Digital Wellness:
Perspectives, Concepts and Need

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In this session…

- Need to focus on digital spaces
- Concept of mental well-being and its importance
- Mental well-being in context of digital space

What is Digital Space?

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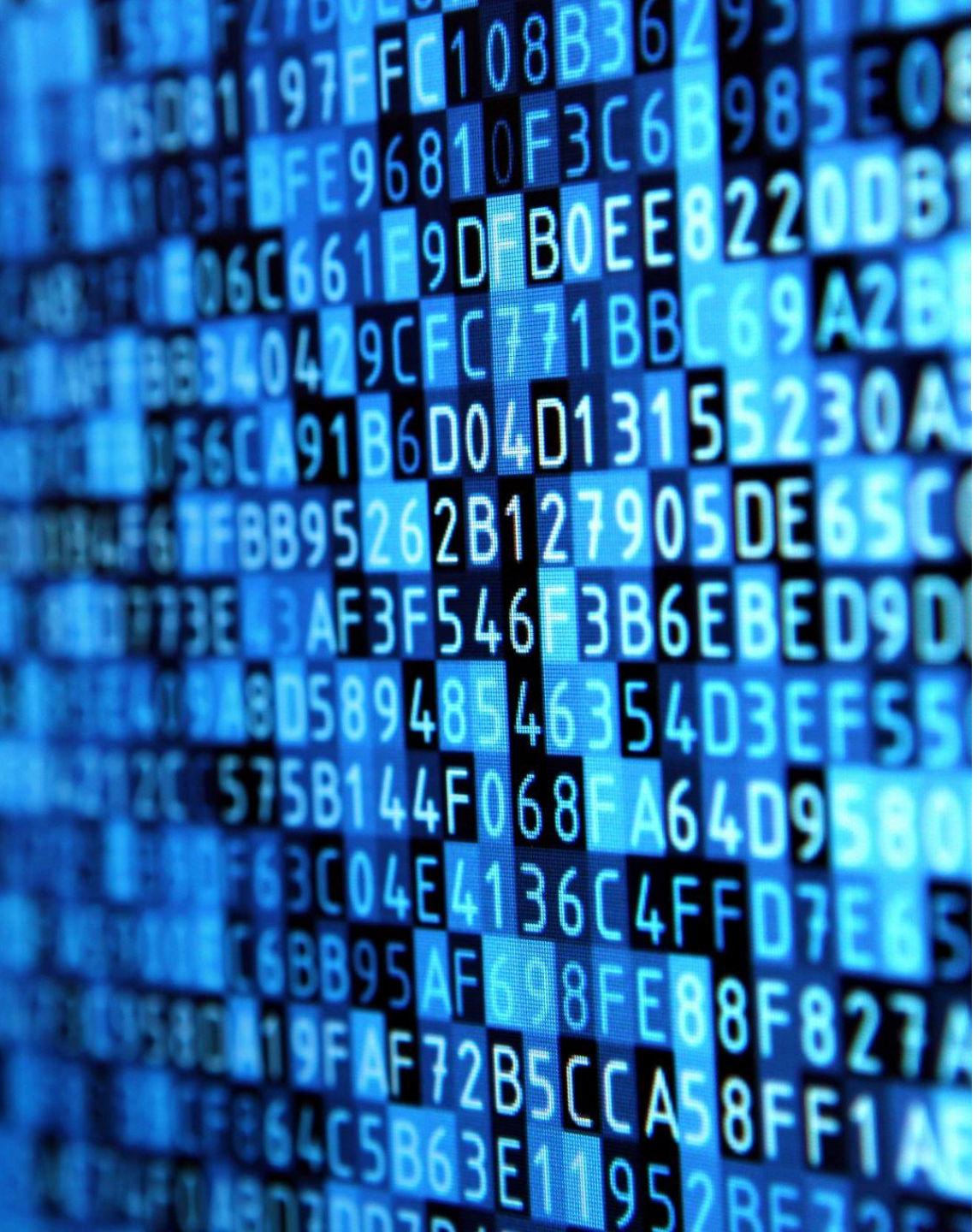


What is a digital space?

refers to what is displayed on the screen of a digital device such as laptops, computers, tablets, or smartphones

Cyber space

the complex environment resulting from the interaction of people, software and services on the Internet by means of technology devices and networks connected to it, which does not exist in any physical form

Digital space and Cyber space

- May not include an interactive screen in case of some devices
- Smart speakers/ household appliances connected to internet

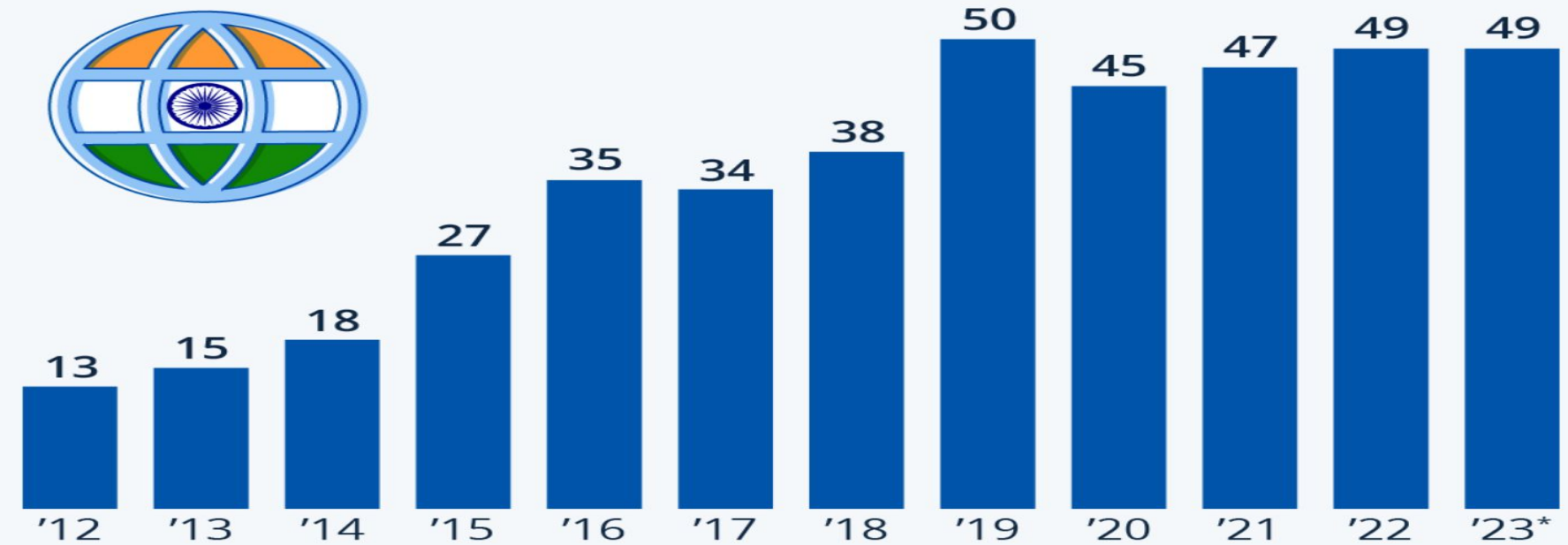
For the purpose of this presentation

- Digital space/ Cyber space
- May or may not be connected to internet all the time

Need to Focus on Digital Space

India's Growing Internet Connectivity

Internet penetration rate in India (in percent)



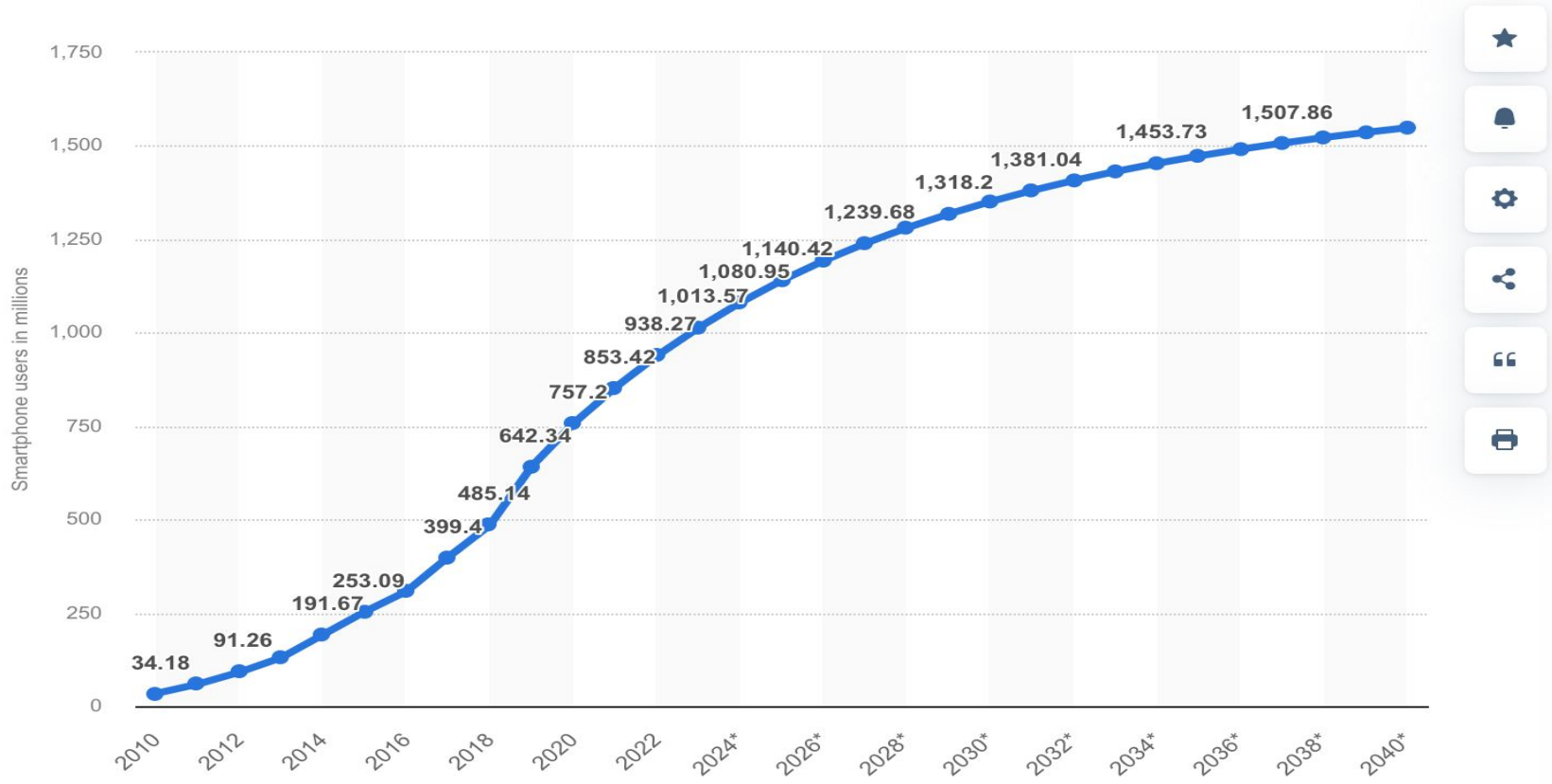
* provisional

Sources: Hootsuite, We Are Social, Kepios via DataReportal

statista

Number of smartphone users in India in 2010 to 2023,

(in millions)



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Additional Information

Show source

Digital India
Power To Empower

Important to focus on digital space

- Growing proportion of Indians are accessing digital space
- Increasing amount of time being spent in digital space

Concept of Mental Well- being

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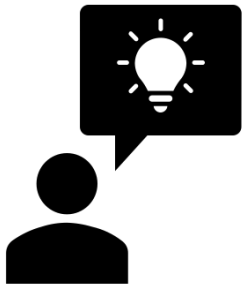
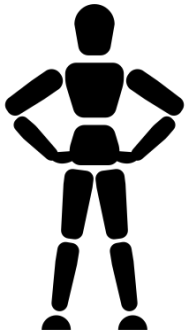
Mental health

is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community

- Mental health is more than the mere absence of mental disorders
- Critical for one and all

(CDC)





Mental health impacts our…

Thinking

Feeling

Behavior

(CDC)

Mental health is an important determinant of…

- How we handle stress
- Relate to others
- Make healthy choices
- Shape the world we live in

Mental Well-being in Context of Digital Space

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Human- Digital space interaction

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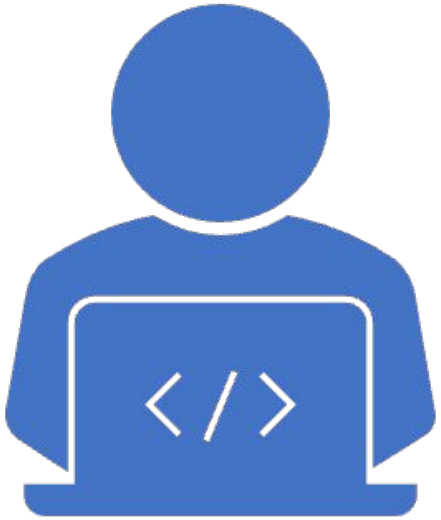


- Scams
- Phishing
- Malware

Cyberbullying

- 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

Cyber stalking

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

Cyber grooming

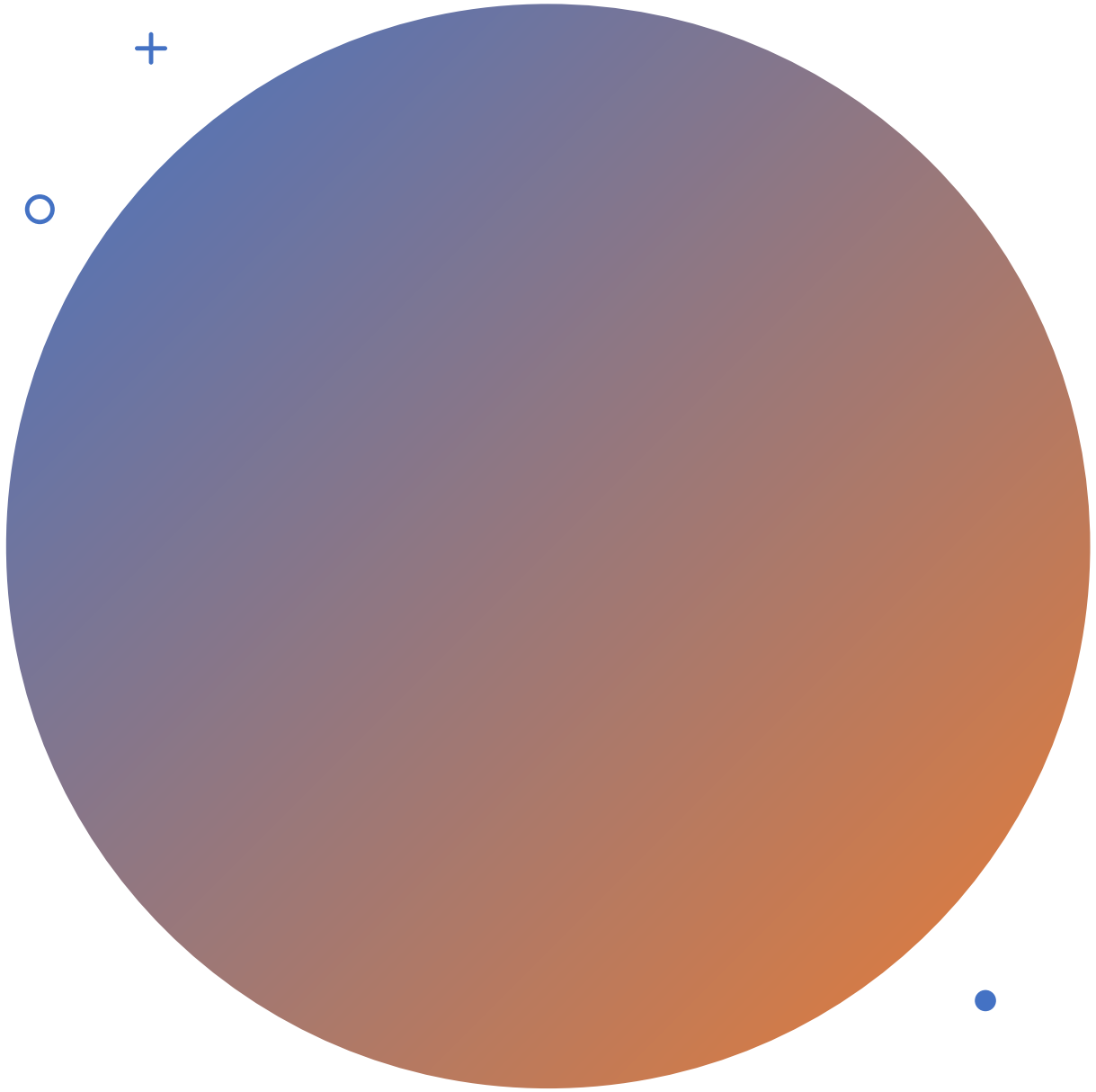
- process of ‘befriending’ a young person online “to facilitate online sexual contact and/or a physical meeting with them with the goal of committing sexual abuse

Illegal and inappropriate behaviour

Copyright infringement and illegal downloads

Excessive time spent in digital space

Psychological Issues in Context of Digital Space



Emotional reactions

- Panic
- Fear
- Frustration
- Anger

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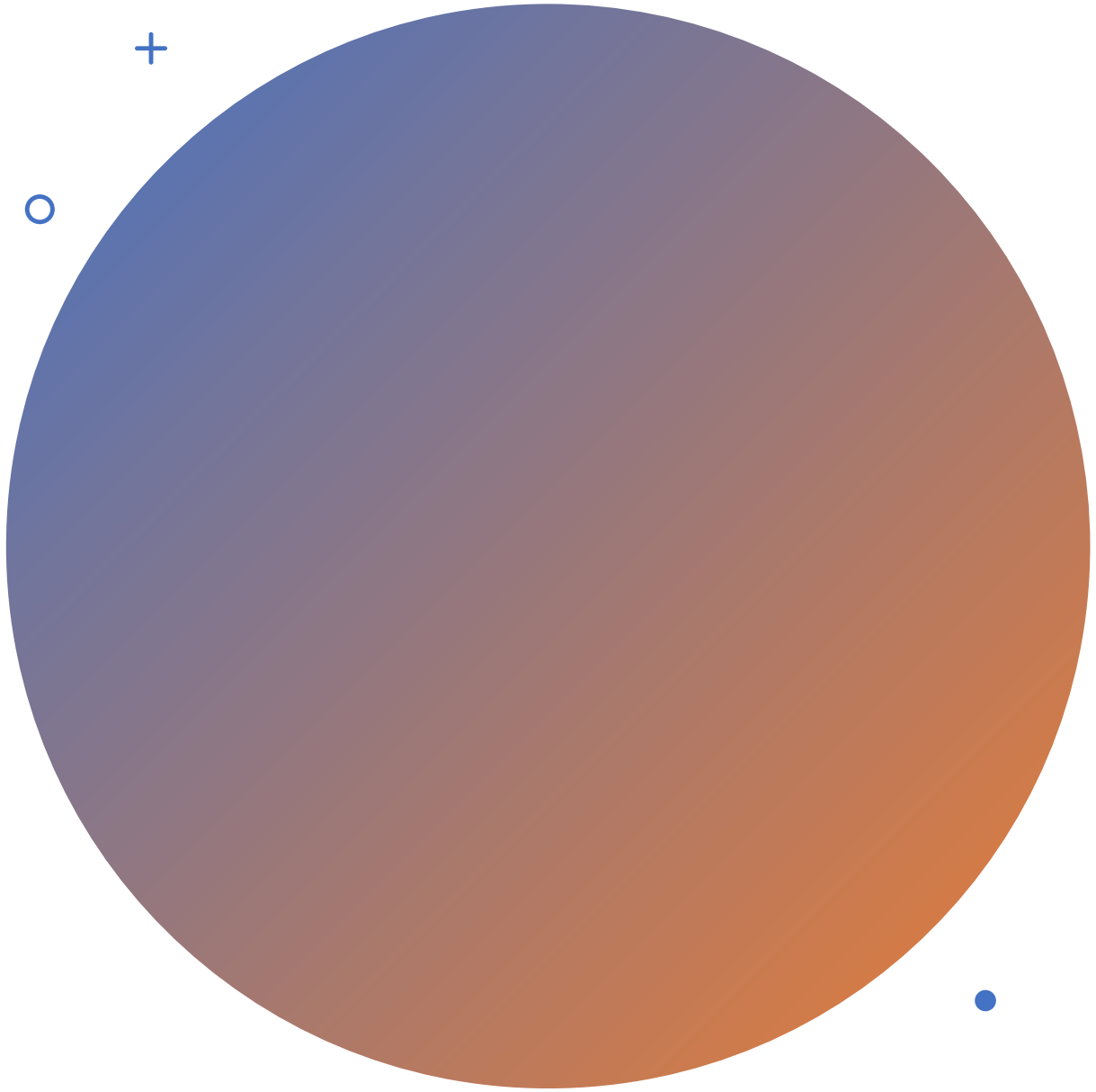

- Self blame
- Helplessness

Lasting feeling of being vulnerable in cyber space

Acute Stress Disorder

Mental health disorder that can occur in the first month after a traumatic event

Intrusion symptoms

Negative mood

Dissociative symptoms

Avoidance symptoms

Arousal symptoms

Depressive/ Anxiety Disorder

- Excessive time spent
- Intent/ expectation

- Poor self esteem
- Negative self image

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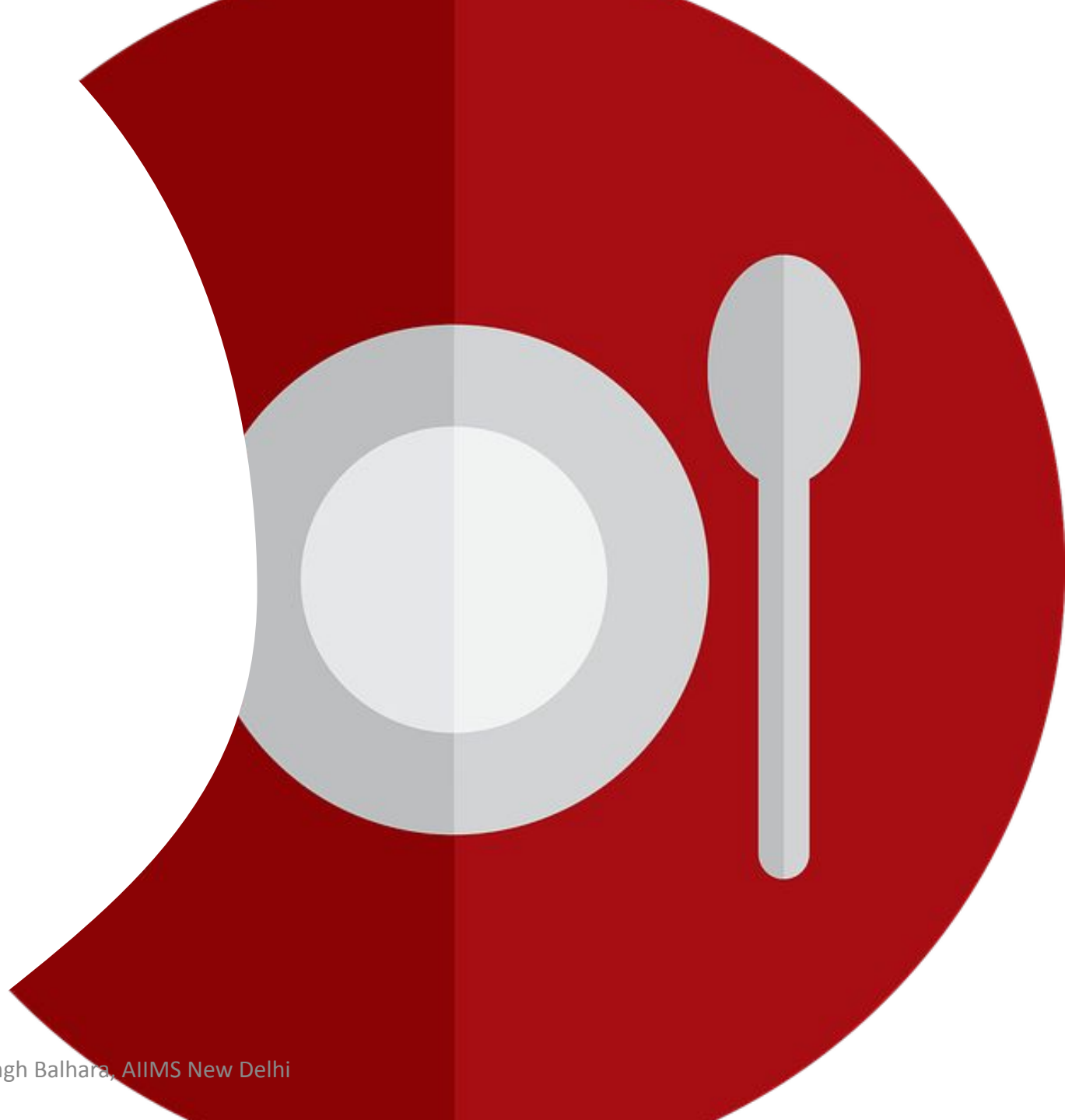
Sleep-wake cycle

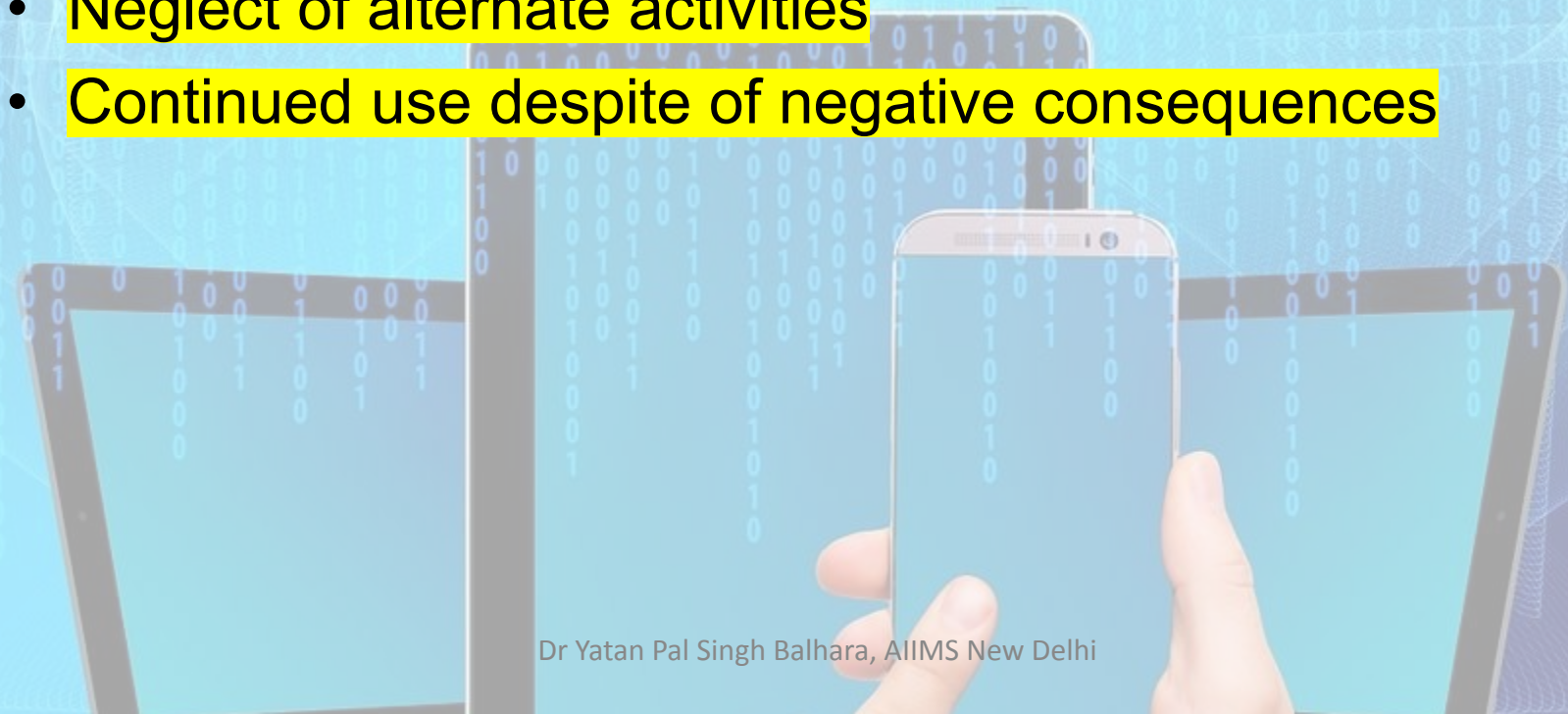
Eating pattern



Excessive and problematic use

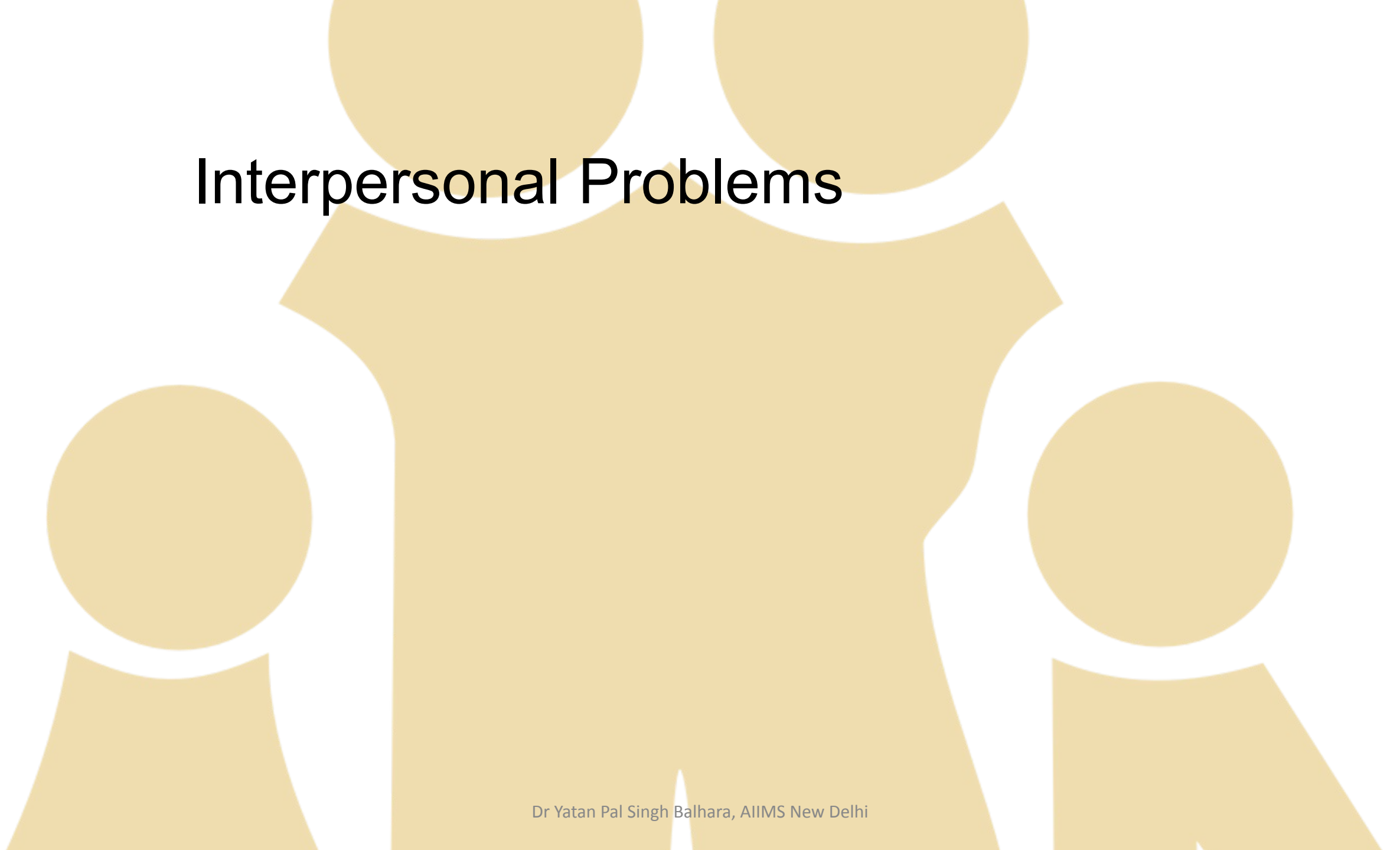
Excessive and problematic use

- Loss of control
- Neglect of alternate activities
- Continued use despite of negative consequences



Gaming Disorder

Interpersonal Problems



To summarize…

- Emotional reactions
- Self blame
- Helplessness
- Feeling of vulnerability
- Mental disorders
- Sleep/ appetite problems
- Poor self esteem
- Addictions
- Interpersonal problems

Conclusions

- Digital space getting increasingly more relevant
- Mental well- being important for overall well- being
- Various mental health issues in context of digital space

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In future sessions

Thank You

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