

Conference Proceedings - 2020-2021



TAMIL NADU TEACHERS EDUCATION UNIVERSITY

TWO DAY INTERNATIONAL ONLINE CONFERENCE ON CYBER PSYCHOLOGY IN THE TECH-FED VIRTUAL WORLD

Published by

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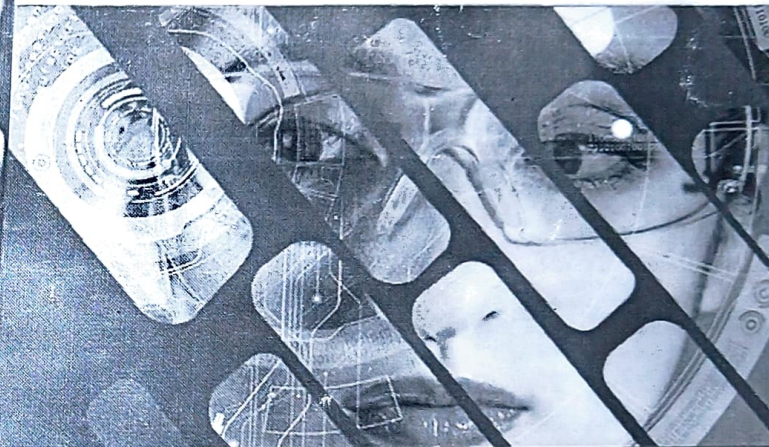
3101, Hillsborough St.,
Raleigh, NC 27607,
United States.



9781716852091



PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.



16th & 17th JUNE 2020

Organized by
Tamil Nadu Teachers Education University
Karapakkam, Chennai- 600 097
Tamil Nadu, India.

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PSYCHOLOGICAL DEPENDENCE OF TECHNOLOGY THAT GOVERN HUMAN BEHAVIOUR

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Abstract:

Technology has become so much a part of our lives that we rarely think about the thousands of ways it takes up the slack and does the tedious tasks and heavy lifting we used to do manually. Sometimes, these behavioral changes come about completely unintentionally as new technologies come on the scene and make behaviors that were once a normal part of life completely obsolete. Before technology, Education played a vital role to enhance the human behaviour from myth to methodology. However, we cannot say that all has changed for a good cause. The four main dependence of technology which govern human behavior are Emotional Dependence, Physical Dependence, Societal Dependence and Personal Dependence. The researcher in this article has discussed about the ways in which the Technology is controlling the Human Behaviour like attention seeker, covering the mental space, altering the perception of your options, providing overwhelming information and gamification. Finally the researcher has concluded that technology is a double-edged sword, in many ways. It distracts us, but it also gives us access to information and allows us to communicate globally and efficiently. Technology is not just changing the way people interact with the world, it's also changing the way scientists study human behavior and the brain.

Psychological Dependence Of Technology That Govern Human Behaviour

Mrs. A. Enid Ruth,

Assistant Professor of Education,

"Technology is a Useful Servant but a Dangerous Master"

Introduction:

Human behavior is not considered a complex science because we don't know much about it. The fact is that we know a lot. It is nothing but the evolution of all our experiences and learning across the eons of time that we have existed. It's obvious to anyone paying attention that technology has the power to change human behavior. It has become almost commonplace now for us to change the way we do things the instant technology adapts to serve particular needs. And once the technology is there to provide a new and better solution, that change becomes permanent and we never look back.

Technology has become so much a part of our lives that we rarely think about the thousands of ways it takes up the slack and does the tedious tasks and heavy lifting we used to do manually. Sometimes, these behavioral changes come about completely unintentionally as new technologies come on the scene and make behaviors that were once a normal part of life completely obsolete. This can even have unintended consequences that aren't so great. The recent research shows the average human span of attention had

Ideologies and Beliefs are only changed under Technological Renaissance

Before technology, Education played a vital role to enhance the human behaviour from myth to methodology. However, we cannot say that all has changed for a good cause. On the contrary, when one sees the impact of technology on human behavior over time and derive scientific and psychological conclusions, we are seeing the effect which stands as a witness of turbulence everywhere around the world. The dependence on technology makes us ignore nature and natural growth. A modern mother uses distractive principles to feed their children like showing them anime on an iPad rather than indulging in the learning art of parenting.

Dependence of technology which govern human behavior:

1. Emotional Dependence

When we make emotional quotient quantitative rather than qualitative, we are in much mental trouble. If we are connected to any social media we are emotionally happy and confident if our like list and friend's list increases but an emptiness is increased if the sense of approval is not met, in time and this leads to an increased feeling of loneliness and social emptiness.

However, this seems to be the expectation of most social networks ultimately propagating it intentionally or unintentionally. Once latched, there are numerous ways to satisfy this addiction. Like an addict, even the smallest dose that gives only an instant kick, makes the product worthwhile for him/her. But again, in the long run, it leads to emptiness and the cycle repeats itself.

2. Physical Dependence

The recent support has led to unprecedented technical innovation. The *Virtual Reality* have altered the way we conduct ourselves physically. Today you can go to the gym, hop on a treadmill with your Fitbit attached and get to know each health detail while working out. This makes your plans much more efficient. Each day, numerous useful apps and tech surface are introduced which provide essential health information by monitoring our physical activities like sleep, diet, fitness, mental wellbeing, etc. The future of healthcare is already laced with *nanobots* that will transform continuous streams of information from inside our body.

3. Societal Dependence

Technology has had a huge impact on every facet of society. It has expanded the ways in which we are entertained, has changed how we communicate, has increased our ability to travel, and has even impacted social change within our societies. The more technology has advanced, the greater the impact it has had on society as a whole. When we take a look at where society was in the 19th century versus where it went in the 20th century we can see the rapid advancement of technology.

Picking up from the *Social Media* segment, the effect of online privacy, free license content and Internet as a general medium to promote enterprise is something to think about. Technology shapes the society. Today's technologies have enormous power. It depends on how they are used and regulated.

4. Personal Dependence

There is another aspect to human behavior that many people ignore. It cannot be summed up as a collection of psychological concepts and put out to use. In its very nature lays individuality. Dependence of human behavior on technology can be excellently studied if we have a way to function individual behavior. Our personal dependence on technology cannot be stressed enough. We search solutions to all our problems on the Internet. We buy stuff that we need/want online. We use passwords to access our most confidential information.



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What happens when an entire ecosystem of systematic dependence, like this one, incurs even one-minute of malfunction. The answers are plausible – irritation, stress, frustration and anger are some of the effects. While technology coupled with automation allows us more leisure, we fill the gap with even more technology rather than using it for human growth in terms of introspection and self-curiosity.

The Ways Technology is Controlling the Human Behaviour:

1. It makes us an attention seeker

Anyone who has a smartphone knows that it can be difficult to ignore that buzzing, beeping, incessantly illuminated screen, even in situations when it detracts from your presence, such as in meetings or at the dinner table. App makers push notifications to get users to engage. That's why, for instance, Instagram tells you when someone you follow has posted for the first time in a while, luring you to open the app and take a look. The most prominent activists are working to raise awareness about tech's influence over our attention, behavior and overall well-being.

2. It Covers the mental space

Even when we're not looking at our phones, and we've made a conscious effort to ignore them, such as turning off notifications and ringers or powering them off entirely, they still can distract us. Researchers have recently conducted a study and found that when a person's smartphone is nearby -- on the table or even in the same room -- that person's performance on a cognitive task (requiring problem-solving and reasoning) will likely suffer.

3. It alters your perception of your options.

The internet opens up a whole new world with so many options. Even though we theoretically have access to what can seem like every product, place of business and source of information via the web, we often browse for options through platforms that filter them for us, to narrow down the seemingly infinite array.

4. It Provides Overwhelming Information.

Social media feeds allow users to scroll endlessly, but that's only one example of the never-ending waterfall of information that users encounter online. After watching a video you'll often see a countdown with a preview of another video that will autoplay after a few seconds. This tactic serves to keep us engaged and watching something new, even when we don't intend to.

5. It turns everyday actions into games.

Gamifying certain behaviors is a powerful way to initiate people to engage in tech. Think of how fitness apps encourage us to set goals, compare our performance to other users and congratulate us when we hit milestones. Or, how brands we shop with remind us about the number of loyalty points we have accumulated and entice with the next reward we are eligible to unlock. Then, there's gamification as it pertains to work by providing bonuses to workers who complete a certain number of achievements.

The Technological Dependence on Advancement

As we rely more and more tasks to technology, our skill sets and creativity will become more limited. We already depend on computer systems to perform certain complex tasks and to remember information for us. The more we depend on technology to do things for us, the less capable we will be to make technological advancements. The more dependent we become on certain technologies, the more attention we will focus on improving those technologies. Take the smartphone for example. A lot of

ஆசிரியர்களுக்கான கல்வியியல் ஐ.சி.டி கருவிகள் - ஓர் பார்வை

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ஆய்வுச்சுருக்கம்:

அண்மையில் உலகெங்கும் கவனத்தைப் பெற்ற ஒரு துறையாக ஐ.சி.டி துறை விளங்குகிறது. அசாதாரணமான இந்த காலகட்டத்தில் தொன்றுதொட்டு வரும் கல்வி முறைகளில் மிகப்பெரிய மாற்றம் ஏற்பட்டுள்ளது. கல்வி செயல்பாட்டில் ஐ.சி.டியின் பயன்பாடுகள் அதிகரித்துள்ளது. சுயபயிற்சி, சுயகற்றல் மற்றும் ஆசிரியர்களின் செயல்திறனை அதிகரிப்பதற்கான ஒரு பகுத்தறிவு வழியாகவும் இது செயல்படுகிறது. தொழில்நுட்பங்களின் முக்கிய கல்வி மதிப்பு என்னவென்றால் ஆசிரியர் மற்றும் மாணவர்கள் இருவருக்குமிடையே பல உணர்ச்சிகரமான ஊடாடும் கல்விச் சூழலை உருவாக்குவது. ஐ.சி.டி கருவிகள் ஆசிரியர்களின் அறிவுசார் ஆக்கப்பூர்வமான திறன்களையும் புதிய அறிவையும் சுயாதீனமாக பெறுவதற்கான அவர்களின் செயல்திறனையும் பல்வேறு தகவல்களுடன் பணியாற்றுவதற்கும் அனுமதிக்கின்றது. ஆசிரியர்களுக்கும் மாணவர்களுக்கும் உயர்தரமான ஐ.சி.டி கருவிகளின் அறிமுகம் இச்சூழ்நிலையில் கிடைத்திருக்கின்றது. ஆகவே இக்கட்டுரையானது ஆசிரியர்களுக்கான கல்வியியல் ஐ.சி.டி கருவிகளை அறிமுகப்படுத்தும் ஒரு களமாக அமைகின்றது.

குறிப்புச்சொற்கள்:

புத்தொளிர் திறன் பலகை, மெய்நிகர் கற்றல் வகுப்பறை, கற்றல் மேலாண்மை அமைப்புகள், ஊடாடும் வெண்பலகைகள், மன வரைபடங்கள், மதிப்பீட்டுக் கருவிகள்,

முன்னுரை (Introduction)

கற்பித்தலை உங்கள் மாணவர்களுக்கு அதிக விளையாட்டுத்தனமாகவும் மற்றும் கலந்துரையாடலாகவும் உருவாக்க விரும்புகிறீர்களா? உங்கள் மாணவர்களை வகுப்பில் சிறந்த விதத்தில் ஈடுபடுத்த விரும்புகிறீர்களா? இதைச் செய்வதற்கு இணையவழி கற்பிப்பு கருவிகளே சாவியாகும். வீடியோக்கள், படக்காட்சிகள், விளையாட்டுகள், மற்றும் குழு விவாதச் செயல்பாடுகள் போன்றவை உங்கள் சார்பில் முக்கிய கருவிகளாக இருக்க வேண்டும் மேலும் நீங்கள் மாணவர்கள் போல தொழில்நுட்பத்தில் ஆர்வமுள்ளவராக இருக்கும் போது, வகுப்பறையில் அற்புதமான விஷயங்கள் நடக்கும். வகுப்பறையில் கணினியை ஒருங்கிணைப்பது 21 ஆம் நூற்றாண்டில் வேகமாக கல்வியியல் மாநாட்டு ஆய்வுக்கோவை 2020 தொகுதி - I



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Certificate OF Presentation

THIS ACKNOWLEDGES THAT

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Presented a Research Paper Titled
ICT Tools In Education For Faculty

In

An International Educational e-Conference

Organized by

OISCA International(Japan), T.N Chapter
, World Tamil Software Open Community, (NJ), Tamilunltd (PA)
The Standard Fireworks Rajaratnam College for Women (Autonomous), Sivakasi.
Parvathy's Arts and Science College, Dindigul,
Sri S. Ramaswamy Naidu Memorial College, Sattur
Vallamai (e-magazine) Muthukamalam(e-magazine) &
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Theni M. Subramani
Editor
Muthukamalam (E-magazine)
ISSN: 2542-1990