

3-35

Dr. Sanjeev Kr.

11

18

9

Analytical Study of Information Explosion and Its Psychological Impact

Sanjiv Kumar

ABSTRACT

Information revolution sweeping the world has brought about information explosion at an unprecedented rate so much so that storage and retrieval of the available data is becoming challenging and problematic. A major impact of this information excessiveness is that now this problem is negatively affecting and disturbing the psychological balances of the human personality. The researcher in his study titled "Analytical Study of Information Explosion and its Psychological Impact" has in his first chapter analysed the meaning and historical perspective of information explosion. In the second section of the study he has explained the Major and Primary determinants of information explosion. In the third section of the study the psychological impacts of information explosion have been discussed. The fourth section of the study gives the behavioural solutions to control the negative impact of information explosion.

In the above mentioned title of the study, the researcher has decided to classify his study into the following topics:

- 1. Meaning and historical perspective of Information Explosion.
- 2. Determinants of Information Explosion.
- 3. Psychological Impact of Information Explosion.
- 4. Behavioural solutions to control the negative impact of Information Explosion.
- References.

Meaning, definition and historical perspective of information Explosion-

The Online Oxford English Dictionary indicates that the phrase "Information Explosion" was first used in the "New Statesman" article in March 1964. In another justification some scholars believe that the term was first used in "The New York Times" editorial content by Walter Sullivan in June 7, 1964, in which he described the term as "much discussed."

Information explosion is a term used to explain the continuously multiplying quantity of published information and the impact of this abundance of data. As the quantity of available information grows, managing the information becomes more difficult, which can lead to information overburden or information overload. Information overload refers to the state of having too much information to make a decision or remain informed about a topic. The term was first used in 1970 by Alvin Toffler in his book "Future Shock".

In "Future Shock" published in 1970, a Sociologist and Futurologist Alvin Toffler describes the overwhelming flood of information and labeled it as an "information overload." This change will overwhelm people because the accelerated rate of technological and social change will leave them disconnected and cause "shattering stress and disorientation"—future shocked. Toffler states that the majority of social problems were symptoms of the future shock. In his discussion of the components of such shock, he also coined the term "information overload".

Information overload (also known as infobesity, 1. Infocitation, 2. Information explosion 3. A term used to describe the difficulty of understanding an issue and effectively making decisions when

Assistant Professor, Deptt. of Education (B.Ed.)

K.M. Mayavati Govt. Girls Post Graduate College, Badalpur, Gautambudh Nagar

Information Explosion and the 21st Century Youth : Prospects and Challenges

51

18-20

One has too much information about that issue.[5] Generally, the term is associated with the quantity of daily information. Information overload most likely originated from information theory studies in the storage, preservation, communication, compression, and extraction of information.

Information theory studies the quantification, storage, and communication of information. It was originally proposed by Claude E. Shannon in 1948 to find fundamental limits on signal processing and communication operations such as data compression, in a landmark paper entitled "A Mathematical Theory of Communication".

Hence, Information overload is associated with the over-exposure, excessive consumption, and input abundance of information and data.

Major Determinants of information Explosion-

- A rapid increase in the production rate of new information
- The ease of duplication and transmission of data across the Internet
- An increase in the available channels of incoming information.
- Large amounts of historical informations are there.
- Contradictions and inaccuracies in available information
- A low signal-to-noise ratio (informally, the ratio of useful information to false or irrelevant information)
- A lack of a method for comparing and processing different kinds of information.

Psychological impact of Information Explosion-

- Overload of information due to Information Explosion can increase the stress level of the individual. The following changes in personality are common to observe in people who are stressed-

- Irritability
- Hostility
- Fatigue
- Anger
- Aggressive feelings and behaviour
- Decreased interest in appearance
- Decreased concern with punctuality
- Obsessive-compulsive behaviour (trying to cope with increased information by engaging in compulsive behaviour such as counting, checking, writing)
- Reduced work efficiency or productivity
- Lying or making excuses to cover up poor work
- Excessively defensiveness or suspiciousness
- Problems in communication
- Social withdrawal and isolation
- Impulsivity (expressed as impulse buying, gambling, sexual behavior, or similar). Research suggests that chronic stress can lead to or exacerbate mood disorders such as depression, anxiety, bipolar disorder, cognitive (thinking) problems, personality changes, and problem behavior.

- Overload of information due to information explosion can break the Mental Focus of the individual. ADHD (Attention deficit hyperactivity disorder) is a disorder that makes it difficult for people to control their behavior and/or pay attention.

Symptoms of ADHD

The primary symptoms of ADHD are focusing difficulties, hyperactivity (excessive activity and impulsivity (acting before considering the consequences)).

The three main categories are -

Inattentive - difficulty focusing or staying focused on a task or activity
Hyperactive-impulsive: excessive activity and impulsivity
Combined: focusing problems plus excessive activity and impulsivity

- The Power of Attention can be disturbed due to overload of informations.

sociated with the excessive
n information theory, which
extraction of information
nication of information
imits on signal processing
entitled "A Mathematical
, excessive consumption

As per the studies of Dr. Hemp information overload is deteriorating the focus, attention and intelligence level of the individual.

As per the study of Dr. Loder information overload is making desensitized individuals. In addition to this people's begin to struggle with stress, self-esteem, self-worth, physical health issues, fatigue and exhaustion, memory issues and attention problems.

As per Dr. Wahnon "The digital age has monopolized our attentions, our emotions, our physical health, our spiritual health and our mental health."

Dr. M. Kumar has said that "Neuroscience had proven that multi-tasking is basically an illusion and rationalization that we tell ourselves to enforce how productive we are."

As stated in Levitins article regarding information explosion "We are losing our compassion, our common courtesies, boundaries, respect and other things that keep us connected."

Levitins has discussed the chemical changes that technology has on our brains.

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

Dr. Riva has mentioned in his article that "We are underestimating the extent that information has on our senses. Continuous overload put us at risks for mental and physical disorders."

5. Select the the Reliable and Valid Resource

It is always great to hear different opinions, but more does not mean better or truer. Select reliable sources and stick to them.

6. Restrict yourself

Is it really necessary to read the news every morning or update your posts daily on Facebook? Set some time limit and do not spend more than 10 minutes a day checking your social media or gossip you hear about your favorite celebrity.

7. Set your priorities

Some activities are more important than the others. Do not overload your schedule with plenty of activities that require your maximum attention. First, finish the most important one and if time allows, do the others.

8. Choose your conversations

Some people can leave you emotionally or mentally drained. Some may like to talk too much and give you as many details as possible while others will simply pass their problems to you. Your time and energy are limited, so spend them wisely.

9. Learn to Refuse.

If some tasks are out of your league or you feel like drowning in work, do not be afraid to refuse. An extra amount of work will reduce the efficiency and quality of your cognitive performance. This, in turn, will not bring the results you expect.

10. Do the right thing!

Year after year, the number of young people who suffer from stroke increases. According to one of the explanations of this worrying phenomenon is the overstimulation of your brains because they have too many responsibilities.

Thus, experts suggest that we should create our own rules and increase them by doing 4 simple things: physical exercise, sleep, hydration and eating healthy.

11. Spend some time alone

What if you could disconnect from the world for a while? Spending time alone by doing nothing, may seem like a luxury, but it is essential for your mental health. Are you experiencing any symptoms of information overload? If yes, you may need to find a psychological consultation?

REFERENCES

1. Charletain, J.L.(2009) Eight things you need to know to manage the explosion of information.
2. Elson, S.(1990) Seven Signs of fallout from the information Explosion
3. Etsua-Mensah (1999) Drowning in information and Thirsting for knowledge: The Professional Dilemma. Ghana Library Journal. Volumes 10 and 11.1-9
4. Hjørland, Burger (2006) Information Explosion.
5. Ifijeh, G.I.(2010) Information Explosion and University Libraries: Current Trends and Strategies for Intervention.
6. Lynch, C.(2005). Where Do We Go From here ? The Next Decade for Digital Libraries
7. McIroy, T.(2009) The Information Explosion and it's Impact on Future of Publishing.
8. Ogunsola, L.A.(2005) Information and Communication technologies and it's effect on Globalisation: Twenty-one first century Myth or Reality.
9. Wilson, T.(2001) Information Overload Myth, Reality and Implications for Health Care.
10. Farhoomand, A.:Drury, D. (2002): Managerial Information Overload, Communication of the ACM, New York.
11. Dietze, A.(2003): Information system value management. Gabler Verlag, Vallendar.
12. Zeldes, N.(2007): The impact of information overload.

REFERENCE

- » Bizfluent, 2018, November 02 role of information system in an Organization . Retrieved December 22, 2018, from <https://bizfluent.com/about-6525978-role-information-systems-organization>
- » Donald A. Marchand. 2010, January 14. Management.issues. more effective use of information. Retrieved from <https://www.management-issues.com/opinion/5836/more-effective-use-of-information/>
- » Enotes. Discuss the role of information within an organization. Retrieved December 23, 2018, from <https://www.enotes.com/homework-help/discuss-role-information-within-an-organization>
- » External sunshine of the mind. (2013, march 11). Why business need information systems. Retrieved from <https://eternalsunshineofthemind.wordpress.com/2013/03/11/why-business-need-information-systems/>
- » Uni assignment centre. Role of information technology in business. Retrieved from <https://www.uniassignmentcentre.com/role-of-information-technology-in-business/>