



International Journal of Multidisciplinary Research in Science, Engineering and Technology

(A Monthly, Peer Reviewed, Refereed, Scholarly Indexed, Open Access Journal)



Impact Factor: 8.206

Volume 8, Issue 10, October 2025



International Journal of Multidisciplinary Research in Science, Engineering and Technology (IJMRSET)

(A Monthly, Peer Reviewed, Refereed, Scholarly Indexed, Open Access Journal)

The Evolving Nature of Mental Health in Digital Age

Nagendra N, Vaishnavi Karn, Kavya S

Assistant Professor, Department of Computer Science and Applications, The Oxford College of Computer Science,
Bangalore, India

MCA II Student, Department of Computer Science and Applications, The Oxford College of Computer Science,
Bangalore, India

MCA II Student, Department of Computer Science and Applications, The Oxford College of Computer Science,
Bangalore, India

ABSTRACT: Mental health encompasses our emotional, psychological, and social well-being. It influences how we think, feel, and behave, as well as how we handle stress, build relationships, and make decisions. Maintaining good mental health is essential for staying productive, resilient, and forming meaningful connections with others.

As highlighted, mental health plays a vital role in our lives. In today's digital era, technology has both positive and negative effects on mental well-being. However, its impact on teenagers and young people tends to be more harmful. Social media comparisons, cyberbullying, and constant exposure to information have been linked to rising levels of anxiety and depression. Additionally, excessive use of digital devices can cause sleep problems and lead to addictive behaviours. This research paper explores both the positive and negative impacts of the digital age on mental health. It includes a survey examining public perceptions of how digitalization influences mental well-being. Additionally, the study highlights potential future developments and areas for further research.

I. INTRODUCTION

The Digital Age has transformed the way people interact and access information, bringing both opportunities and challenges for mental health. With the widespread use of smartphones, social media, and digital platforms, mental health has become not only more visible but also more vulnerable. While technology provides valuable support through tools like teletherapy, mental health apps, and online counselling, it also introduces serious risks such as cyberbullying, digital addiction, social isolation, and anxiety.

Recent global events highlight how deeply society has become tied to the digital world. On September 4, 2025, the government of Nepal banned several social media platforms after they failed to meet registration requirements. The ban triggered widespread protests, particularly among the youth, and tragically resulted in the loss of lives. This incident reveals the extent of society's dependence on digital platforms, showing that many people are willing to risk their safety when deprived of them and reflecting how digitalization can affect mental well-being. Recognizing these growing concerns, world leaders have begun to emphasize the importance of mental health. In Mann Ki Baat 2023, Indian Prime Minister Narendra Modi highlighted the need to prioritize mental health and praised Mumbai-based startups like Infi-Heal and YOUR-Dost for their work in improving well-being, noting that technologies such as artificial intelligence (AI) are now being used to support mental health care. Similarly, on December 10, 2024, President of India Draupadi Murmu urged business leaders to protect the mental health of gig workers as the gig economy expands. She also warned about new threats to human rights, including cybercrime, climate change, and the double-edged impact of AI.

These developments make it clear that mental health plays a crucial role in modern life and must not be overlooked. Individuals should prioritize their mental well-being by setting healthy boundaries on the use of digital platforms and adopting mindful habits to prevent stress, anxiety, and dependency.



International Journal of Multidisciplinary Research in Science, Engineering and Technology (IJMRSET)

(A Monthly, Peer Reviewed, Refereed, Scholarly Indexed, Open Access Journal)

II. POSITIVE ASPECTS OF DIGITALIZATION ON MENTAL HEALTH

The positive aspects of mental health in the digital age include the easy accessibility of various resources. People suffering from mental health issues can easily get help through resources such as teletherapy, mental health apps, online support forums, and AI-based tools. As the rate of mental health illnesses is increasing, the solutions to deal with these problems are also growing simultaneously in the digital age. The key is how people use these resources in a controlled manner, because excess of anything can be harmful.

Organizations and Communities for Mental Health monitoring: The government is taking some initiatives to address mental health issues caused by digitalization. In India, they have introduced platforms like 'Tele MANAS' and the 'MANAS Digital Platform' to enhance mental well-being. There are also some non-profit organizations and communities that are helping people deal with mental health problems, such as 'Health Volunteers (India)', the 'National Alliance on Mental Illness (NAMI, USA)', and 'The MINDS Foundation', which works for suicide prevention in collaboration with the 'International Association for Suicide Prevention (IASP)'.

Escaping Loneliness in the Digital Age: Although loneliness and the fear of isolation affect many individuals, the digital era provides opportunities to stay connected with friends and alleviate stress. Numerous social media platforms enable interaction with people worldwide.

Confidence and Time: Many young people today struggle with confidence, not only in communication but in other areas as well. Although they possess valuable knowledge and skills, they often feel uneasy presenting themselves in public or during face-to-face interactions. Thanks to digitalization, platforms such as Instagram, Facebook, TikTok, and YouTube provide opportunities to share their talents and expertise by simply recording and posting videos. In today's fast-paced world, time is limited, and the digital age helps us make the most of it. We can ask questions and receive answers within seconds. AI tools, including ChatGPT, provide quick solutions to problems in just a matter of seconds or minutes.

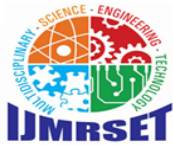
Bridge the Gap: Peer to Peer power: In today's fast-paced world, we often live far from our families and friends, making it difficult to meet them regularly. Fortunately, the digital age allows us to stay connected through audio calls, video calls, chats, and other online platforms, enabling communication anytime we wish. This constant connection helps reduce stress, as speaking with loved ones brings comfort and emotional relief.

III. NEGATIVE ASPECTS OF DIGITALIZATION ON MENTAL HEALTH

With the rapid growth of digitization, people are increasingly integrating it into their daily lives, making it an essential part of modern routines. Yet, this digital shift has also brought negative effects, such as rising levels of anxiety, depression, and loneliness. On September 4, 2025, the government of Nepal banned several social media platforms after the companies failed to comply with national registration rules. The decision triggered widespread outrage and massive youth-led protests across the country. Tragically, some of these demonstrations resulted in the loss of lives, revealing how deeply people are tied to the digital world. This event illustrates the extent of society's dependence on digital platforms—so much so that many are willing to risk their safety when access is restricted. It also underscores the serious impact digitization can have on mental well-being.

Depression, Anxiety and Stress in Digital Age: "Due to digitalization, people are experiencing increasing levels of anxiety, depression, and stress. Many are becoming addicted to social platforms, and if they don't use their phones for even an hour, they begin to feel anxious. The digital age offers many platforms that can help reduce loneliness and make people feel happy. However, most of the time, these platforms end up becoming a source of depression and can even lead to suicide. A lack of real communication, meaningful interactions, and the rise in cheating and fraud often cause people to become silent and fall into depression. Many also experience feelings of inadequacy from constantly comparing their lives to what they see on reels and social media. One news report mentioned that a 28-year-old woman from Bangalore attempted suicide after her estranged husband created a fake Instagram account in her name."

Online Scams: These days, more people are relying on digital platforms for work and making payments through UPI and other online methods. While shopping online or receiving payments, they often share their bank details, which puts them at risk. Scammers are increasingly taking advantage of this, using personal information to carry out fraud. Several



International Journal of Multidisciplinary Research in Science, Engineering and Technology (IJMRSET)

(A Monthly, Peer Reviewed, Refereed, Scholarly Indexed, Open Access Journal)

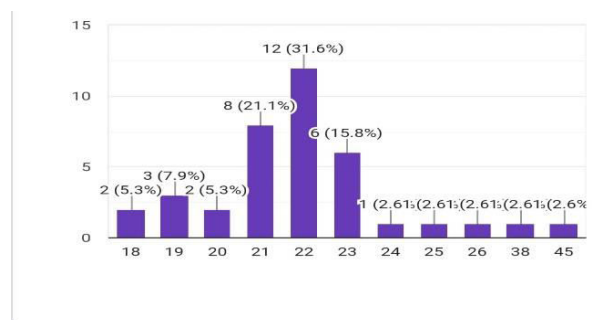
recent incidents reported by Indian Express outlets highlight this growing issue. In one case, an 85-year-old man from Pune lost over ₹11 lakh after falling victim to a matrimonial advertisement scam. In another, a Pune-based entrepreneur was defrauded of ₹1.86 crore in a stock market scam, after being falsely convinced that his earnings had reached ₹54 crore.

Cyberbullying and Its Psychological Toll in the Digital Age: Digitalization has become an essential part of human life. However, it has also introduced a disturbing new threat: cyberbullying and online harassment. With the increasing use of the internet among teenagers over the years, incidents of online harassment have reached a peak. According to a 2023 UNESCO report, '1 in 3' children globally has experienced some form of cyberbullying. Victims of cyberbullying often experience deep trauma, which may lead to self-harm or even suicide. A report from the NDTV news website states that a woman died by suicide in Kerala's Kottayam district due to cyberbullying by her ex-boyfriend.

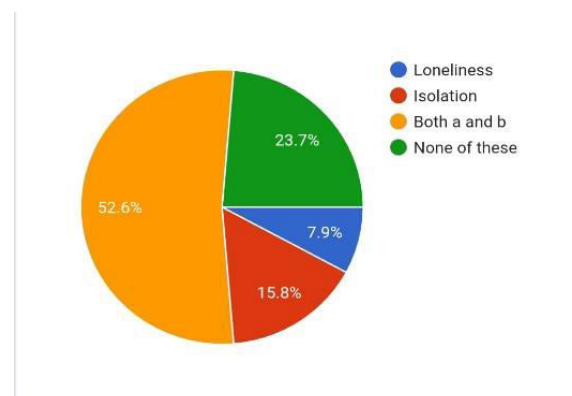
Sleep Time and Daily Life Routine: In today's digital era, many teenagers and young adults stay up late using their phones and browsing social media. This habit has become a regular part of their daily routine. However, staying up late often disrupts their sleep patterns, making it difficult for them to fall asleep early. As a result, many face sleep deprivation, which can lead to various mental health problems. Although many young people want to wake up early, they struggle to do so, and this adds to their stress and frustration. Digital technology and social media have become so deeply integrated into daily life that many individuals feel they can't go a single day without their phones. Additionally, some teenagers become addicted to online games like 'PUBG' and 'Free Fire', spending countless hours playing without realizing how much time has passed. This obsession can become so severe that some even resort to self-harm or suicide after losing in these games.

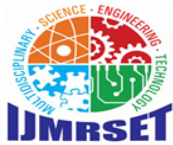
IV. SURVEYING PUBLIC PERCEPTION OF MENTAL HEALTH IN THE DIGITAL WORLD

Age between 18 to 45:



Q. How do you think excessive use of social media contribute to felling of loneliness or isolation?

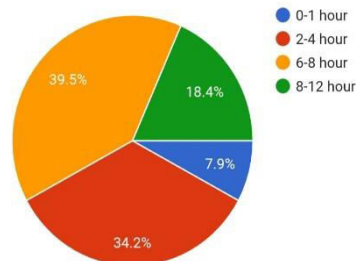




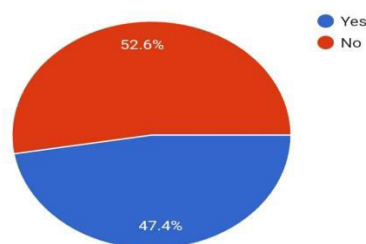
International Journal of Multidisciplinary Research in Science, Engineering and Technology (IJMRSET)

(A Monthly, Peer Reviewed, Refereed, Scholarly Indexed, Open Access Journal)

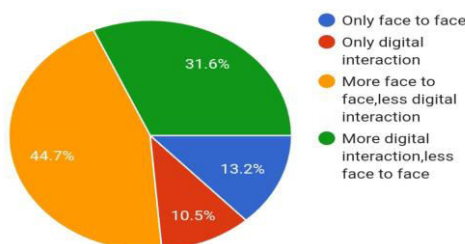
Q. How many hours a day do you typically spend on digital devices?



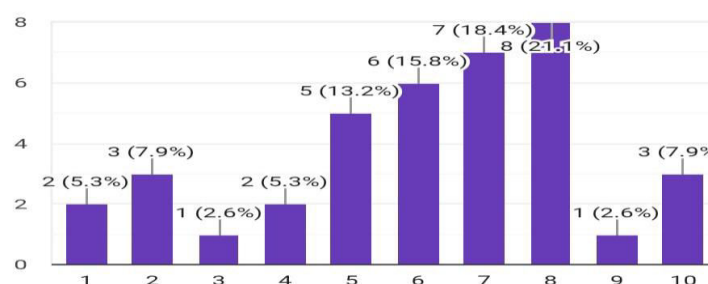
Q. Do you feel more anxious, depression or lonely after spending a lot of time online or on social media?

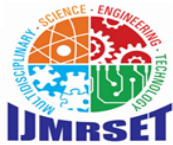


Q. How often do you engage in face-to-face interaction verses digital interaction with friends and families?



Q. On scale of 1 to 10 how would you rate your current mental health?

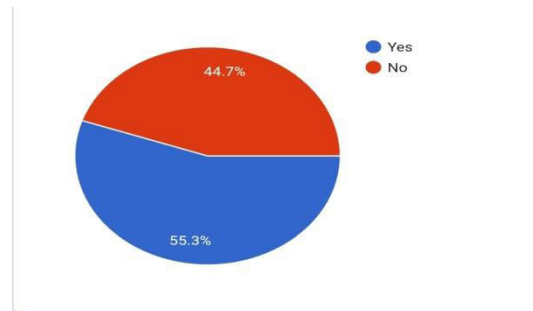




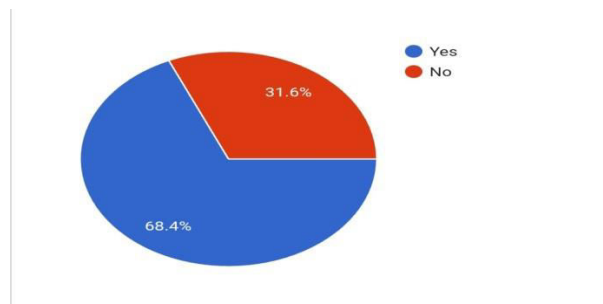
International Journal of Multidisciplinary Research in Science, Engineering and Technology (IJMRSET)

(A Monthly, Peer Reviewed, Refereed, Scholarly Indexed, Open Access Journal)

Q. Do you experience a fear of missing out (FOMO) when you see other posts on social media?



Q. Do you often feel the need to check your phone or social media even when you don't have anything specific to do?



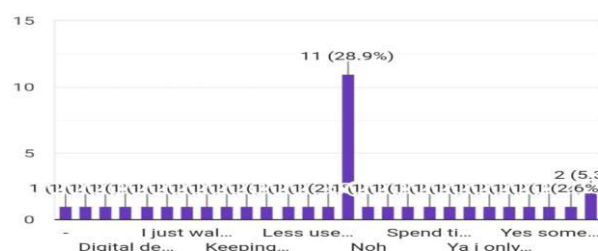
V. RESULT

The above survey, conducted among individuals aged 18 to 45, revealed that 52.6% experience feelings of loneliness and isolation as a result of excessive social media use. Many participants reported spending between 8 to 12 hours daily on digital devices, with the same percentage (52.6%) indicating increased feelings of depression or loneliness after prolonged time online. Meanwhile, 44.7% said they prefer face-to-face interactions over digital communication with friends and family. Additionally, 68.4% admitted to frequently checking their phones or social media without any specific reason. These insights highlight a growing concern: as time spent on social media rises, so do the negative emotional effects such as loneliness and anxiety. Although current levels are moderate, there is potential for these issues to become more widespread in the future.

RECOMMENDATIONS

Nowadays, it's easy to get lost in the virtual world and neglect our mental health, which can lead to issues such as anxiety, depression, and even addiction. To address this, we conducted a survey and asked people to suggest a few simple strategies to help balance screen time and enhance overall well-being.

Q. Is there any strategy do you use to manage your digital device uses and protect your mental health (if yes mention your strategies)?





International Journal of Multidisciplinary Research in Science, Engineering and Technology (IJMRSET)

(A Monthly, Peer Reviewed, Refereed, Scholarly Indexed, Open Access Journal)

Survey Responses: Strategies on Balancing Digital Use

1. Digital detox
2. Self-care
3. I just walk around and read some fictional book
4. Keeping myself busy
5. Less use of digital devices as much as possible
6. Spending time with favourite people
7. Reading book and playing outdoor games
8. Self-care videos and watching motivational things
9. Be physically involved in the real world rather than the digital one
10. Avoid using smartphones excessively
11. It's nice, but only in moderation

In addition to this, given the growing impact of digitalization on mental health, as highlighted in recent studies, we believe several measures can be taken to address this issue. Government involvement could play a key role in managing screen time and promoting healthier digital habits. For instance, policies could be introduced to limit phone usage for children under 12 after 10 PM. Additionally, daily screen time limits could be set for different age groups, with penalties such as fines for exceeding those limits. To support this, the government could develop a dedicated app that tracks daily phone usage for individuals, similar to how digital systems were used to monitor COVID-19 vaccinations. This would help enforce screen time rules more effectively. In terms of technology-driven solutions, wearable devices could be used for mood tracking and predictive analytics—monitoring stress levels, sleep quality, and emotional well-being. Advancements like brain-computer interfaces (neurotechnology) could also be introduced for continuous mental health monitoring. Artificial Intelligence can further contribute by offering digital mental health support. AI-powered tools, such as virtual therapists, could assist individuals in managing their emotional challenges. To maximize the impact, the government could ensure these AI-based mental health tools are made widely accessible to the public.

VI. CONCLUSION

This research has contributed to the understanding of how mental health is being reshaped by digital culture. This research involves a survey that investigates the ways in which excessive use of social media contributes to feelings of loneliness and isolation, alongside the amount of time individuals spend online. The study addresses both the beneficial and harmful effects, with the goal of reducing the negative impact on mental health in the digital era. It aims to inform policymakers, educators and healthcare provider about the opportunities and challenges in leveraging technology for mental wellness it may also serve as a foundation for future digital mental health policies and interventions.

FUTURE SCOPE

Our upcoming research will examine the impact of mental health on children aged 5–12, adults over 45, and senior citizens. We will also investigate how digitalization influences individuals in rural areas compared to those living in cities. Additionally, we will explore whether people in villages are mentally healthier than urban residents, and if so, what factors contribute to this difference.

REFERENCES

1. [ET – *The Economic Times*] - <https://economictimes.indiatimes.com/news/politics-and-nation/pm-modi-stresses-on-mental-health-especially-among-youth-in-his-latest-mann-ki-baat-address/articleshow/106422038.cms?from=mdr>
2. [*The Hindu*] - <https://share.google/tL86tuyusJmerOwBT>
3. [NDTV] - <https://www.ndtv.com/kerala-news/kerala-woman-dies-by-suicide-over-cyber-bullying-by-ex-boyfriend-3997039>
4. [*The Indian Express*] - <https://indianexpress.com/article/cities/pune/pune-man-bride-duped-online-fraudsters-10079948/>
5. [*The Indian Express*] - <https://indianexpress.com/article/cities/pune/online-share-fraud-entrepreneur-loses-9840214/>
6. [Survey via Google Forms] - https://docs.google.com/forms/d/e/1FAIpQLSdQdbfFz-3npuOrdC-HN1BSBVdokzJmc65PGvvCWYyg_B4ydQ/viewform?usp=sharing&ouid=109644439108691404237
7. [Google Forms – Wikipedia] - <https://share.google/282cigGurZpa3znOp>



INTERNATIONAL
STANDARD
SERIAL
NUMBER
INDIA



INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY RESEARCH IN SCIENCE, ENGINEERING AND TECHNOLOGY

| Mobile No: +91-6381907438 | Whatsapp: +91-6381907438 | ijmrset@gmail.com |

www.ijmrset.com