Ensuring Physical and Mental Wellness in Digital Space

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Digital Space- Human Interaction

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Motives for Internet Use >> Internet Use

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Impact & Implications

Internet Use
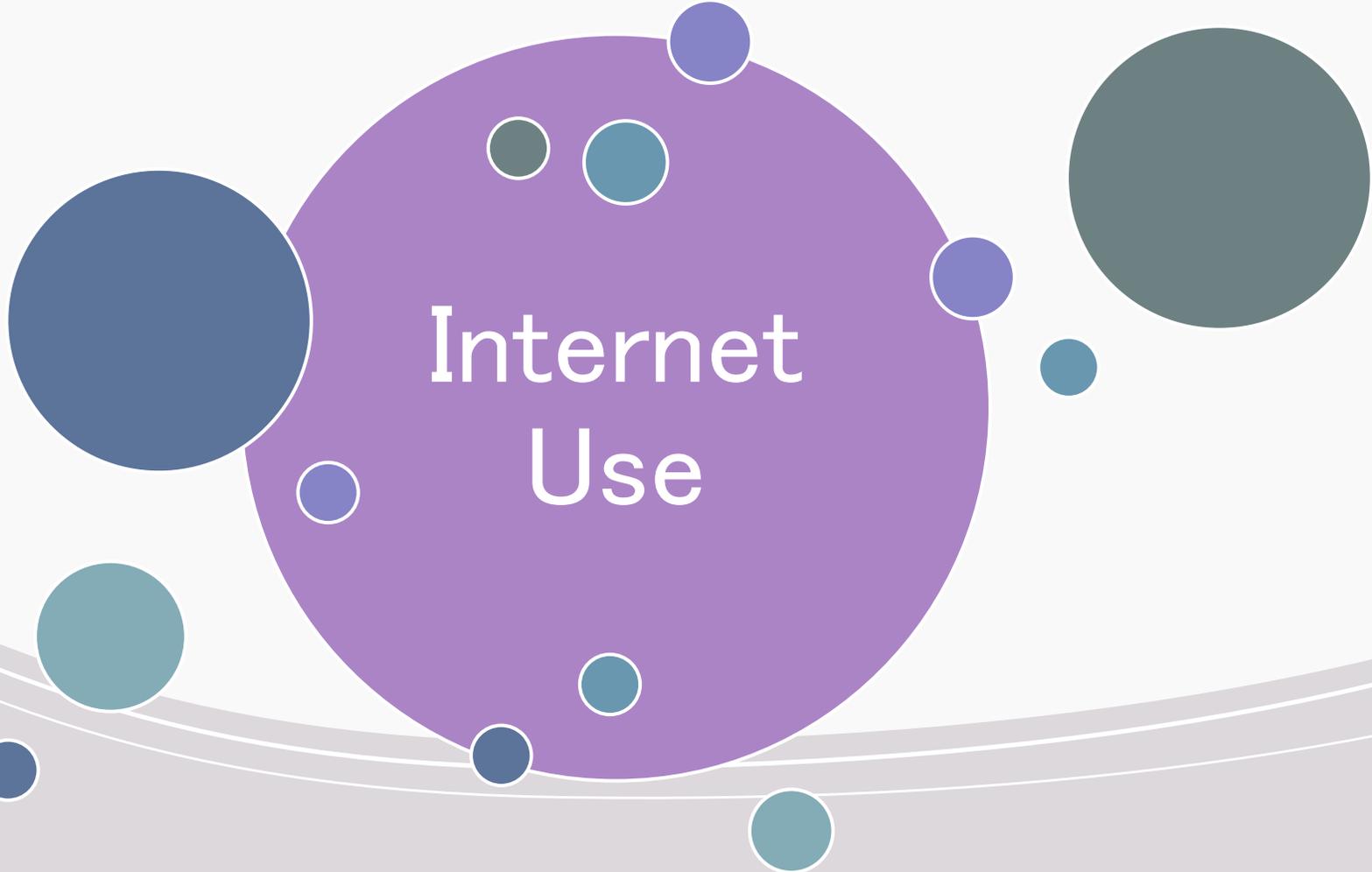
Desirable

Undesirable

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Undesirable

Impact & Implications
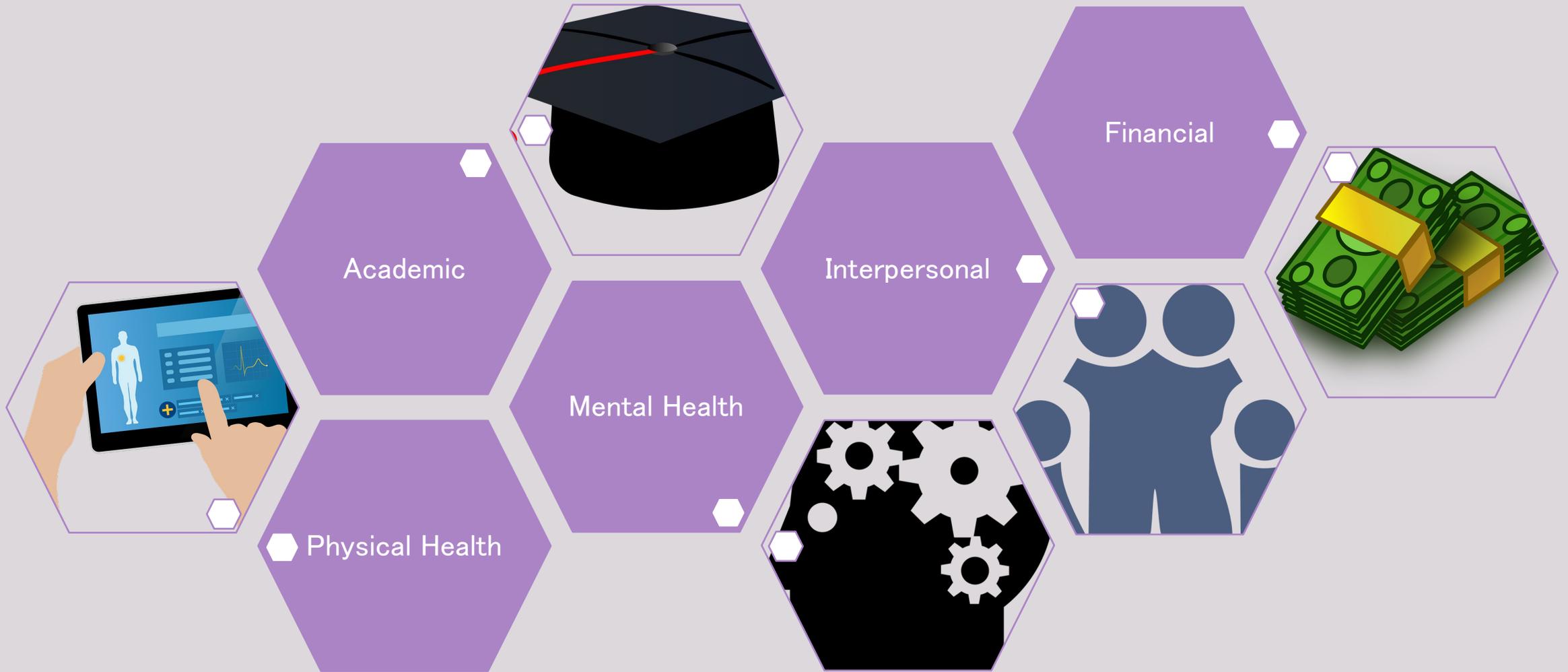
Academic

Financial

Interpersonal

Mental Health

Physical Health

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Physical health

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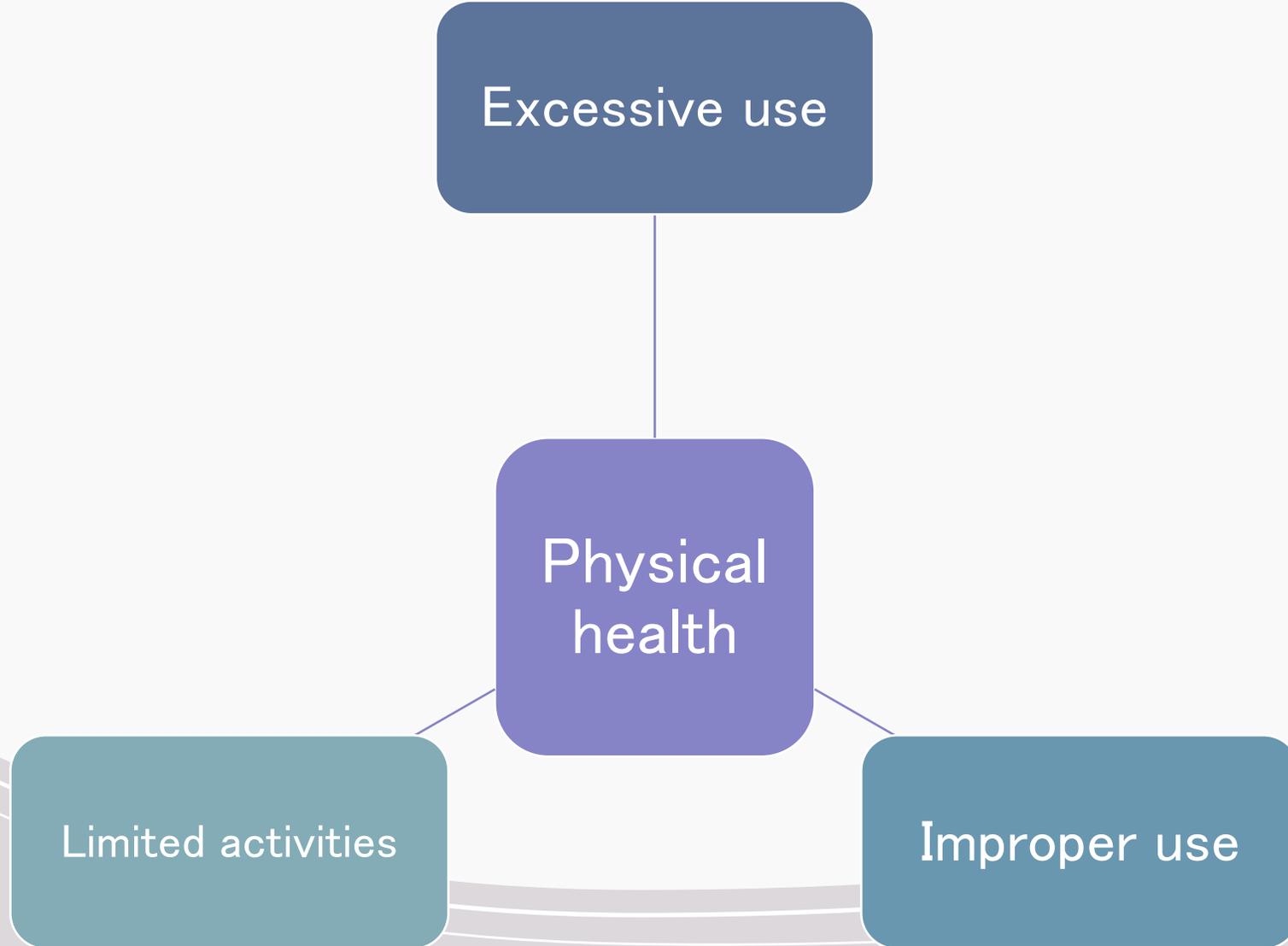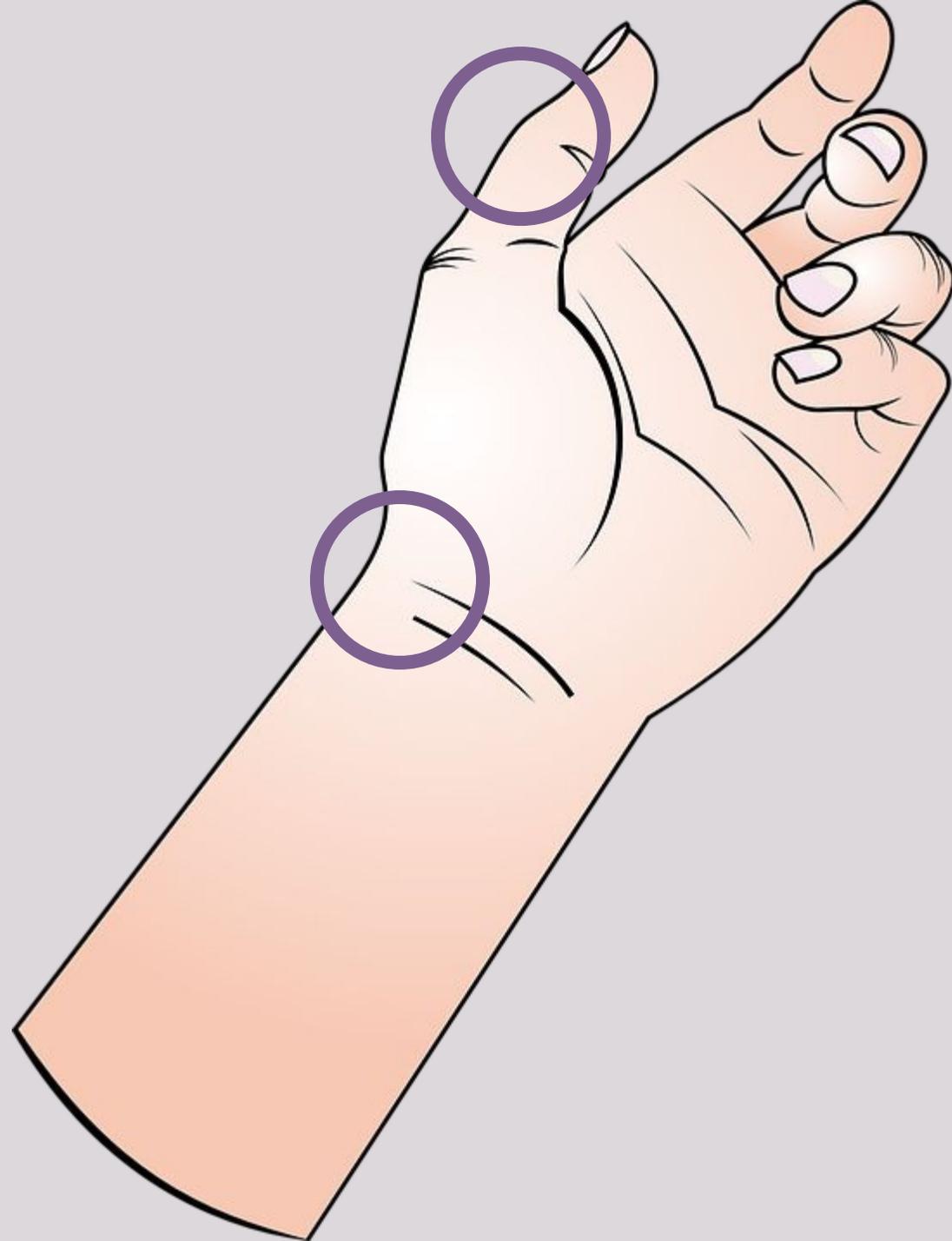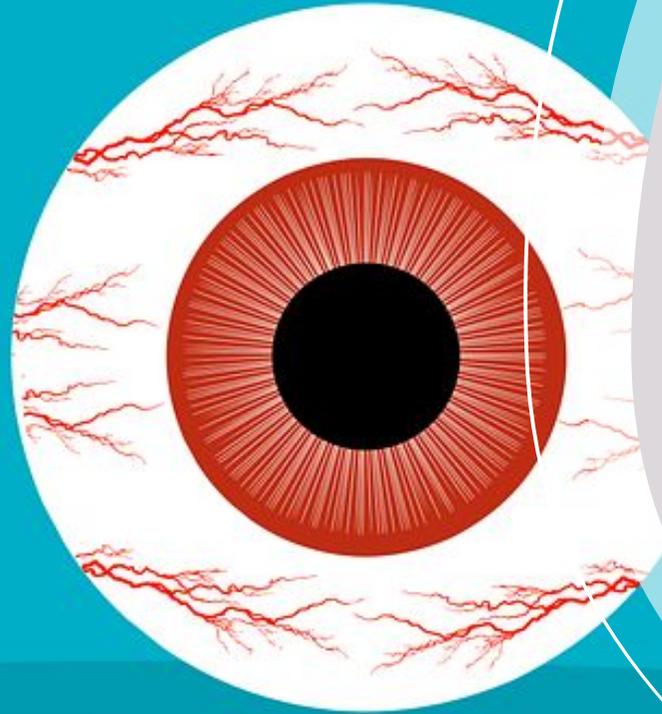
Headaches

Ocular (eyes)

Computer vision syndrome

Eye irritation (Dry eyes, itchy eyes, red eyes)

Blurred vision

Headaches

Backaches

Neck aches

Muscle fatigue

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Aural (ear) health

Sleep-wake cycle

Eating habits
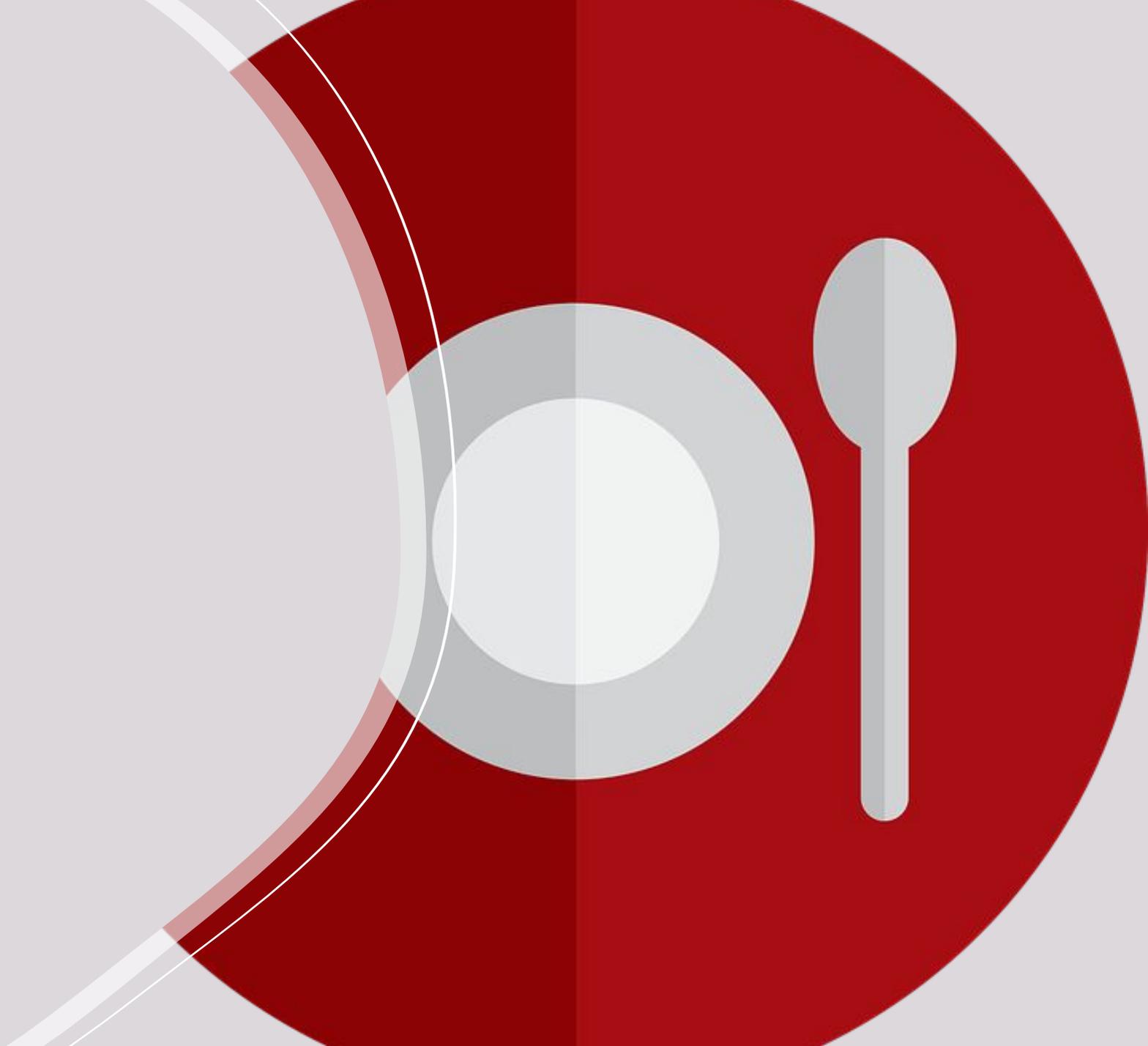
Excessive weight gain

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Mental health

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Mental health

Well-being

Safety

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Cyber bullying

repeated hostile or aggressive behavior performed by an individual or a group on others, aimed to inflict harm or discomfort by means of electronic or digital tools

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Cyber stalking

use of the Internet or other electronic means to stalk or harass an individual, group, or organization

Cyber grooming

process of 'befriending' a young person online "to facilitate online sexual contact and/or a physical meeting with them with the goal of committing sexual abuse

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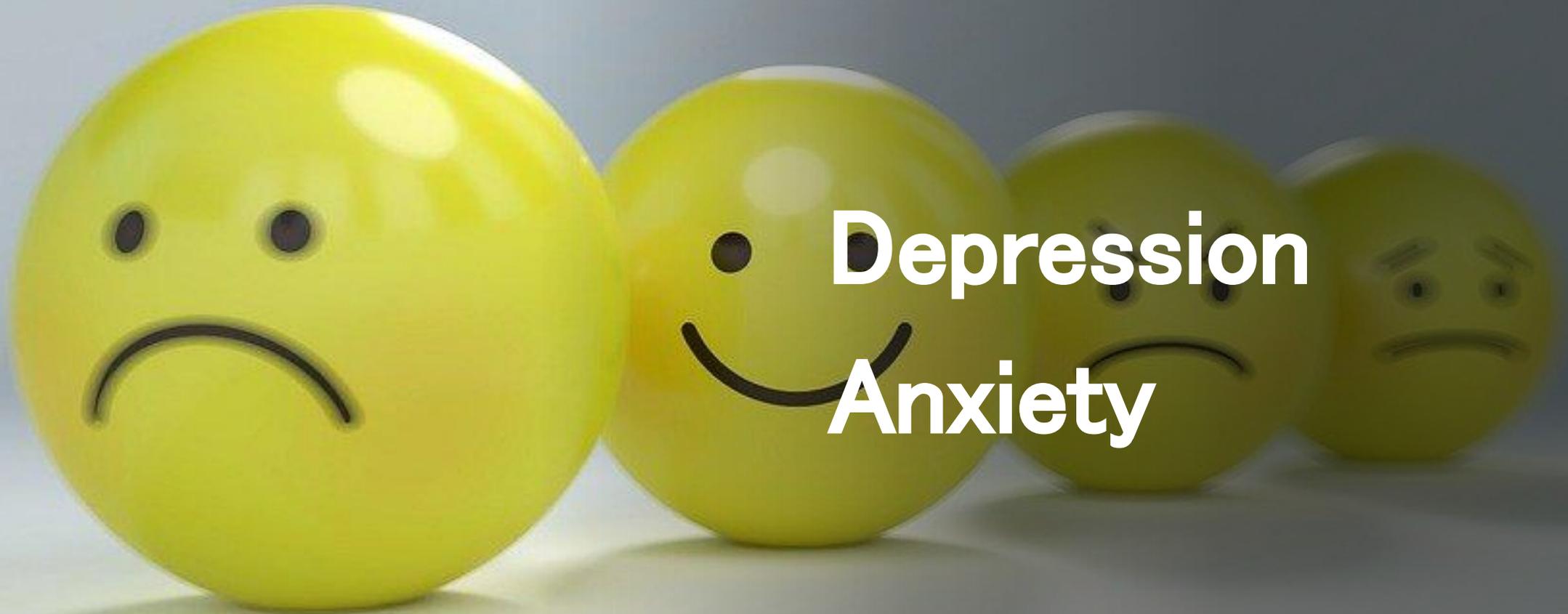
Depression
Anxiety

Exposure to violence and aggression

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Excessive and problematic internet use

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Excessive and problematic internet use

- Loss of control

- Neglect of alternate activities

- Continued gaming despite of negative consequences

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Gaming Disorder

Academic Problems

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Academic problems

Lack of interest

Poor concentration

Absenteeism

Lower grades

Failure in exams

Interpersonal Problems
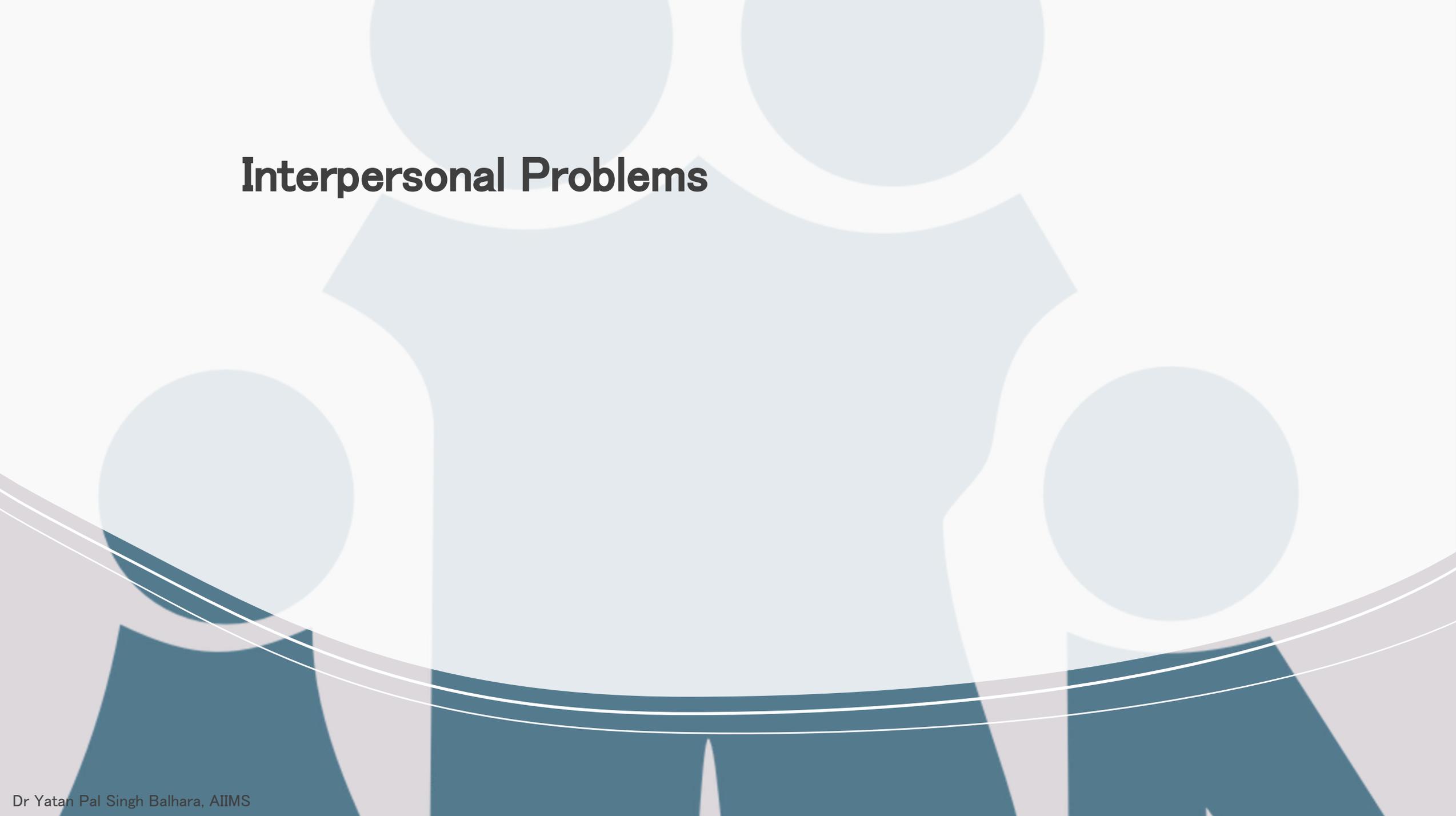
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Financial Problems

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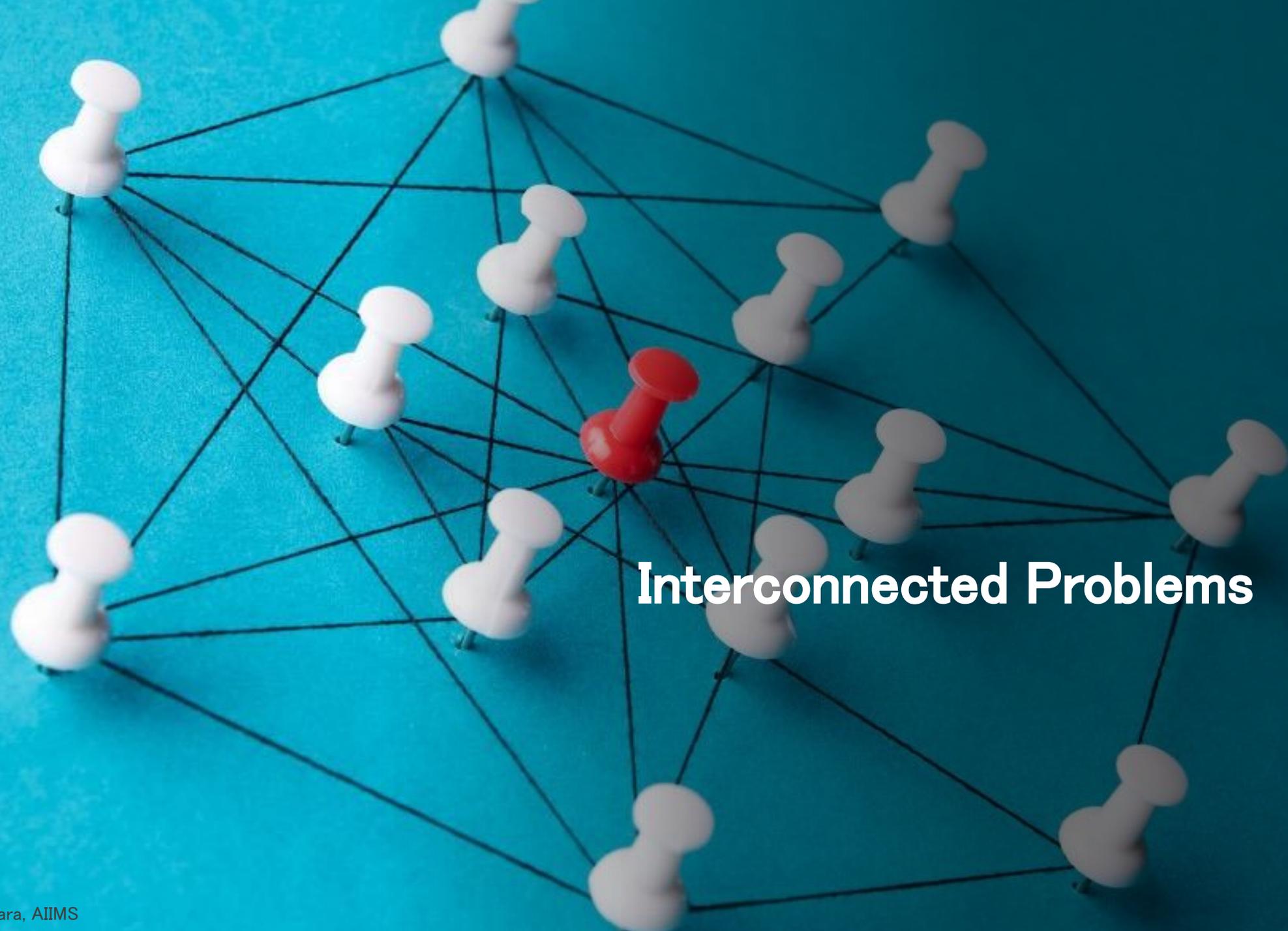
Interconnected Problems
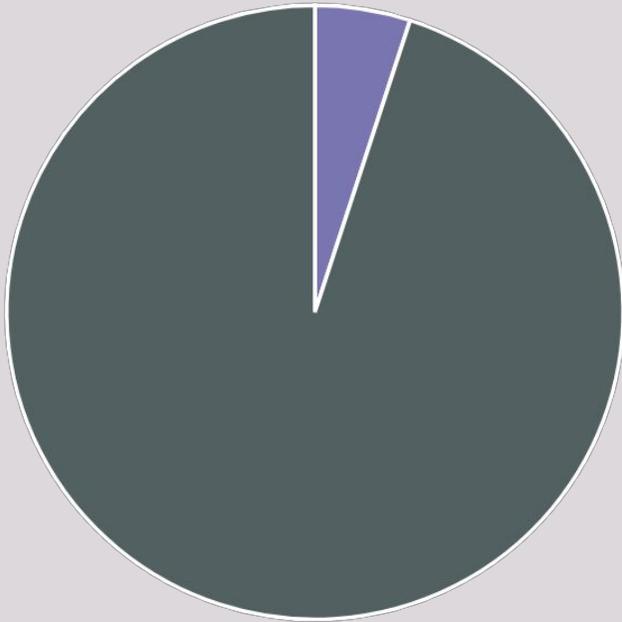
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Internet Use and Other Activities

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Internet Use and Other Activities

■Internet Use ■Other Activities   ■Internet Use ■Other Activities   ■Internet Use ■Other Activities   ■Internet Use ■Other Activities

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Detection of Problematic Internet Use

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Amount of time spent

Motives for Internet Use

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Motives for Gaming

Achievement motive	Social motive	Immersion motive
· advancement · competition	· socializing · relationships · teamwork	· discovery · role-playing · customization · escapism

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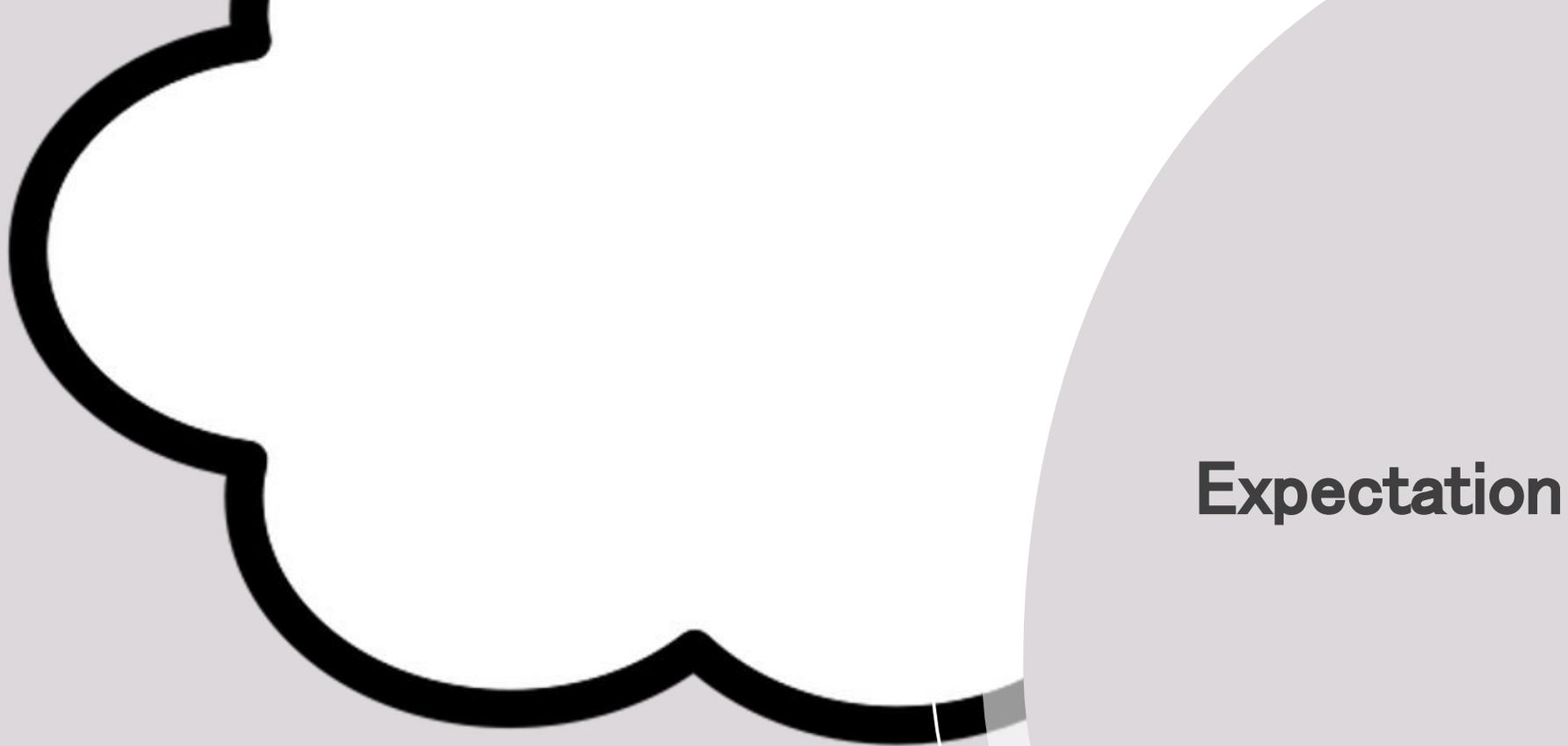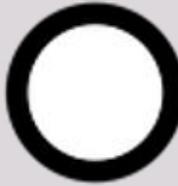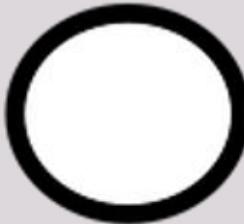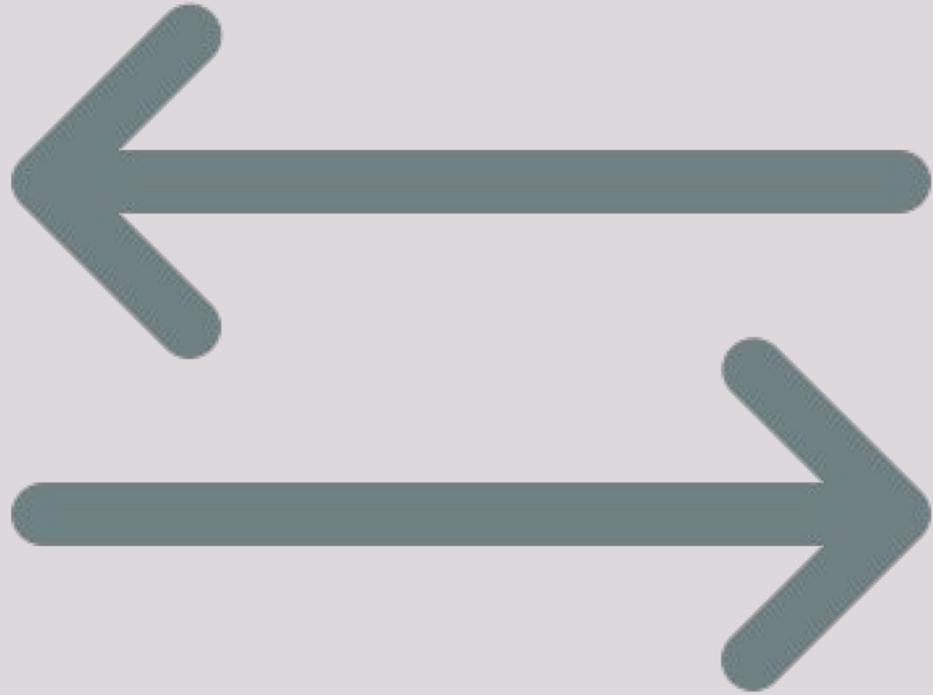
Expectation

Substitution
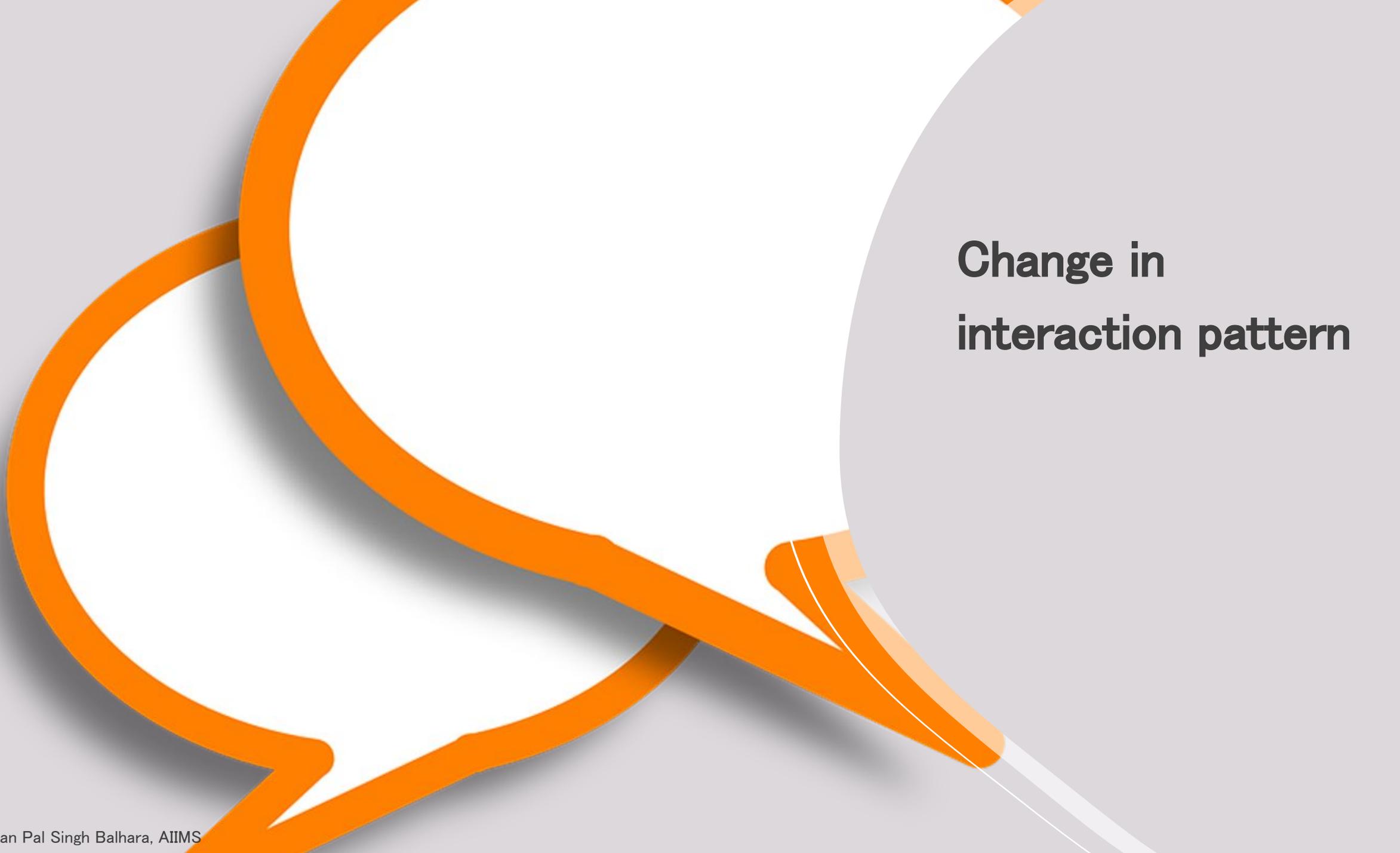
Change in

interaction pattern

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Reaction when access restricted

Detection of Problematic Gaming

TIME

MOTIVES

EXPECTATIONS
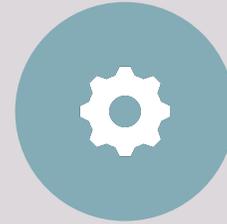
CHANGES IN PREFERENCES

CHANGES IN INTERACTION

REACTION WHEN ACCESS RESTRICTED
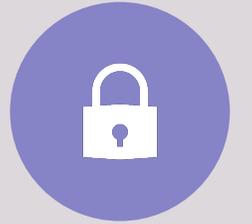
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Suggestions

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Internet- Human Interaction

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Age- appropriateness
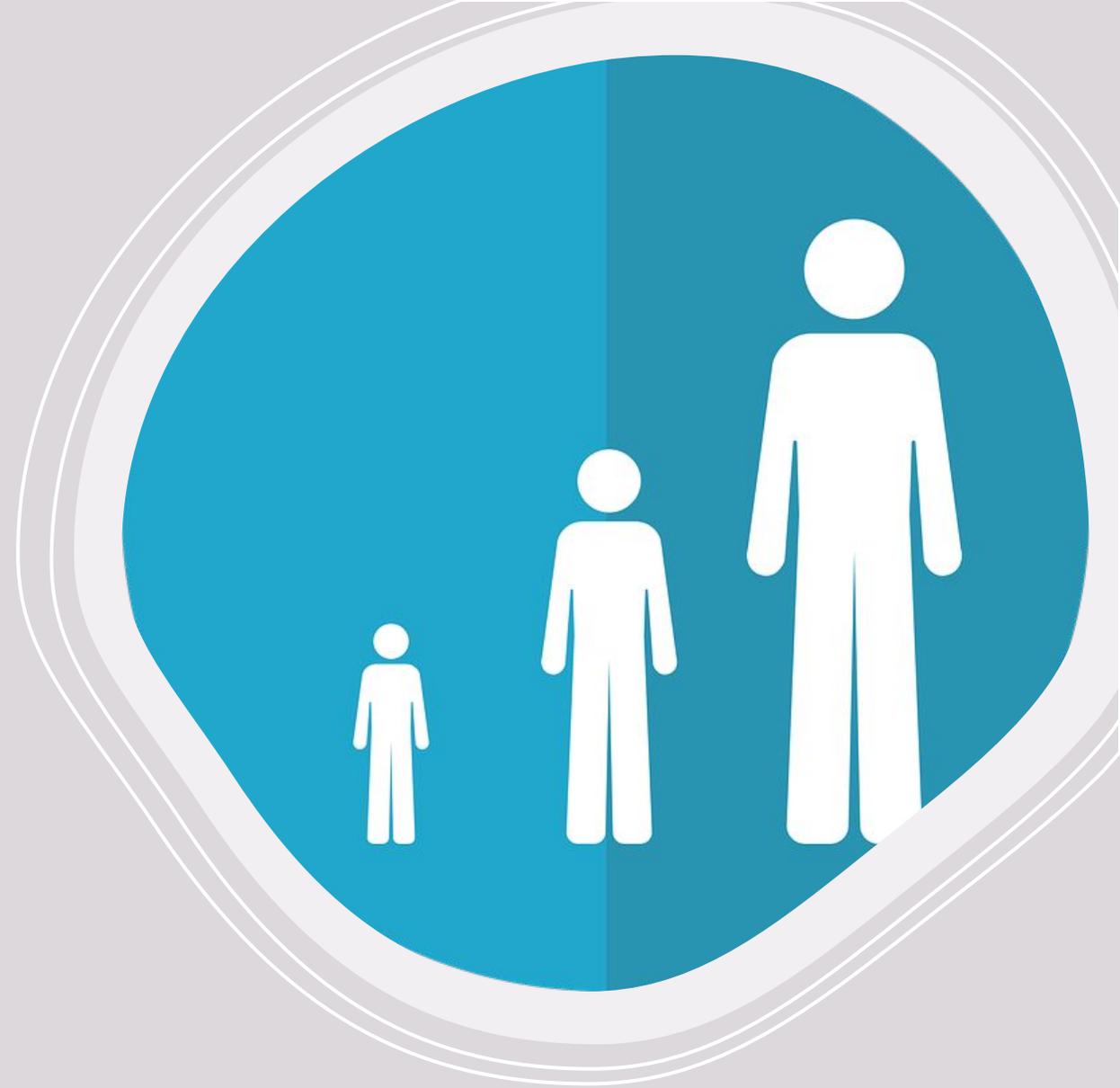
Timing of use
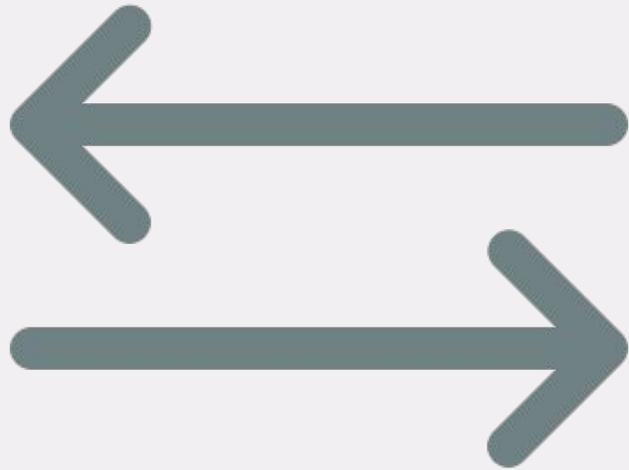
Internet NOT as a substitute

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Daily routine

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Ergonomics & Posture

18 inches

90°

2 inches

28.5 inches

18 inches

Source: PRAGYATA Guidelines for Digital Education

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DO — Alternate between sitting and standing as much as possible.

DON'T — Sit or stand for long periods of time without interruption.

Source: PRAGYATA Guidelines for Digital Education

DO
Sit Up!

DON'T
Slouch!

*Source: PRAGYATA Guidelines for Digital Education*

DO

Hold your phone or tablet directly in front of your face when using it.

DON'T

Hold your phone below eye level and tilt your head forward.

Source: PRAGYATA Guidelines for Digital Education

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DO

DON'T

Check your posture and position
every 20 minutes or so and
readjust or move around.

Feel bad if you've assume bad posture after
being at your desk a while.

Source: PRAGYATA Guidelines for Digital Education

20 Minutes — SIT

08 Minutes — STAND

02 Minutes — MOVE

Source: PRAGYATA Guidelines for Digital Education

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Leading a balanced healthy life

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Formal help

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Safe and Healthy Internet Use

Image source: pixabay.com

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Thank You

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