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Q.

Explain the concept of Daylight saving time along with its relevance, advantages and issues related to it. (250 words)

Ans

Daylight saving time is the practice of advancing clocks during summer months so that darkness falls later each day according to the clock. The main purpose of Daylight Saving Time also called Summer Time is to make better use of daylight.

DST is usually used in countries in the temperate zone rather than in tropical zone as the closer one lives to the poles, there is more variation in the length of nights and days and hence falling sunlight. DST is implemented by advancing clocks by one hour in spring and retard clocks by one hour in autumn.

DST is mostly used for saving energy. It gives more sunlight to enjoy which cuts the cost for electricity and other energy resources. When there is more natural light you use less artificial light and that makes a real impact on the overall cost of energy consumption. Other than energy saving, it also leads to less traffic accidents, due to better visibility. It reduces crime rates as patrolling becomes easier along with a ample amount of light to be enjoyed during evening hours. It also provides more afternoon light, hence giving time for outdoor exercise, hence better health.

Everything has its pros and cons and so are we with DST. DST clock shift have obvious disadvantages as age of complexity. People may remember or may not remember to advance or retard their clocks and those work around various time zones need to keep adjusting their clocks. Calendar day is no longer 24 hours, leading to disruption of meeting, travels, broadcasts etc. At times it too can be confusing. It may complicate time keeping, record keeping, and sleep patterns.

Excellent?