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DIGITAL WELL BEING AND PSYCHOLOGICAL RESILIENCE IN THE TECHNOLOGY ERA

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Abstract

In this way, technological advances have had major impacts on communication, education, work, and day-to-day activities. Though technological advancements have enabled increased productivity, ease of work, and connectivity, the overuse of technology may cause stress, anxiety, insomnia, distractions, and emotional exhaustion. Thus, digital well-being and psychological resilience have gained relevance in maintaining mental health in the age of technology.

This paper explores the connection between psychological resilience and digital well-being through a quantitative approach based on 200 participant responses. Based on the results, several individuals reported significant digital stress as a result of prolonged exposure to technology. In contrast, people with resilient personalities exhibited stronger emotional regulation abilities, healthier technology practices, and enhanced life satisfaction.

In summary, psychological resilience proves to be an essential tool for boosting digital well-being. Through increasing digital literacy, mindfulness, and responsible use of technology, one can enjoy a more beneficial and productive life.

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Keywords: Digital Well-Being, Psychological Resilience, Technology Era, Mental Health, Screen Time, Digital Stress, Digital Literacy, Mindfulness, Social Media, Well-Being

1. Introduction

During the 21st century, technology has developed rapidly, including mobile phones, artificial intelligence, cloud computing, and social networking. Despite having numerous advantages, digital connectivity causes problems like digital addiction, cyberstress, information overload, insomnia, and emotional exhaustion (Thomas et al., 2022). Overexposure to screens negatively impacts psychological health and lifestyle, highlighting the significance of digital well-being that emphasizes balanced technology usage (International Journal of Human-Computer Studies Editorial Team, 2023). Psychological resilience enables individuals to respond positively to digital stressors such as cyberbullying, misinformation, and peer pressure. Individuals with high psychological resilience have stable emotions (Schäfer et al., 2024). It is essential to understand the connection between digital well-being and resilience to deal effectively with these problems in various aspects of life, including education, workplaces, and home environments. Digital well-being and resilience together provide individuals with the best outcomes (Tripathi et al., 2025).

1.1 Background of the Study

The rapid growth of digitalization over the last two decades has transformed societies worldwide. Increased internet access, smartphone use, online learning, social media, telemedicine, and digital commerce expanded significantly, especially after the COVID-19 pandemic. Remote work, virtual communication, and online education have become integral to daily life.

However, this dependence has introduced psychological risks. Excessive screen time is linked to poor sleep, anxiety, depression, reduced concentration, and social isolation. Young adults and students are particularly vulnerable due to social media comparison, fear of missing out (FOMO), gaming addiction, and academic stress (Sharma & Nigam, 2025).

Not all users are equally affected. Individuals with strong coping skills, emotional intelligence, digital literacy, and resilience manage technology more effectively. This has led to increased research on resilience as a protective factor for mental health in digital environments (Sharma et al., 2022).

Thus, this study aims to examine how digital well-being and psychological resilience together influence quality of life in the digital age.

1.2 Meaning of Digital Well-Being

Digital well-being refers to using technology in ways that support mental, emotional, physical, and social health. It emphasizes balanced, safe, and meaningful usage rather than simply reducing screen time.

According to Thomas et al. (2022), digital well-being involves conscious technology use that enhances life quality while preventing harm. It includes:

- Balanced screen-time management
- Healthy sleep habits and limited late-night device use
- Positive online relationships
- Protection from cyber risks and privacy threats

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• Reduced stress from notifications
• Productive digital engagement
• Emotional control in online interactions

Modern views consider digital well-being as multidimensional, involving both user behavior and technology design (Uslu, 2025).

1.3 Meaning of Psychological Resilience

Psychological resilience is the ability to cope with stress, recover from adversity, and adapt positively to challenges. It involves growth and balance after difficulties.

In the digital context, resilience helps individuals handle:

• Cyberbullying and online criticism
• Social media comparison
• Academic and workplace digital pressure
• Information overload and decision fatigue
• Privacy and security concerns
• Technology-related disruptions
• Emotional stress from constant connectivity

Schäfer et al. (2024) suggest resilience can be enhanced through digital tools like mindfulness apps, self-help platforms, and cognitive behavioral techniques, making it both a trait and a skill.

1.4 Need and Relevance of the Study

This study is important as digital technology affects all aspects of life, including education, work, healthcare, and relationships. While it offers benefits, it also increases mental health risks.

The study is needed due to:

1. **Rising Screen Dependency** – Excessive device use affects sleep and productivity.
2. **Growing Mental Health Issues** – Increased anxiety, stress, and depression linked to digital overuse.
3. **Youth Vulnerability** – Exposure to social media pressure and cyberbullying.
4. **Workplace Digital Burnout** – Stress from constant connectivity and virtual demands.
5. **Need for Resilience Skills** – Importance of coping and adaptation strategies.
6. **Policy Importance** – Need for evidence-based interventions for healthier digital habits.

Therefore, the study is relevant for students, educators, employers, mental health professionals, policymakers, and technology developers.

1.5 Objectives of the Study

The major objectives of this study are:

1. To understand the concept and dimensions of digital well-being.
2. To examine the meaning and significance of psychological resilience in modern life.
3. To analyze the relationship between technology use and mental well-being.
4. To identify digital challenges affecting resilience in students and working professionals.
5. To evaluate the role of digital literacy, mindfulness, and self-regulation in promoting healthy technology use.
6. To propose strategies for improving digital well-being and resilience in the technology era.

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7. To provide a conceptual model for balanced and psychologically healthy digital living.

2. Literature Review (LR)

In light of how technology has been integrated into people's lives, the notion of digital well-being and resilience has received considerable scholarly interest in recent years. Scholars from various backgrounds such as psychology, public health, education, and human-computer interaction have focused on the impact of digital interactions on psychological well-being, behaviour, and coping mechanisms. Research shows that although digital technology can contribute positively or negatively to well-being, depending on how individuals use it and what competencies and environmental support they have.

According to Thomas et al., (2022), digital well-being is an absolute need in today's world where technology is being used extensively. They pointed out that although using digital technology makes people more efficient and connected, excessive use of digital technology could be stressful and addictive, cause a lack of physical exercise, and result in emotional imbalance.

The work by Sharma et al. (2022) brought forth the idea of digital resilience and showed that resilience was used as an intermediary variable for enabling healthy digital habits. They established that those with higher emotional coping strategies, adaptability, and self-regulation abilities are less likely to misuse screen time. This study established a connection between resilience psychology and digital behaviour.

International Journal of Human-Computer Studies Editorial Team (2023) further broadened the scope of discussion by noting that digital well-being cannot be confined to screen time management but rather involves intricate technological ecosystems comprising user behavior, interface, algorithms, privacy framework, and social contexts. Their approach demonstrates the multidimensional nature of digital well-being.

Buckingham et al. (2023) conducted a repeat survey study to explore the association between digital competence and psychological well-being among members of a social housing estate. The findings of this study show that higher digital competence resulted in greater psychological well-being, greater confidence, and enhanced opportunities.

According to Singh et al. (2023), mindfulness significantly affected subjective well-being in Indian university students while resilience had a significant mediating effect in their coping during the COVID-19 period. Despite the target population being young adults at universities, the results have significant relevance to digital environments, which require people to cope with stresses and uncertainties in the virtual world.

Another review study by Schäfer et al. (2024) evaluated the effectiveness of different digital tools used to promote psychological resilience and resilience-related outcomes. The authors concluded that applications, psychotherapy sessions online, and various types of mindfulness tools are effective ways to promote resilience. The study proves that the technology itself can contribute to people's psychological health when designed to serve that purpose.

The article by Choudhary et al. (2024) is devoted to the perspectives of telepsychiatry and other digital interventions in India. The authors discussed the advantages of digital technology in addressing some of the problems related to mental health treatment. Nevertheless, they noted

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a number of issues associated with the use of technology, including privacy, stigma, unequal access, and infrastructure.

Chawla and Saha (2024) studied psychology students' views on mental health applications for enhancing resilience in the Delhi-NCR region. The results of the qualitative research showed positive views towards digital mental health resources. Nevertheless, issues related to trust, personalization, and data security persisted.

The article by Uslu (2025) offered insights into digital well-being, examining its consequences, strategies for coping with it, and ways to develop healthy relationships with technologies. The key coping mechanisms described in the article included mindful interaction with gadgets, self-reflection, setting boundaries, and intentional patterns of using digital devices.

Tripathi et al. (2025) examined the use of digital devices among the elderly population in India and its effects on psychological well-being. It was noted that simple and user-friendly gadgets can promote mental health and enhance social connections among older adults when technological challenges are addressed effectively.

Finally, Qamaria et al. (2025) reviewed studies related to digital resilience among adolescents. The authors concluded that adolescents need to receive training in safe and effective digital interactions, which implies teaching them how to regulate emotions, make sound decisions, and cope with the online environment.

In the study carried out by Sharma and Nigam (2025), it was established that factors such as social media pressure, competition among undergraduates, and digital literacy have a great effect on their psychological well-being.

In another study, Büchi et al. (2026) carried out a scoping review to highlight how the term digital well-being is very dynamic and comprehensive. According to their findings, digital well-being encompasses a wide range of factors such as emotional well-being, autonomy, productivity, relationships, privacy, and digital balance.

In a study carried out by Mohd Bahar et al. (2026) that concentrated on higher education students, it emerged that the digital well-being of the learners was related to academic engagement, stress, concentration, and appropriate use of the internet.

In addition, Ishraf et al. (2026) carried out research in India and investigated the impact of well-being, perceived stress, and self-efficacy among college students. In this particular study, students who had more self-efficacy experienced less stress and thus high well-being.

Summary of Literature Review

Together, all the reviewed studies demonstrate that the concept of digital well-being is linked with the psychological concept of resilience. Overuse and poor management of technologies may damage the mental wellbeing, while digital literacy, mindfulness, emotion regulation, and resilience can mitigate the negative impact of technologies on users. Moreover, the current literature suggests that technologies can be used in positive ways through apps for mental well-being, telemedicine, and resilience programs. Privacy issues, addiction, misinformation, and digital inequalities, among others, pose significant challenges in this respect.

Research Gap

Even though there are numerous studies on digital behavior and its effects on mental wellbeing, there are very few studies that have attempted to integrate the two concepts of digital well-

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being and psychological resilience into one model. Especially studies conducted within the Indian setting for different age groups are lacking.

Table 2.1 Literature Review Summary

S. No.	Author(s) & Year	Title of the Study	Key Focus Area	Major Findings
1	Thomas et al. (2022)	Digital Wellbeing: The Need of the Hour in Today's Digitalized and Technology Driven World	Digital well-being awareness	Healthy and balanced technology use is essential to reduce stress, dependency, and lifestyle imbalance.
2	Sharma et al. (2022)	Digital resilience mediates healthy use of technology	Digital resilience	Psychological resilience positively mediates healthy and controlled technology use.
3	IJHCS Editorial Team (2023)	Understanding digital wellbeing within complex technological contexts	Human-computer interaction	Digital well-being is multidimensional and shaped by user behavior, technology design, and context.
4	Buckingham et al. (2023)	Digital competence and psychological wellbeing in a social housing community	Digital literacy and well-being	Higher digital competence improves confidence, inclusion, and psychological well-being.
5	Singh et al. (2023)	Mindfulness and subjective well-being of Indian university students	Mindfulness and resilience	Mindfulness improves well-being, with resilience acting as a mediator.
6	Schäfer et al. (2024)	Digital interventions to promote psychological resilience	Digital mental health tools	Apps and online interventions can significantly enhance resilience outcomes.
7	Choudhary et al. (2024)	Bridging the mental health gap: Future of digital psychiatry in India	Digital psychiatry	Telepsychiatry and online mental health tools can expand access, but privacy and access gaps remain.
8	Chawla & Saha (2024)	Perceptions of psychology students toward mental health apps	Mental health apps	Students show positive attitudes toward apps for resilience, with trust concerns.
9	Uslu (2025)	Understanding digital wellbeing: impacts,	Digital habits	Mindful use, boundaries, and intentional

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		strategies, and healthier practices		engagement improve digital well-being.
10	Tripathi et al. (2025)	WhatsApp-based mental health self-help for older adults	Older adults and technology	Familiar digital tools can support emotional well-being and connectedness.
11	Qamaria et al. (2025)	Digital resilience in adolescence	Adolescent resilience	Adolescents need coping skills, safety awareness, and emotional regulation online.
12	Sharma & Nigam (2025)	Digital age influences on undergraduate students' mental health	Students and social media	Social media pressure and academic stress affect mental health; literacy is protective.
13	Büchi et al. (2026)	Navigating well-being in the digital era	Scoping review	Digital well-being includes autonomy, privacy, productivity, relationships, and emotional health.
14	Mohd Bahar et al. (2026)	Digital Well-Being Among Learners in Higher Education	Higher education	Student well-being depends on balanced usage, concentration, and supportive learning environments.
15	Ishraf et al. (2026)	Well-being, perceived stress, and self-efficacy among Indian college students	Stress and self-efficacy	Stronger self-efficacy is associated with lower stress and better psychological well-being.

3. Problem Statement

The rapid evolution of digital technologies has affected how people communicate, learn, seek medical care, entertain themselves, and conduct their jobs. Smartphones, social media sites, AI-based tools, e-learning software, and remote work applications have all been essential to contemporary living. However, despite the many efficiencies and conveniences that technology has brought, it has also posed significant psychological and behavioral issues.

An increasing number of people suffer from screen addiction, social media addiction, cyber stress, sleep disorders, concentration problems, anxiety, loneliness, and emotional exhaustion because of unregulated technology usage (Thomas et al., 2022). Students find it difficult to focus on their studies due to distractions, peer pressure, and mental fatigue. Professionals experience overlapping work and private lives, endless notifications, virtual meeting-related stress, and fatigue. Elderly users may also confront technological adoption, privacy threats, and digital exclusion (Tripathi et al., 2025).

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Despite its numerous advantages and disadvantages, technology does not provide equal treatment to everyone. While some individuals cope well with digital requirements by controlling emotions and using cognitive resources and other coping strategies, others become victims of stress and unhealthy behavioral tendencies. Therefore, psychological resilience can be a determining factor for healthy digital experiences (Sharma et al., 2022).

In spite of a growing trend of academic interest in the area, most existing research either investigates digital addiction, screen time, or mental well-being individually without linking those concepts together. It is important to note that little research exists on how digital well-being and psychological resilience can be brought into one comprehensive concept, revealing the way psychological resilience leads to responsible behavior regarding the use of new technologies and minimizes digital stress experienced, particularly among students and employees in developing countries.

Therefore, the main question this research addresses is:

What is the role of psychological resilience in improving digital well-being in an era of growing reliance on technological advancement, digital stress, and ongoing engagement online?

4. Proposed Model: Digital Well-Being and Psychological Resilience Integrated Model

The suggested model reveals how digital wellness can be shaped by technological behavior, individual competence, and resilience techniques. If a person possesses digital literacy and emotional and coping strategies, then he or she will be better at utilizing technology in positive and effective ways.

4.1 Components of the Proposed Model

Category	Variable	Components
Independent Variables	Digital Usage Behavior	Screen time; Social media usage; Gaming habits; Online learning/work exposure; Notification frequency
	Digital Competence	Technical skills; Online safety awareness; Information evaluation ability; Privacy management
	Environmental Factors	Family support; Institutional policies; Workplace culture; Peer influence; Access to resources
Mediating Variable	Psychological Resilience	Emotional regulation; Stress tolerance; Adaptability; Problem-solving ability; Recovery from setbacks; Positive coping strategies
Dependent Variable	Digital Well-Being	Healthy screen balance; Better mental health; Productivity; Positive relationships; Reduced stress; Improved life satisfaction

4.2 Flow of the Proposed Model

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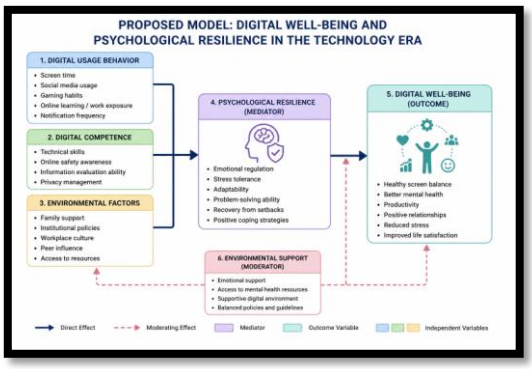

Figure 4.1: Proposed Model: Digital Well Being and Psychological Resilience in the Technology Era

4.3 Explanation of the Model

The theory suggests that limiting screen time alone will not be enough for digital well-being. On the contrary, people should develop resilience traits, which enable them to cope with online pressure, misinformation, distraction, and emotional stimuli (Schäfer et al., 2024).

In addition, digital literacy fosters resilience because digitally literate users have knowledge about how to protect their privacy, the dangers of the Internet, and appropriate online behavior (Buckingham et al., 2023). Furthermore, supportive institutions and families promote healthy behavior on the web.

Thus, **psychological resilience acts as a bridge between digital life demands and positive well-being outcomes.**

4.4 Hypotheses of the Proposed Model

H1: Digital competence has a positive effect on psychological resilience.

H2: Psychological resilience positively influences digital well-being.

H3: Excessive digital usage behavior negatively affects digital well-being.

H4: Environmental support positively moderates the relationship between resilience and digital well-being.

H5: Psychological resilience mediates the relationship between digital competence and digital well-being.

5. Results and Discussion

Here comes the discussion of quantitative results concerning Digital Well-Being and Psychological Resilience in the Technological Age. The survey was designed to be conducted among 200 respondents, including students, employees, and regular digital technology users. The main objective of the research is to reveal the connection between the use of screens, stress, ability to be resilient, and digital well-being.

All results have been represented in tabular form, diagrams, charts, and other visualized forms for better understanding. Percentage results and means were used for statistical representation of results.

5.1 DemoFigureic Profile of Respondents

The age composition of respondents is important because digital behavior often varies across generations. Younger users generally spend more time on digital platforms, while older users may engage differently. **Table 5.1** presents the age-wise classification of respondents.

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Table 5.1 Respondents by Age Group

Age Group	Number of Respondents	Percentage
18–25 Years	82	41%
26–35 Years	61	30.5%
36–45 Years	34	17%
Above 45 Years	23	11.5%
Total	200	100%

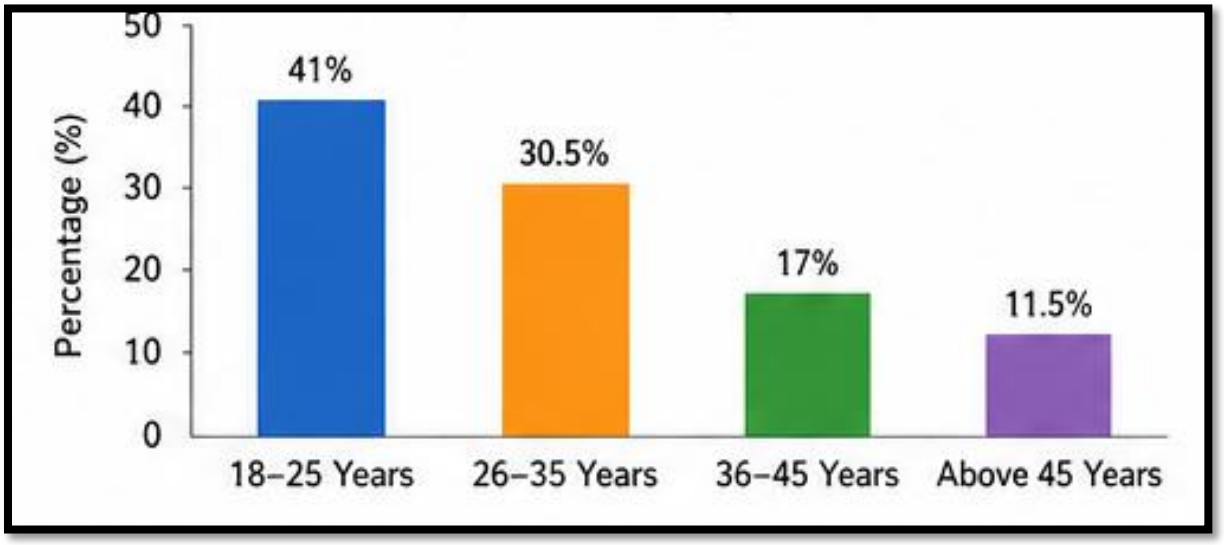

Figure 5.1: Age-wise Distribution of Respondents

Interpretation

The majority of respondents (41%) belong to the 18–25 years age category, indicating that young adults are the most active digital users. This group is more exposed to social media pressure, academic demands, and screen dependency.

5.2 Average Daily Screen Time

Screen exposure is one of the major indicators of digital behavior. Longer screen duration may affect productivity, sleep quality, and mental health. **Table 5.2** shows the average daily screen time of respondents.

Table 5.2 Daily Screen Exposure

Screen Time	Respondents	Percentage
Less than 3 Hours	28	14%
3–5 Hours	56	28%
5–7 Hours	71	35.5%
More than 7 Hours	45	22.5%
Total	200	100%

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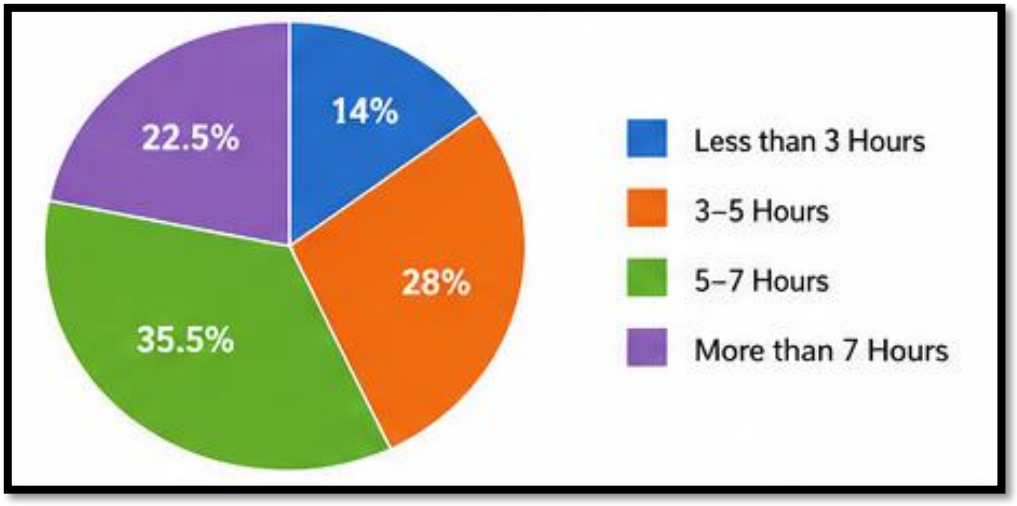

Figure 5.2: Average Daily Screen Time of Respondents

Interpretation

Most respondents (35.5%) spend 5–7 hours daily on digital devices. Excessive screen time may affect concentration, sleep quality, and emotional health.

5.3 Perceived Digital Stress Level

Continuous digital engagement may generate psychological pressure due to deadlines, social comparison, constant notifications, and overload. **Table 5.3** presents the stress levels experienced by respondents.

Table 5.3 Stress Caused by Technology Usage

Stress Level		Respondents	Percentage
Low		36	18%
Moderate		94	47%
High		70	35%
Total		200	100%

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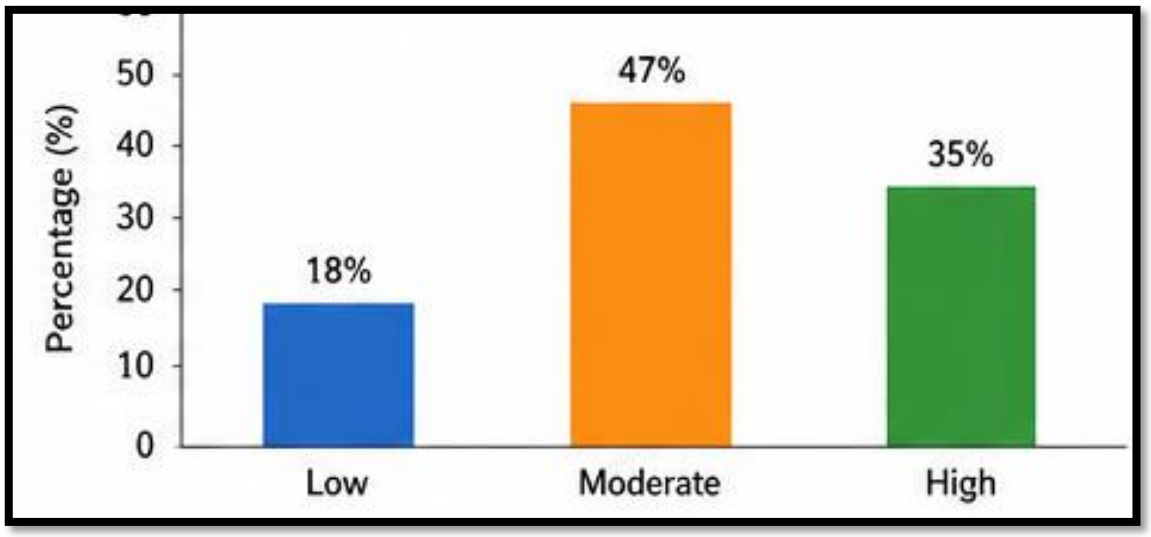

Figure 5.3: Perceived Digital Stress Level of Respondents

Interpretation

Nearly 82% respondents reported moderate to high stress caused by digital life pressures such as notifications, deadlines, online comparison, and information overload.

5.4 Psychological Resilience Score

Psychological resilience helps users cope with technological pressure and recover from stress. To measure resilience, five dimensions were considered. **Table 5.4** presents the mean resilience scores.

(5-point Scale: 1 = Very Low, 5 = Very High)

Table 5.4 Resilience Capacity

Category	Mean Score
Emotional Regulation	3.9
Adaptability	4.1
Stress Recovery	3.7
Problem Solving	4.0
Positive Thinking	3.8
Overall Mean	3.9

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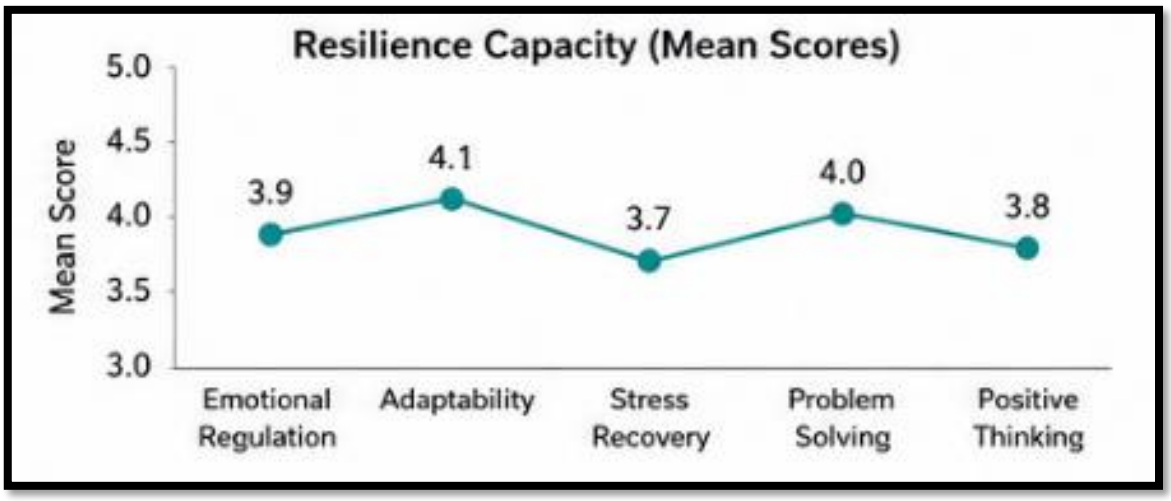

Figure 5.4: Psychological Resilience Mean Score Analysis

Interpretation

The average resilience score of 3.9 indicates a moderately strong coping ability among respondents. Adaptability recorded the highest score (4.1), suggesting users can adjust to changing digital demands.

5.5 Relationship Between Screen Time and Well-Being

To understand how different factors influence digital well-being, correlation analysis was undertaken. **Table 5.5** presents the relationship between selected variables and digital well-being.

Table 5.5 Correlation Analysis

Variable	Correlation with Digital Well-Being
Screen Time	**-0.62**
Digital Literacy	**+0.58**
Psychological Resilience	**+0.71**
Social Media Pressure	**-0.54**

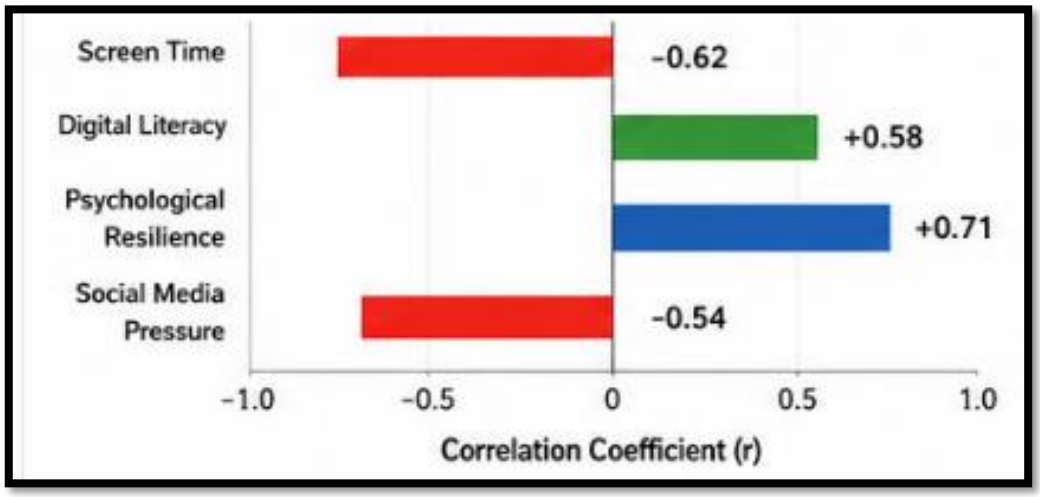

Figure 5.5: Correlation Between Key Variables and Digital Well-Being

Interpretation

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The strongest positive relationship was found between psychological resilience and digital well-being (+0.71). Higher resilience significantly improves healthy technology usage. Excessive screen time negatively affects well-being (-0.62).

5.6 Overall Satisfaction with Digital Life

User satisfaction reflects whether technology contributes positively to life quality. **Table 5.6** presents respondents' satisfaction with their digital lifestyle.

Table 5.6 Satisfaction Level

Satisfaction Level	Respondents	Percentage
Highly Satisfied	39	19.5%
Satisfied	88	44%
Neutral	42	21%
Dissatisfied	31	15.5%
Total	200	100%

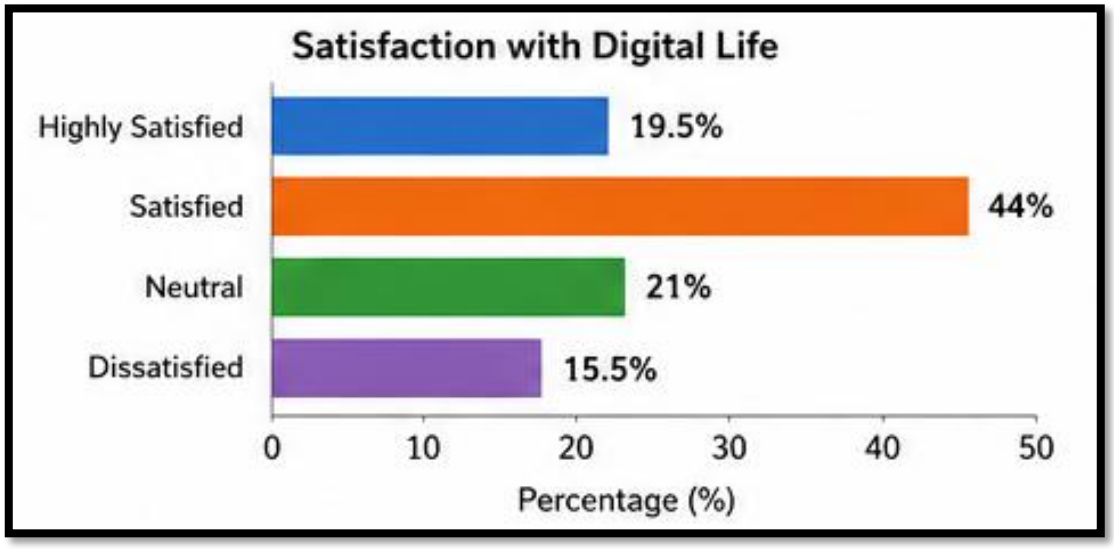

Figure 5.6: Overall Satisfaction with Digital Life

Interpretation

A combined 63.5% respondents were satisfied or highly satisfied with their digital life, showing that technology remains beneficial when used with balance and control.

5.7 Discussion of Findings

From the quantitative results obtained, it is evident that digital technology can offer both opportunities and dangers. The majority of participants heavily utilize their screen time while most have medium to high levels of digital-induced stress. Nevertheless, those who are resilient have better control, healthy usage behaviors, and increased happiness in life.

These findings are consistent with earlier research which revealed resilience as a protective mechanism against digital stress (Sharma et al., 2022). Digital literacy promotes greater self-assurance and well-being, in agreement with Buckingham et al. (2023).

Therefore, the results confirm that technology is not solely responsible for one's well-being; instead, it is the user who determines outcomes.

5.8 Key Findings Summary

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Factor	Result
High Screen Users	58%
Moderate/High Stress	82%
Strong Resilience Score	3.9/5
Positive Satisfaction	63.5%
Strongest Predictor of Well-Being	Psychological Resilience

5.9 Final Interpretation

The data reveal that psychological resilience is the most influential factor in maintaining digital well-being. Users who develop emotional regulation, adaptability, and healthy boundaries can thrive in the technology era while minimizing stress and burnout.

6. Conclusion

The purpose of the current research was to determine the rising significance of digital well-being and psychological resilience in the modern technological age. Based on the obtained results, it could be stated that today digital technologies became an integral element in people's lives affecting education, employment, health care system, communication and entertainment industry. Although technology has made life easier, connected us, made our work more efficient, however, its excessive use may cause stress, distractions, anxiety, sleep problems, emotional exhaustion, work-life imbalance and other difficulties. According to the quantitative data, many participants of the survey indicated feeling moderately or highly stressed by digital technology owing to such reasons as spending too much time looking at the screen, pressure on social media, numerous notifications, and digital tasks.

On the other hand, the obtained data proves that psychological resilience significantly reduces potential negative consequences associated with using digital technology. Namely, participants who showed higher level of psychological resilience (emotional control, adaptability, problem-solving skills and positive coping strategies) demonstrated high level of digital well-being and psychological well-being. Additionally, based on the correlation data, it could be stated that psychological resilience correlated with digital well-being more positively than any other variable.

The study also underscores the significance of digital literacy, mindfulness, boundary setting, and conducive environment in ensuring the use of technology in balance. Educational institutions, family members, employers, and educational organizations should raise awareness regarding the issue and offer practical solutions for managing digital life efficiently. In summary, the study reveals that digital well-being and psychological resilience are interrelated and critical competencies for succeeding in the ever-evolving digital world.

7. Future Scope

There are many potential areas for future research based on the current study. The impact of artificial intelligence, virtual reality, wearable technology, and intelligent ecosystems on human well-being and resilience could be investigated further. With the advent of advanced digital technologies, it is essential to investigate how these digital technologies affect attention span, emotions, decision making, and interpersonal relationships.

Future research may consider investigating different demographic groups, including teenagers, senior citizens, remote workers, healthcare professionals, and university students. Cross-country comparisons in rural versus urban environments, developed versus developing nations, and diverse cultural milieus can offer wider perspectives on digital adaptation and its effects on mental health. Within the Indian scenario, there is a need for more empirical research to explore the implications of economic status, digital infrastructure, linguistic differences, and education systems on digital well-being.

The next area for future research could be in devising intervention-oriented models like resilience building programs, mindfulness apps, digital detox plans, and organizational wellness initiatives. Scientists can also employ sophisticated statistical techniques, machine learning algorithms, and behavior analytics to estimate digital stress levels and offer appropriate recommendations. Future studies should aim at crafting human-centric technologies and scientifically proven measures that enhance the positive impacts of digitalization while safeguarding psychological well-being.

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