



Digital Engagement and Techno Wellness amongst Youth: A Review Paper on the Current Era

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The rapid advancement of digital technologies has significantly transformed the methods by which adolescents engage with one another, learn, and entertain themselves. This review paper delves into the relationship between digital engagement and techno wellness among youth in the contemporary era. Digital engagement encompasses a wide range of online activities, while techno wellness refers to the optimal health and well-being achieved through balanced technology use. By synthesising existing research, this paper highlights critical factors influencing techno wellness, identifies gaps in the literature, and proposes future research directions. It discusses theoretical frameworks and the impacts of digital engagement on various dimensions of techno wellness—including mental, physical, and social health—and offers strategies and recommendations to promote Techno wellness. Therefore, this paper has analysed the impact of this Digital Engagement on various Dimensions of Techno Wellness. The findings emphasize the necessity of a comprehensive approach to understanding both the positive and negative impacts of digital engagement. The paper aims to inform educators, policymakers, parents, and youth on how to develop tailored strategies to enhance youth well-being in the digital age.

Keywords: *Digital Engagement, Techno Wellness, Youth, Digital Learning, Social Interactions.*



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1. INTRODUCTION

The swift progression of digital technologies has transformed how young individuals interact, learn, and entertain themselves. Digital engagement, encompassing a broad spectrum of online activities, has become a fundamental aspect of everyday life for the youth. Concurrently, tech wellness—optimal health and

well-being achieved through balanced technology use—has garnered considerable interest. This review paper explores the interplay between digital engagement and techno wellness among today's youth. This study aims to thoroughly review existing research on digital engagement and techno wellness among youth. Synthesizing findings from various studies, it highlights key

factors, identifies literature gaps, and proposes future research directions. The scope includes examining definitions, measurements, impacts, and strategies related to digital engagement and techno wellness.



2. UNDERSTAND DIGITAL ENGAGEMENT:

Digital engagement encompasses participation in activities involving digital devices and the Internet. It includes a variety of behaviours, from passive consumption of digital content to active creation and interaction within digital environments. Understanding digital engagement requires recognizing its multifaceted nature and various dimensions.

Types of Digital Engagement:

- Screen Time: The total time spent using smartphones, tablets, computers, and televisions.
- Social Media Usage: Social networking site activities, including Facebook, Instagram, Twitter, and TikTok.
- Virtual Learning: Participation in educational activities via digital platforms, including e-learning and virtual classrooms.
- Digital Content Creation: Activities related to producing and sharing digital content such as videos, blogs, and social media posts.

3. MEASUREMENT OF DIGITAL ENGAGEMENT

Accurate measurement of digital engagement is essential for effective study. Common methods include self-reported surveys, digital usage tracking, and observational studies. Key variables in measuring digital engagement include:

- Frequency: How often digital activities are performed.
- Duration: The length of time spent on digital activities.
- Intensity: The degree of involvement and engagement in digital activities.
- Diversity: The variety of digital activities engaged in.

4. EXISTING THEORIES ABOUT DIGITAL ENGAGEMENT

Several theoretical frameworks have been developed to understand digital engagement. Key theories include:

- Uses and Gratifications Theory: According to this theory, people actively seek media and digital content and search for those media and digital content to fulfill a need or a desire.
- Technology Acceptance Model (TAM): This model suggests that people's perceived utility and convenience impact their technology adoption and use.
- Media Richness Theory: It is suggested that communication efficiency depends on the richness of the medium used, whereas richer media provide more signals and feedback.
- Social Presence Theory: This theory focuses on the degree of presence or sense of being with others that a medium provides. Higher social presence, such as in video calls, enhances the feeling of interaction and connectedness.
- Diffusion of Innovations Theory: developed by Everett Rogers, elucidates the process, factors, and speed at which novel ideas and technologies disseminate throughout different societies. The categorization includes many adopter segments: early adopters, innovators, early majority, late majority, and laggards.
- Self-Determination Theory (SDT): The thesis is that three innate psychological needs are universal and inherent in all

individuals and propel them to develop and evolve: competence, autonomy, and relatedness. Regarding digital involvement, we consider how digital technologies fulfil these specifications.

- Flow Theory: Developed by Mihaly Csikszentmihalyi, Flow Theory describes being completely immersed and engaged in an activity. Achieving a flow state in digital engagement can enhance user experience and satisfaction.
- Social Cognitive Theory: This theory is proposed by Albert Bandura, according to whom observational learning, social experiences, and reciprocal determinism play a very important role in behaviour. It suggests that people learn and adapt behaviours by observing others and by observing others in social media contexts.

5. TECHNO WELLNESS

Techno wellness refers to a state of physical, mental, and emotional health resulting from balanced technology use. It involves leveraging technology to enhance well-being while mitigating its potential adverse effects. Dimensions of techno wellness include:

- Mental Health: How technology use affects psychological health and stress, anxiety, and depression.
- Physical Health: The influence of technology on physical activities, sleep patterns, and overall health.
- Emotional Wellbeing: The effect of digital interactions on emotional stability and happiness.
- Cognitive Functioning: Impact of digital engagement on attention, memory and problem solving abilities.

6. EXISTING THEORIES ABOUT TECHNO WELLNESS

Theories from various disciplines, including psychology, health sciences, and technology studies, inform Techno wellness. Key theories include:

- Self-Determination Theory: Highlighting the significance of autonomy, competence, and relatedness in attaining well-being.
- Salutogenesis: Focuses on factors that promote human health and well-being rather than those that cause disease.

- Digital Resilience Framework: Explores how individuals can develop resilience to cope with digital challenges and stressors.
- Positive Technology Framework: Developed by Giuseppe Riva, this framework focuses on how technology can improve personal experience quality and promote psychological well-being. It identifies three main areas: emotional enhancement, engagement and self-empowerment, and social integration.
- Behavioural Activation Theory: This is a behavioral therapy approach that emphasizes the importance of engaging in meaningful activities to combat depression and improve mental health. This theory posits that increasing activity levels can improve mood and well-being.
- Human-Computer Interaction (HCI) Theory: This theory explores how people interact with computers and develops technologies that allow humans to interact with computers in ways that people might not traditionally expect as a starting point. The HCI examines how to maximize user interfaces and experiences to increase user satisfaction and productivity.
- Cyberpsychology Theories: Cyberpsychology examines the psychological aspects of how people interact with technology, including the impact on their thoughts, behaviours, and emotions.

7. DIGITAL ENGAGEMENT HAS INFLUENCED TECHNO WELLNESS

In an era where digital technology pervades every aspect of life, understanding its influence on wellness has become increasingly important.

7.1. Positive Influences:

- Physical Health Improvements Fitness Trackers and Wearables: Fitbit and Apple Watch monitor physical activity, heart rate and sleep patterns and push people to keep healthy lifestyles. Users of fitness trackers increased their physical activity by 27 percent compared with non-users, according to the American Heart Association. Mobile Health Apps: MyFitnessPal and Nike Training Club are

apps that provide personalized plans for workout and counsel in diet which enable users to experience drastic weight loss and higher standard of fitness (Wang et al., 2015).

- **Mental Health Support Mental Health Apps:** Apps like Headspace and Calm provide mindfulness exercises, reducing stress and anxiety. A study found a 14% reduction in stress after 10 days of using Headspace (Economides et al., 2018). **Teletherapy Platforms:** Services like BetterHelp and Talkspace offer remote therapy sessions, making mental health care more accessible. Teletherapy is as effective as in-person therapy for treating depression and anxiety (Backhaus et al., 2012).
- **Social Connectivity Social Media and Online Communities:** Platforms like Facebook, Twitter, and Reddit facilitate social interactions and community building, offering emotional support and a sense of belonging, especially for those with limited offline social networks (Seabrook et al., 2016). **Collaborative Learning Environments:** Online forums and educational platforms like Coursera and Khan Academy enable collaborative learning and knowledge sharing, enhancing intellectual wellness and social engagement.

7.2. Negative Influences:

- **Physical Health Concerns Sedentary Behaviour:** Prolonged use of digital screens and excessive digital device use causes us to take up a sedentary lifestyle which leads to obesity, cardiovascular diseases as well as musculoskeletal problems. WHO (2020) results also show that high screen time increases the risk of obesity by as much as 23% in adults.
- **Mental Health Challenges Social Media Anxiety and Depression:** An overuse of social media can cause anxiety and depression and make you feel lonely. Hunt et al. (2018) associated decreased symptoms of depression and loneliness with reduced use of social media. **Digital Addiction:** A compulsive use of digital devices that can quickly become an addiction to the internet can produce

digital addiction, which is proven to raise stress and decrease life satisfaction (Young, 2010).

- **Social Isolation Replacement of Face-to-Face Interactions:** Face-to-face interactions can be replaced by digital interactions decline interpersonal skills and make us isolated. The more you use social media, the more isolated you feel (Primack et al., 2017).

8. PARAMETER THAT HAS IMPACTED TECHNO WELLNESS

Several parameters define a state of well-being influenced by technology use, known as techno wellness. The physical, mental, and social health can worsen and improve with these parameters. Below are the key parameters:

- **Screen Time Impact:** Too much screen time can be bad for physical health, such as eye strain or bad posture, and not getting enough exercise could lead to obesity and heart disease. Example: In 2020, the World Health Organization told us that screen time is linked to a 23 percent increased risk of obesity.
- **Type of Digital Activity Impact:** Not all digital activities are equally good for your wellness (e.g., social media, gaming, education use, etc.). It also made sense that social media assists people in making connections but could also enhance anxiety and depression, while educational activities fostered
- **children's ability to reason.** Example: Excessive use of social media is also connected to a great deal of tension and depression, but Coursera-type educational platforms promote mental health. (Hunt et al., 2018).
- **Frequency and Duration of Use Impact:** Frequent and prolonged use of digital devices leads to digital addiction, making your life more stressful and less life satisfaction. Example: Compulsive internet use is associated with higher stress levels and lower life satisfaction (Young, 2010).
- **Accessibility and Usability Impact:** Look at how easily accessible and easy-to-use digital tools and platforms are and the effectiveness of using them to promote wellness. At a low cost, users straighten the

interface and incorporate accessible designs, making using digital resources easier for healthcare. Example: Mental health online platforms like Better Help, Talk Space, etc, have proved their efficacy in treating depression and anxiety (Backhaus et al., 2012).

- Balance and Moderation Impact: Digital engagement cannot be engaging without engaging overall wellness. The moderation is from the evils of digital addiction and social isolation. Example: Charged with making recommendations for parental guidance in the effective use of digital technologies, guidelines for managing screen time were examined, including limiting time on screen and increasing face-to-face interaction (Primack et al., 2017).

9. RELATIONSHIP BETWEEN DIGITAL ENGAGEMENT & TECHNO WELLNESS

The relationship between technology use and wellness is intricate and multifaceted. While technology can offer numerous benefits, such as increased access to information and social connectivity, it also poses risks like addiction, cyberbullying, and reduced physical activity. A holistic approach, considering both positive and negative outcomes, is needed to understand this relationship.

10. INTEGRATED MODEL

The integration of theories related to digital engagement and techno wellness provides a holistic understanding of how digital behaviors impact well-being. Key elements of these models include engagement patterns, contextual factors, and outcomes. Engagement patterns focus on how different ways of interacting with digital platforms influence various dimensions of wellness. Contextual factors consider the role of socio-cultural, environmental, and personal influences in shaping these interactions. The outcomes examine both the short-term and long-term effects of digital engagement on overall well-being. For youth, digital engagement can yield positive outcomes such as enhanced academic performance, improved social skills, and increased creativity. However, it also presents risks like cyberbullying, addiction, mental health issues, and physical health problems. Promoting techno wellness requires strategies at individual,

institutional, and community levels, including digital literacy programs, self-regulation practices, parental guidance, and policy advocacy to ensure balanced and healthy digital use.

11. FUTURE DIRECTIONS AND RECOMMENDATIONS

Future research on digital engagement and techno wellness must address existing gaps and explore emerging trends. Current studies often rely heavily on quantitative methods, overlooking the nuanced insights that qualitative approaches can provide. Research should also include diverse populations to understand the varied impacts across different socio-demographic groups. Additionally, more studies are needed to assess the effectiveness of techno wellness interventions and to explore the role of contextual factors such as family environment and educational settings. Emerging technologies like artificial intelligence, virtual reality, and social media influencers are rapidly transforming the digital landscape and their impact on youth's well-being needs to be better understood. Policymakers, educators, and community organizations should collaborate to implement policies promoting safe digital practices, integrate digital literacy into educational curricula, and offer community-based programs to support balanced digital use and overall wellness.

12. CONCLUSION

This review paper has provided a comprehensive exploration of the relationship between digital engagement and techno wellness among youth. Key findings indicate that digital engagement significantly influences various dimensions of techno wellness, including mental, physical, and social health. The analysis underscores the dual nature of digital engagement, highlighting both its positive impacts, such as enhanced learning, creativity, and social connectivity, and its negative effects, such as addiction, anxiety, and social isolation. The findings emphasise the necessity for a balanced approach to digital engagement to optimise techno wellness. Future research, policy efforts, and community initiatives should develop strategies that promote healthy digital habits and create supportive digital environments for youth to thrive.

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