Article

Digital Well-Being in Modern World

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ABSTRACT

Everyone understands that digital well-being is a term used to describe the impact of technologies and digital services on people's mental, physical, social and emotional health. Over the years mostly all are seen getting indulged in more and more technology and people from all age groups are found taking more interest in their digital wellbeing. Actually, in digital well-being there are features which show application dashboards through which everyone can understand about the time usage, how much time is spent using any particular App. Social media is found to be having negative impacts on psychological well-being including mobile addiction, social isolation, and social media addiction (Dragana Ostic, 2021). In view of this there is an increased need for digital detox interventions which have shown to have a significant reduction in stress, improved sleep and overall improved mental health (Radtke, 2015). Furthermore, digital wellness enables users to be more productive, engaging in activities that can help foster healthy digital habits such as improved social relationships, reduced burnout and decreased screen time (Anrijs, 2018). According to world Health organization (WHO), there is no health without mental health and since human productivity is largely dependent on their mental health; if individual wants to maintain digital well-being, they should control the usage of digital devices. Nowadays digital well-being is important as people are spending more and more time on their smartphones, laptops, streaming setups and other devices that they use daily, either for work or for fun. In that case it is need of an hour to give importance to the concept of digital well-being and limit the digital usage to work and healthy fun only.

Keywords: Digital well-being, Emotional health, Technology and App.

I n today's modern world technology plays a crucial role in one's life. The knowledge about the bad or negative impact of digital technologies has existed for a decade. Digital wellness a term was invented by Google in 2018. There are several digital well-being applications that can help to better understand the relationship with technology. Digital well-being plays a vital role in productivity and work engagement and tries to avoid distractions or any kind of disturbances. People who do not pay attention to their digital wellness would see the negative effects due to the over use of technologies. People from all age groups have been affected by digital health related issues. As it affects one's thoughts, feelings, and behavior, physical and mental wellness. Too much usage of social media and mobile devices

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may lead to psychological and physical issues such as eye-strain, difficulty focusing on important things, and even how one sleeps well at night. Digital well-being is a precautionary measure. It is better to be careful of habits and take preventive measures to avoid them, instead of spending countless hours in rehab, which doesn't work for everyone and every time. Studies show that people who keep themselves busy with physical and mental exercise are less likely to fall for addictive substances as they value their long-term goals a lot more than quick doses of temporary pleasure. With additional features and inclusion for mental and physical health, digital well-being is designed to elevate the way of living and endorse pro activeness or fitness into an individual's life.

REVIEW OF LITERATURE

Studying relevant literature is a crucial first step in identifying an issue, formulating a hypothesis and choosing the techniques and resources to be used in the interpretation of data. Acknowledge of the literature in any problematic area aids the researcher in learning what is already known, what others have tried to learn, and what issues still need to be resolved. Additionally, the investigator can minimize redundancy by making future suggestions after doing a brief examination of pertinent literature. Therefore, research in psychology is crucially dependent on the examination of related literature.

Nisha M Thomas and Sonali. G. Choudhari (2022) conducted a study on Digital wellbeing. The need of the hour in today's Digitalized and Technology driven world. It provides a review of the importance of Digital wellbeing and how it is enabling users to be more productive and engage in activities that promote holistic growth using technology to overcome difficulties. Digital well-being can create significant advances in research with appropriate data backup. It can be integrated to promote awareness in medical students and teachers and encourage education about the struggles faced with social media connectivity, the risk of stress.

Also, Santiago Giraldo and Christina Fernandaz (2020) conducted a study on the struggle for human attention between the abuse of social media and digital wellbeing and attention can become a key element in understanding the consumption system of social media, despite its epistemological complexity. The article contributes to understanding the neuropsychological basis of the concept which helps to better structure the voluntary and involuntary organic functioning of the attention economy. The conceptual approach reveals the effects that social media consumption has on human attention.

Further, Alberto Mongeand LuigiDe Russis [2019] conducted a study on 'The race towards Digital wellbeing'. Results showed that despite contemporary digital well-being apps can be used to reduce some addictive behaviors, using social networks, the road for effectively helping users in changing their behaviors with smartphones and promoting a more conscious technology use is still long. For closing its gap, the study have proposed suggestions to be explored in future work; also exploring Digital well-being solutions that are more grounded in habit formation and social support theories. Researchers are currently exploring digital wellbeing solutions that are more grounded in habit formation and social support theories, with the aim of overcoming the drawbacks of pure self-monitoring techniques.

In this aspects, Steffen Steinert and Matthew James [2021] conducted a study on 'Emotions and Digital well-being; social media emotional affordances. One of the most important areas of research must be how social media technologies affect users' emotional lives. It has been demonstrated that users' emotions and well-being are inextricably linked, and that digital

well-being is especially vulnerable if the emotional affordances of social media technologies are revealed. Understanding the impact of emotional affordances is the first step in developing a theoretical understand in go how the design of social media technologies relates to users' emotional lives and to their digital wellness.

Further, Tobias Dienlin and Niklas Johannes [2020] conducted a study on 'The impact of Digital technology use on Adolescent well-being''. Research on digital technology has spanned almost 30 years, but no overall evidence has emerged demonstrating whether digital technology contributes to wellbeing or hinders it. However, research showing causal effects of general Digital technology use on wellbeing is scarce. Extreme Digital technology use is more likely to be a symptom of an underlying socio-psychological problem.

Also, the study conducted by Dragana Osticand Sikander Ali (2022) on 'the effects of social media use on psychological well-being. The results of the current study show that as technology advances, the social and psychological effects of social media use among university students are growing more complicated. Additionally, even though internet-based platforms are a particularly effective means to reach out to social media users, the fact that this study used an online poll does not ensure that the sample is representative of the general population. Therefore, extrapolating the data calls for care, and it is advised to do another study, especially with social media users from other nations and cultures.

Furthermore, Peter Gluckman & Kristiann Allen (2018) conducted projection "Understanding wellbeing in the context of rapid digital and associated transformations' '. A broadly conceived view of human well-being, social and civic levels, that is examined in the context of four primary types of digital technology produces at least five dimensions of well-being: human development and early childhood learning; mental health across the lifespan; personal and public security; social inclusion; and quality decision making. An extensive definition and framing of well-being in the digital era must be developed, and the project also revealed a number of assumptions that must be challenged. Depending on the age group, the effects of digital transformation will vary on wellbeing.

Mohammed Basel & Amen Al Rubai (2021) conducted a study on "Digital well-being tools through user lens''. Assistive technology applications that use usage data to enhance awareness, empower users, and enhance efficiency are known as digital well-being applications. The findings showed that acceptance of well-being applications is positively influenced by implementations of usage awareness applications such as reminders, usage tracker, notifications and progress tracker. While those applications have become an integral part of some users' daily life, others responses vary from concerns about their intention.

Also, Emily C & Robert L Selman conducted a study on ''Digital Stress; Adolescents personal Accounts. Adolescence is the period when stress is at its height. No one must underestimate the particular vulnerabilities of this period. In this period only they focus on increasingly complex, romantic relationships & mutual relationships. When the Individual's feel wrong, it is already known that Digital tools offer irreparably damaging ways to respond and communicate with opposition. Findings have also suggested that youth may become vulnerable as they utilize digital tools in the service of connection. Here findings point to additional directions for future research, which is mainly related to well understanding the nature of Digital stress and human development.

CONCLUSION

The concept of "digital well-being," which is currently gaining popularity in the humanities and social sciences, is of interest to researchers from a wide range of fields. The discipline of digital well-being focuses on the subjective well-being of people in a society where digital media are widely used. It can be used to motivate instructors to inform pupils about the difficulties associated with social media connectivity and to increase the individual awareness of these problems. It is also vital to concentrate on the effects that social media technologies have on users' emotional lives. There is, however, a dearth of studies demonstrating the causal relationship between wellbeing and general digital technology use. Usage must be done in moderation, limitation is necessary. Extreme digital technology usage can lead to many problems over use of it is more likely to be a symptom of an underlying Socio-psychological problem so everyone must take proper care of it. Mostly people are seen indulging in mobile phones and all in adolescence. Digital stress is common between youth these days; adolescence is the period when stress is at its height. At this period only they focus on mutual relationships. Importance must be given to these aspects as in the coming years Digital well-being is going to be one of the important aspects of everyone's mental Health.

The findings clearly emphasized the effects of social media use on psychological well-being including emotional well-being. Most of the population, especially students, is more likely to be influenced by the media and social apps usage such as Facebook, IMO, Whatsapp and Snapchat. Researchers also indicated Digital stress is prevalent among young people today. Various studies also concluded that digital media has altered human behavior for the better by fostering an Open mindedness that challenges preconceptions and fosters respect among people. People now have a hunger for learning more. Additionally, it has inspired individuals to develop new talents, take care of themselves, and pursue the careers they are interested in. In lieu of this, Digital wellness can be improved by using mobile phones, mobile applications and electronic devices to enhance mental wellness thereby minimizing the risk of stress, and other psychological issues.

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Conflict of Interest
The author(s) declared no conflict of interest.

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