mental health and keep up their mental hygiene.

TEEN – AGE PROBLEMS & SMART PHONE ADDICTION

More than half of the teen-age students faces loneliness, mental imbalance, mal-adjustment, inadequate of love, guidance's from unwanted persons etc. Unders tanding teenage behavior. Smartphone addiction among teens cannot only damage interpersonal skills, but also it to significant negative health risks & harmful psychological effects. Mobile phone addiction is one of the forms of compulsive use of a mobile phone by teenagers across the world.

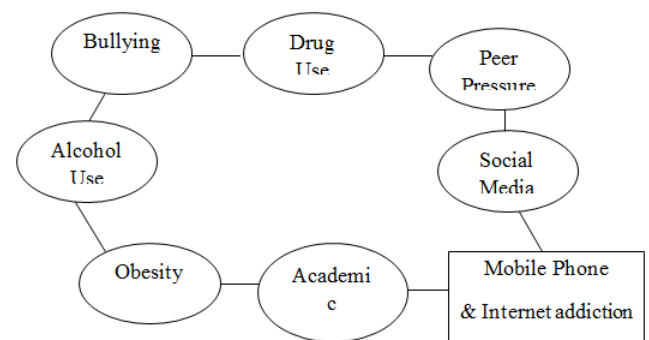
The two major categories of addition involve either substance addiction, e.g “drugs or alcohol addiction” or behavior addiction such as mobile phone addiction.

Playing with smartphones also hinder brain development. Excess of smartphone usage before bed can also cause in somnia. A Smartphone addiction lead to teenage unhappiness smartphone addiction is a worsening issue in the modern age. It has many negative effects.

Dr. Hyung Suk Seo, of koree university Warns there's more danger in this addiction than just the potential of wasting a lot of time sharing memes and viral videos. In fact, teens who are addicted to their phones and the Internet have a chemical imbalance in their brains that predisposes them to depression and anxiety.

The major health reports by who suggests that more commonly the growing teenagers are affected by internet addiction. Here art's also valiantly affects their mental health It's time for parents to know about digital hygiene to their teenage children.

Because, the usage of smart phones had been more common even from the age of 3 this makes their physical and mental. Health at risk.



DIGITAL HYGIENE:

Digital hygiene is a term used to describe the cleanliness or uncleanliness of one's digital habitat. This could be used to describe one's desktop icons, file structure, folder. Digital hygiene as the purposeful and sustainable usage of digital

services. As per Collins dictionary digital hygiene means – good cyber

Security practices.

Digital hygiene also means of using strong, pass words.

Digital hygiene is more important because the dependency of individual's intellectual, success relies on it more.

No one can ever forget the 'Blue Whale' game which killed many teenage children. 'Blue Whale' game chose it's players through the usage of words in social media. Recent reports suggest that the admins identify their victims and send them the link, which once opened on their phones, copies every single data from their devices to the administrator's.

Step That Can Be Taken As A Teacher & As A Teacher:

Education is continuous learning .today's world more competitive .And the youth of today has to learn more and should be foundation of facts, library of knowledge,and sea of information even though ,schooling,newspaper experience provide ,today's youth are not satisfied.in recent days ,usage of mobile phones internet cannot be prohibited or controlled but can be limited.

Parent

- Spend time with your Ward
- Allow to speak and never try to control
- Make them to realize, they are special
- Respect their feelings
- Be as a friend

Teacher

- Don't stress your work
- Make them to realize they are unique
- Manifest their inner talents
- Don't measure by academic performance

Where comes the word Digital hygiene.

It's all about allowing your ward to spend time in smart phones limited time.

In words,

- Allow them to install carrier Apps
- Encourage them to play mind games, word games, brain storming games.
- Enhance their creativity by allowing them to use apps relate to it.
- Accept their face book request; guide them to choose safe friends.
- Guide them to set stronger passwords for all their mailing accounts in electronic media so that no one can use improperly.
- Ensure the playing of good video games rather than clash of clans, GT vice city etc
- Try to limit their usage of smart phones two hours a day

CONCLUSION

The nation believes that its youth (teenage) for its developments. They should not only be physically but also mentally fit and healthy. It wants skilled efficient and knowledge generation to mend its past and build the future. So it's the utmost duty of parents and teachers to take care of the teenager's mental health and maintain their digital hygiene in proper way.

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