

Mental Health and Eudaimonic Well-Being in Digital Age

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ABSTRACT

The digital age has both positive and negative effects on mental health and eudaimonic well-being. On the one hand, technology provides access to information and support, enhancing relationships. On the other hand, excessive screen time, social media and digital stress can contribute to mental health issues. Nowadays, adolescents are spending more and more of their time online and are connected via digital technologies. Mobile device ownership and social media use have reached unprecedented levels and concerns have been raised that this constant connectivity is affecting people's mental health and wellbeing. A balance and conscious use of technology is crucial to promoting overall well-being in the digital age but the use of social media and internet is increasing and along with it many negative effects are also being seen. Also, spending a lot of time on social media and mobile devices can divide students' attention and prove to be a distraction. Being engaged on social media for a long time may affect their ability to concentrate and they may struggle in studies. Compared to meeting the norms of visual, life and physical consistency on social media, they may be weaker in terms of self-assessment and conceptualization. Excessive scrolling, wasteful apps, and online entertainment can distract students and affect their studies. Social media can create a sense of selfishness, unpredictability, and dissatisfaction among the younger generation. Due to the display of high lifestyle and attractive appearance on Instagram, Facebook and other social media platforms, adolescents may remain dissatisfied with their self-esteem. This paper reviews mental health and eudaimonic well-being in digital age.

INTRODUCTION

In the present time Adolescent spends most of its time on cell phones and the Internet. Digital technology can be a game changer for children, giving them new opportunities to learn, socialise and be heard - or it can be another dividing line. Millions of children are excluded from an increasingly connected world. With the rapid development of digital technology, the risks to which children are exposed online are also increasing - from cyberbullying, misuse of their private data, sexual abuse and exploitation online. The excessive use of cell phones and internet by adolescents can have many disadvantages. First, it can affect their overall mood and impact their social and academic development. They may feel lonely and face depression, anxiety, stress and sleep problems. In addition, the long time they spend in front of screens and the resulting decrease in physical activity can lead to obesity and an increase in internal problems. Excessive social media use can also have an extraordinary impact on teenagers' mental health. Spending many hours, a day in front of screens to be more present and communicative can make them victims of depression, anxiety and suicidal thoughts. Compared to meeting the norms of visual, life and physical consistency on social media, they may be weaker in terms of self-assessment and conceptualization.

The use of social media and mobile devices has both positive and negative effects on the education and their well-being of adolescents. Through the use of social media and mobile devices, students have access to current and useful resources on a variety of topics. Students can enrich their studies through online courses, video tutorials and educational apps on the internet. Social media and mobile devices provide students with unique tools for collaborative communication and collaboration. They can easily stay in touch with their classmates and teachers, ask and answer questions, and learn together. Social media and mobile devices

allow students to stay connected with current knowledge, news and innovations. They can provide students with a better and broader perspective by keeping them in touch with experts and thought systems online. In addition, the overuse of social media and the internet also has an ineffective effect on the education of youth, so we should not ignore it. The use of social media and mobile devices can divert students' attention and prove to be a distraction. If they spend long hours on social media, it can affect their ability to concentrate and they may struggle in their studies. Excessive use of social media and mobile devices can be a waste of time for students. Excessive scrolling, wasteful apps and online entertainment can distract students and affect their studies. Social media can create a sense of selfishness, unpredictability and dissatisfaction among the younger generation. Flaunting an upscale lifestyle and attractive appearance on Instagram and other social media platforms can make adolescents feel dissatisfied with their self-esteem and self-worth.

Mental Health in digital age

In today's digital age, the use of social media has become more than a necessity for adolescents. But excessive consumption of immoral content can also be fatal for adolescents. Immoral content on social media such as horrible videos, bullying, unnecessary and inaccurate information, promotion of offensive ideas and other negative trends can be detrimental to the mental health and development of adolescents.

The average age in India is 28.6 years, while in China its 39 years, in U.S. its 38.1 years and average age of Japan is 49.1 years. So, we are one of the youngest countries in the world. Our Young minds should focus on science, technology & innovation which is essential to be a developed nation but most of our young minds are indulged in making reels on social media. Larger population of adolescents are busy in watching reels nowadays, even children are getting addicted towards these platforms. They can easily

access harmful content which is polluting their brains. This addiction is deteriorating mental health of youth which is causing anxiety, stress & overthinking. When they view immoral content on social media, they may suffer from mental problems such as depression, anxiety, suicidal thoughts, hopelessness, and lack of self-confidence. Viewing immoral content can have adverse effects on the mental state and personality of the adolescents, which can affect their social and personal life. The situation and experiences of most adolescents are different from reality and this may cause them to feel reluctance and insecurity. Apart from this, watching immoral content can also have an adverse effect on the morals and values of the adolescents. They may lose their moral standards and become inclined to accept wrong deeds. This can affect their emotional, spiritual and social development and put them into conflictual and unstable relationships. Therefore, adolescents should avoid viewing immoral content on social media and should use positive, educational, and cordial content. Also, parents, teachers, and other members of the society should also establish positive communication with the adolescents and make them aware to protect themselves from immoral content on social media. This will provide proper guidance to the youth and protect them from the negative effects of social media.

Socialism of Adolescents in Digital Era

Extensive use of social media is making adolescents unsocial in actual world. They add strangers in their friend list. They chat with these strangers in their precious time without verifying background of the person. They just wanted to highlighted and for that they get indulge in posting so many pics and stories and watching comments. They are not giving importance to actual relationships. They are getting isolated and not respecting their parents, elders & not learning moral values of the family. Social media generates all the personal information of their users which can be a serious threat for the nation.

Converting Negativity of social media into Positivity

There is no doubt that social media is a powerful and useful tool if its getting used mindfully. It helps in uniting people on several occasions which are related to nation. It also helps to get some meaningful information. We only need to be cautious about the source of information. Elders should guide adolescents regarding pros and cons of social media. Parents should limit screen time of their children and motivate them to get indulge in some meaningful activities. Adolescents can learn lot of things from the platforms like you tube. They can enhance their skills by using this platform. They can identify their area of interest and they can learn from great minds without any expense. Therefore, social media shall be used for positive learnings only.

Digitization is generation of many startups so can't be seen only by angle of social media

Startups like Paytm and PhonePe have positively impacted the financial landscape by promoting digital transactions, enhancing convenience, and fostering financial inclusion. Learning platforms such as Unacademy, Udemy, and Clappingo have democratized

education, making quality courses accessible to a global audience, promoting continuous learning, and empowering individuals with new skills and knowledge. Payment platforms like Paytm and PhonePe have positively impacted digital transactions by providing convenient and secure ways for users to make payments, reducing reliance on cash.

Learning platforms such as Unacademy, Udemy, and Clappingo have democratized education, offering a wide range of courses accessible to people globally. They empower individuals to upskill, learn new things, and pursue personal and professional development. These platforms often provide flexible learning schedules, allowing users to learn at their own pace. Additionally, they contribute to the accessibility of education, breaking down geographical barriers and making learning more inclusive.

Review of Related Literature

- ▶ Eoh, Y., et.al (2022) found that school adaptation and academic achievement increase happiness.
- ▶ Miller, M., et.al (2021) found that optimal psychological functioning requires metabolic expenditures.
- ▶ Segall, S.Z. (2020) explored the implications of eudaimonic enlightenment for modern Buddhist ethics. Eudaimonic enlightenment provides a better foundation.
- ▶ Ferguson, L.J. &Gunnell, K.E. (2016) highlighted gender differences on conceptualizations of hedonic and eudaimonic well - being.
- ▶ Besser, L.L. (2016) explored the philosophical and psychological level challenges to comprehend the science of eudaimonic well - being.

Objective

To study the Eudaimonic well-being of adolescents with reference to Individual Development, environmental awareness, aims and aspirations of life, collaborative connections, self-care and identity of Mental Health.

Research Method

Descriptive Survey method is used for the present study.

Research Tool

A Eudaimonic Well-Being scale prepared by the research himself is used in the present study. The research tool consists of

- A. Individual Development
- B. Environmental Awareness
- C. Aims and Aspirations of Life
- D. Collaborative Connections
- E. Self-Care and Identity

Delimitation of the Study

The present study is delimited to the Lucknow city only.

Sample and Sampling Techniques

A sample of 150 secondary school students were selected using Simple Random Sampling Technique from the schools of Lucknow city only.

Descriptive Statistics

	N Statistic	Mean Statistic	Std. Deviation Statistic	Skewness Statistic	Std. Error	Kurtosis Statistic	Std. Error
Individual Development	150	18.61	8.177	.875	.198	-.298	.394
Environmental Awareness	150	19.24	8.931	.528	.198	-.673	.394
Aims and Aspirations of Life	150	13.32	6.269	1.565	.198	1.791	.394
Collaborative Connections	150	19.51	9.090	1.384	.198	1.251	.394
Image and Identity	150	18.48	8.047	.878	.198	-.567	.394
Valid N (listwise)	150						

Individual Development

According to the above data of Individual Development the sample mean is 18.61 and the standard deviation is 8.177. The distribution is positively skewed, as indicated by the obtained skewness value of .875. The distribution is Mesokurtic, as indicated by the kurtosis value of -.298. Hence the distribution is not normal.

Environmental Awareness

Through the above data of Environmental Awareness, the Mean of the Sample is 19.24, and 8.931 is the standard deviation. The value of Skewness obtained is .528 which indicates that the distribution is positively skewed. The kurtosis value is -0.673 which indicates that the distribution is Platykurtic. Hence the distribution is not normal.

Aims and Aspirations of Life

The sample mean, 13.32, and standard deviation, 6.269, are shown in the above table. The calculated value of Skewness,

1.565, suggests a positively skewed distribution. Given the kurtosis value of 1.791, the distribution is leptokurtic. Because of this, the distribution is not normal.

Collaborative Connections

According to the following data, the sample mean is 19.51 and the standard deviation is 9.090. The distribution is positively skewed, as indicated by the computed skewness value of 1.384. The distribution is leptokurtic, as indicated by the kurtosis value of 1.251. Hence the distribution is not normal.

Image and Identity

According to the following table, the sample mean is 18.48 and the standard deviation is 8.047. The obtained value of skewness is .878 which indicates that the distribution is positively skewed. The kurtosis value is -0.567 which indicates that the distribution is platykurtic. Hence the distribution is not normal.

	Gender	N	Mean Rank	Sum of Ranks
Individual Development	1	73	95.75	6990.00
	2	77	56.30	4335.00
	Total	150		
Environmental Awareness	1	73	83.50	6095.50
	2	77	67.92	5229.50
	Total	150		
Aims and Aspirations of Life	1	73	81.45	5946.00
	2	77	69.86	5379.00
	Total	150		
Collaborative Connections	1	73	79.60	5810.50
	2	77	71.62	5514.50
	Total	150		
Image and Identity	1	73	85.89	6270.00
	2	77	65.65	5055.00
	Total	150		

	Test Statistics ^a				
	Individual Development	Environmental Awareness	Aims and Aspirations of Life	Collaborative Connections	Image and Identity
Mann-Whitney U	1332.000	2226.500	2376.000	2511.500	2052.000
Wilcoxon W	4335.000	5229.500	5379.000	5514.500	5055.000
Z	-5.569*	-2.201*	-1.646	-1.130	-2.865*
Asymp. Sig. (2-tailed)	<.001	.028	.100	.259	.004

a. Grouping Variable: Gender * Significant at 0.05 level

It can be inferred from the above table that Eudaimonic Well-Being of adolescents is significant with respect to Individual Development, Environmental Awareness and Image and Identity and not significant with respect to Aims and Aspirations of Life and Collaborative Connections.

Adolescents mostly have different individual goals and aspirations influenced by their family status, their interests and their capabilities. Environmental awareness also differs with respect to their habits, life style and their culture and their responsible behaviour. Every body like to have their own identity and make their own image in front of others specially with their peer group. Thus, there is significant difference in the eudaimonic well-being of adolescents with respect to Individual Development, Environmental Awareness and Image and Identity.

DISCUSSION

Today's generation has begun to view most media platforms as a workplace, which is not entirely true. It can be seen everywhere that everyone is trying to make money by creating video content on social media platforms. As a result, less attention is paid to studying and other activity. Although some people are making money this way, other young people are risking their future by dedicating their precious time to social media instead of studying and competing with these people. Before adolescents see social media as just an employment tool, they need to manage their time properly and be aware of the positive and negative aspects. They should use social media properly, giving importance to their career and personal development so that it can become a useful tool.

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