Assuming you are conducting a research on gadget addiction among teenagers between 12 to 17 years old and its relationship to their family background. Provide and explain **FOUR (4)** actions that you would taken in order to ensure for ethical conduct of your research.

Step 1:

Teenage life is negatively impacted by gadget addiction in all areas, including health, academics, social life, and family. The use of technology, such as gadgets, can predict lower physical activity, a poor diet, and an increased likelihood of obesity in adolescents,

Addiction is the urge to use a phone or any other device while you're idle or bored. All age groups and races are impacted by gadget addiction, which does not discriminate. The consequences can be psychological, physical, emotional, or even dangerous to our democracy. Emotional and mental well-being.

Step 2:

limit use at bed time

Research has shown that the majority of displays suppress melatonin, which throws off biological clocks. People who check their emails on their phones 20 times per day add an extra two hours to their workday. Utilizing Gmail's new prioritised inbox function and limiting device use before bed can help someone maintain control.

Many young individuals make it a practise to use their phones right before bed or even right up until they fall asleep. But this bad habit could result in later bedtimes, sleep loss, unpredictable sleep-wake cycles, poorer sleep quality, and more daytime fatigue.

For four weeks, limiting usage of mobile devices before bed improved positive mood, increased sleep length, improved sleep quality, and decreased pre-sleep arousal.

Turn off the notifications.

Just checking one more notice on your smartphone can quickly develop into a half-hour news feed scroll. Do you realise this? This is due to the fact that warnings are addicting and you are not even aware of your attraction to them. Turning off push notifications for as many apps as you can is a remarkably easy technique to reduce distractions. To manage your choices, simply go to Settings > Notifications.

Remove unwanted apps from your home screen.

Keep the apps that you want to encourage yourself to use in the spotlight, such as those for reading or learning a new language, but relegate anything else to folders on your second page of apps (or if you have an Android phone, off the screen entirely).

You might even completely remove some apps, like Facebook or Twitter, and limit your usage to your smartphone's web browser if you want to take things a step further.

Use your smart speaker if you have one.

Smart speakers like the Amazon Echo or Google Home products allow you live a more screen-free life, which is one of their most valuable features.

Since getting one, I no longer play music or podcasts on my phone and instead attempt to respond to any simple inquiries verbally. In general, I have kept my smartphone out of my hands for longer periods of time by using my smart speaker for as many tasks as feasible.