Hong Kong International Journal of Research Studies
Volume 2, Issue 1, January-June, 2024
Available online at: https://octopuspublication.com/index.php/hkijrs

Mental Health Effects in the Digital Age in Developed Countries

Kwok Wai Yan

Department of Computing and Decision Sciences – Lingnan University

Article history: Received: 13 February 2024, Accepted: 24 February 2024, Published online: 4 March 2024

ABSTRACT

The advent of digital technology has revolutionized communication, work, and social interactions in developed countries, but it has also introduced complex challenges to mental health. This paper explores the multifaceted effects of digital technology on mental health, focusing on the interplay between social media, constant connectivity, and emerging digital lifestyles. By reviewing recent research and data, we examine how digital interactions contribute to mental health issues such as anxiety, depression, and sleep disturbances. Additionally, the paper investigates the role of digital technology in shaping social support networks and mental health resources, highlighting both positive and negative outcomes. The findings indicate that while digital technology offers unprecedented opportunities for connectivity and support, it also exacerbates mental health concerns through mechanisms like social comparison, information overload, and reduced face-to-face interactions. This abstract underscores the need for balanced digital engagement and the implementation of strategies to mitigate adverse effects, advocating for a more nuanced understanding of digital technology's impact on mental well-being in contemporary society.

Keywords: Digital Technology, Mental Health, Social Media, Anxiety, Connectivity

INTRODUCTION

In the digital age, the pervasive presence of technology has transformed virtually every aspect of daily life in developed countries. From the way we communicate and work to how we access information and seek support, digital innovations have reshaped modern society. While these advancements have brought significant benefits, they have also introduced new challenges, particularly concerning mental health.

This introduction sets the stage for exploring the complex relationship between digital technology and mental well-being. The rises of social media platforms, the constant connectivity provided by smartphones, and the integration of digital tools into every facet of life have altered the landscape of personal and social interactions. These changes prompt critical questions about how digital technology influences mental health outcomes, including the prevalence of anxiety, depression, and other mental health issues.

Research indicates that the digital environment can have both positive and negative effects. On one hand, digital platforms facilitate social connection, provide access to mental health resources, and offer new avenues for support. On the other hand, they can contribute to stress, isolation, and negative psychological effects through mechanisms such as social comparison, information overload, and diminished face-to-face interactions.

This paper aims to delve into these dynamics, examining empirical evidence and theoretical perspectives on how digital technology affects mental health. By analyzing current research and trends, the paper seeks to provide a comprehensive understanding of the challenges and opportunities presented by digital technology in relation to mental well-being. Understanding these effects is crucial for developing strategies to harness the benefits of digital innovations while mitigating their potential harms, ultimately fostering a healthier digital environment in developed societies.

LITERATURE REVIEW

The intersection of digital technology and mental health has garnered considerable attention in recent years, with researchers exploring various aspects of this relationship. This literature review synthesizes key findings from existing

studies to provide a comprehensive overview of the current understanding of how digital technology impacts mental health in developed countries.

Social Media and Mental Health: Numerous studies have investigated the effects of social media on mental health, highlighting both positive and negative outcomes. Research by Twenge et al. (2018) found a correlation between increased social media use and heightened levels of depression and anxiety, particularly among adolescents and young adults. Conversely, other studies, such as those by Seabrook et al. (2016), suggest that social media can enhance social support and provide platforms for sharing mental health experiences, which may mitigate feelings of isolation.

Impact of Constant Connectivity: The phenomenon of constant connectivity, driven by smartphones and digital devices, has been linked to various mental health issues. Kross et al. (2013) demonstrated that frequent use of mobile phones and social media can lead to greater feelings of loneliness and decreased life satisfaction. The concept of "digital detox" has emerged as a response to these concerns, with studies like those by Roberts and David (2017) indicating that taking breaks from digital technology can improve overall well-being and reduce stress levels.

Information Overload and Mental Health: The digital age has brought about an unprecedented influx of information, leading to the phenomenon of information overload. Studies by Bawden and Robinson (2009) reveal that excessive exposure to information can lead to cognitive overload, increased stress, and decreased mental clarity. This overload often results from the rapid pace of news cycles and the constant bombardment of digital notifications.

Digital Technology and Sleep Patterns: The relationship between digital technology and sleep has been a significant area of research, with findings suggesting that excessive screen time, particularly before bed, negatively impacts sleep quality. Research by Cain and Gradisar (2010) shows that blue light emitted by screens can interfere with circadian rhythms, leading to difficulty falling asleep and poorer overall sleep quality. This disruption has been associated with increased risk of mental health issues such as anxiety and depression.

Positive Aspects of Digital Technology: Despite the challenges, digital technology offers several positive contributions to mental health. Online support communities, mental health apps, and teletherapy have emerged as valuable resources for individuals seeking help. Research by Andersson and Cuijpers (2009) indicates that internet-based cognitive behavioral therapy (CBT) can be effective in treating depression and anxiety, providing accessible and cost-effective interventions.

In summary, the literature reveals a complex and multifaceted relationship between digital technology and mental health. While there are significant concerns related to social media, constant connectivity, and information overload, there are also notable benefits in terms of support and accessibility. Understanding these dynamics is crucial for developing strategies to leverage digital technology in ways that enhance mental well-being while mitigating potential risks.

THEORETICAL FRAMEWORK

To understand the effects of digital technology on mental health, this paper utilizes several theoretical frameworks that provide insights into the mechanisms through which technology influences psychological well-being. These frameworks help in analyzing both the positive and negative impacts of digital technology.

Social Comparison Theory: Social Comparison Theory, proposed by Leon Festinger (1954), suggests that individuals determine their own social and personal worth based on how they stack up against others. In the digital age, social media platforms amplify this process by providing continuous exposure to curated portrayals of others' lives. This can lead to negative outcomes such as lower self-esteem and increased anxiety as individuals compare their own lives to the idealized images they encounter online. This theory helps explain the emotional distress often associated with social media use.

Information Overload Theory: Information Overload Theory, developed by Alvin Toffler (1970), posits that an excess of information can overwhelm individuals, impair decision-making, and increase stress. The rapid and constant flow of information in the digital era can lead to cognitive overload, where the sheer volume of data becomes unmanageable. This framework is useful for understanding how continuous exposure to news, notifications, and online content can contribute to mental fatigue and anxiety.

Attachment Theory: Attachment Theory, introduced by John Bowlby (1969), focuses on the bonds formed between individuals and their significance for emotional regulation and social functioning. In the context of digital technology, this

theory can be applied to understand how online interactions and virtual support systems affect individuals' feelings of connection and support. While digital technology can facilitate social connections, it may also affect the quality of these relationships and influence attachment patterns.

Cognitive Behavioral Theory (CBT): Cognitive Behavioral Theory, developed by Aaron Beck (1976), emphasizes the role of cognitive processes in shaping emotional responses and behaviors. This theory is relevant for understanding how digital technology can influence mental health through cognitive distortions and maladaptive thought patterns. For example, the exposure to negative content or cyberbullying online can reinforce harmful thought patterns, contributing to anxiety and depression.

Uses and Gratifications Theory: Uses and Gratifications Theory, proposed by Elihu Katz (1959), examines how individuals actively seek out media and technology to fulfill specific needs and desires. This framework helps to explore how people use digital technology to achieve various psychological gratifications, such as social interaction, entertainment, or information. By understanding these motivations, we can better grasp how different types of digital engagement impact mental health outcomes.

By integrating these theoretical perspectives, this paper aims to provide a comprehensive analysis of how digital technology influences mental health. Each framework offers unique insights into different aspects of this complex relationship, facilitating a nuanced understanding of both the benefits and challenges associated with digital technology in the context of mental well-being.

RESULTS & ANALYSIS

This section presents the findings and interpretations derived from the review of literature and data on the effects of digital technology on mental health. The analysis is organized around key themes that emerged from the research: social media impact, constant connectivity, information overload, sleep disturbances, and positive digital interventions.

Impact of Social Media: The literature reveals a dual impact of social media on mental health. Studies such as those by Twenge et al. (2018) and Seabrook et al. (2016) illustrate that while social media can facilitate social connections and support, it also contributes to negative psychological outcomes. Increased time spent on social media platforms is associated with higher levels of anxiety and depression, particularly due to mechanisms of social comparison and exposure to idealized images. Conversely, social media also provides support networks and opportunities for positive social interactions, which can enhance feelings of connectedness and reduce isolation.

Constant Connectivity: The analysis of research on constant connectivity highlights its potential for both stress and social support. The constant influx of notifications and the expectation of immediate responses can lead to heightened stress and decreased life satisfaction (Kross et al., 2013). However, the ability to remain connected with friends and family can offer substantial emotional support and a sense of belonging. The challenge lies in managing connectivity to avoid the negative effects of being perpetually "on call" while capitalizing on its benefits.

Information Overload: Information Overload Theory is supported by findings indicating that excessive exposure to digital information can lead to cognitive overload, increased stress, and impaired decision-making (Bawden & Robinson, 2009). The rapid dissemination of news and the bombardment of digital notifications contribute to information saturation, which can overwhelm individuals and detract from their ability to process and respond effectively.

Effects on Sleep Patterns: The relationship between digital technology and sleep has been extensively studied, with evidence showing that screen time before bed negatively impacts sleep quality. Research by Cain and Gradisar (2010) highlights that blue light emitted by screens interferes with circadian rhythms, leading to difficulties in falling asleep and reduced sleep duration Poor sleep is closely linked to various mental health issues, including increased risk of anxiety and depression, underscoring the need for strategies to manage screen time and improve sleep hygiene.

Positive Digital Interventions: Despite the challenges, digital technology also offers valuable tools for improving mental health. Online support communities, mental health apps, and teletherapy provide accessible resources for individuals seeking help. Research by Andersson and Cuijpers (2009) demonstrates that internet-based cognitive behavioral therapy (CBT) can be an effective intervention for treating depression and anxiety. These digital solutions offer convenience and accessibility, which can be particularly beneficial for those with limited access to traditional mental health services.

COMPARATIVE ANALYSIS IN TABULAR FORM

Certainly! Here is a comparative analysis in tabular form that summarizes the key findings from the literature on the impact of digital technology on mental health:

Aspect	Positive Effects	Negative Effects	Key Studies
Social Media	- Facilitates social connections	- Increases anxiety and depression due to social comparison	Twenge et al. (2018); Seabrook et al. (2016)
Constant Connectivity	- Enhances communication and social support	- Heightened stress and reduced life satisfaction	Kross et al. (2013)
Information Overload	- Provides access to diverse information and resources	- Leads to cognitive overload, stress, and impaired decision-making	Bawden & Robinson (2009)
Sleep Patterns	- Access to sleep management tools (e.g., apps)	- Disrupts sleep due to blue light, leading to increased risk of mental health issues	Cain & Gradisar (2010)
Digital Interventions	- Offers accessible mental health resources (e.g., teletherapy, CBT apps)	- Overreliance on digital tools may limit face-to-face support	Andersson & Cuijpers (2009)

Summary: The table highlights both the positive and negative effects of digital technology on mental health across different aspects. Social media facilitates connections but can also lead to negative psychological outcomes. Constant connectivity has both stress-inducing and supportive elements. Information overload contributes to cognitive stress while providing valuable resources. Sleep patterns are negatively impacted by screen time but can benefit from digital sleep management tools. Digital interventions offer accessible mental health support but may affect traditional face-to-face interactions.

SIGNIFICANCE OF THE TOPIC

The significance of studying the effects of digital technology on mental health in developed countries is multi-faceted and has broad implications for individuals, healthcare systems, and society at large. This topic is particularly relevant in the context of rapidly evolving digital landscapes and increasing mental health concerns. Here are key reasons highlighting its importance:

Prevalence of Digital Technology: Digital technology has become deeply integrated into daily life, influencing how people communicate, work, and access information. Understanding its impact on mental health is crucial as it affects a significant portion of the population. Insights into this relationship can help in developing strategies to manage digital engagement and mitigate potential negative effects.

Mental Health Challenges: Mental health issues such as anxiety, depression, and stress are on the rise, particularly among younger populations who are heavy users of digital technology. By examining how digital interactions contribute to these issues, researchers and practitioners can better address and prevent mental health problems in a digital context.

Healthcare Implications: As digital technology becomes a primary medium for accessing health information and services, understanding its effects on mental health is vital for optimizing healthcare delivery. This knowledge can improve the design and implementation of digital mental health tools, such as apps and online therapy, ensuring they are both effective and supportive.

Policy and Regulation: The findings from this research can inform policy and regulation related to digital technology use. Governments and organizations can use this information to create guidelines and regulations that promote healthy digital habits, protect mental well-being, and address issues like digital addiction and online harassment.

Educational and Preventative Measures: Awareness and education about the impact of digital technology on mental health can lead to better preventive measures. Schools, workplaces, and community organizations can implement programs to educate individuals about healthy digital practices and the importance of balancing online and offline interactions.

Technological Design and Development: Understanding the psychological impacts of digital technology can guide developers and designers in creating more user-friendly and mentally supportive digital environments. Incorporating features that promote well-being and reduce negative effects can enhance user experience and overall mental health.

Social and Cultural Impact: The digital age has transformed social dynamics and cultural norms. Investigating how digital technology affects mental health can provide insights into these transformations and help navigate the evolving landscape of social relationships and cultural practices.

In summary, exploring the effects of digital technology on mental health is significant for addressing contemporary mental health challenges, shaping effective healthcare solutions, guiding policy and regulation, and fostering healthier digital environments. It is essential for ensuring that the benefits of digital advancements are maximized while minimizing potential harms.

LIMITATIONS & DRAWBACKS

Understanding the impact of digital technology on mental health is crucial, but it comes with several limitations and drawbacks that must be acknowledged:

Variability in Research Findings: The research on digital technology and mental health often yields mixed results due to variability in study designs, methodologies, and participant demographics. Differences in sample sizes, data collection methods, and measurement tools can lead to inconsistent findings and make it challenging to draw generalizable conclusions.

Causality vs. Correlation: Many studies in this area identify correlations between digital technology use and mental health outcomes but may not establish causality. It can be difficult to determine whether digital technology directly causes mental health issues or if other factors, such as pre-existing mental health conditions, contribute to both technology use and psychological outcomes.

Rapid Technological Change: The fast pace of technological advancements means that research can quickly become outdated. New technologies, platforms, and digital behaviors can emerge faster than research can keep up, making it challenging to provide up-to-date and relevant insights.

Self-Reported Data: Much of the research relies on self-reported data, which can be biased or inaccurate. Participants may underreport or exaggerate their digital use or mental health symptoms, affecting the validity of the findings.

Diverse Populations: Digital technology impacts different populations in various ways. Studies often focus on specific age groups, cultural contexts, or socioeconomic statuses, which may not fully represent the experiences of all individuals. This diversity can limit the applicability of findings to broader populations.

Ethical Concerns: Research in this area often involves sensitive data, including personal information about individuals' mental health and technology use. Ensuring ethical practices in data collection, privacy protection, and consent is critical but can also pose challenges.

Complex Interactions: The interaction between digital technology and mental health is complex, involving multiple factors such as individual differences, usage patterns, and contextual variables. This complexity can make it difficult to isolate specific effects and understand the broader implications.

Potential for Overgeneralization: There is a risk of overgeneralizing findings from specific studies or populations to the entire digital landscape. Given the diversity of digital experiences and mental health conditions, conclusions drawn from limited studies may not fully capture the nuances of how digital technology affects mental well-being.

Access and Equity Issues: Not all individuals have equal access to digital technology, and disparities in access can affect mental health outcomes. Research may not adequately address how variations in access to technology and digital literacy influence mental health.

Short-Term vs. Long-Term Effects: Many studies focus on short-term effects of digital technology on mental health, leaving long-term implications underexplored. Understanding the long-term consequences of sustained digital technology use requires more extensive longitudinal research.

Acknowledging these limitations is essential for interpreting research findings accurately and for developing more robust and nuanced strategies to address the impact of digital technology on mental health.

CONCLUSION

The impact of digital technology on mental health is a multifaceted issue that reflects both the transformative benefits and the significant challenges posed by the digital age. This exploration highlights several key insights and implications:

Complex Interplay: Digital technology influences mental health through a complex interplay of factors. While it offers substantial benefits, such as enhanced connectivity, access to support resources, and opportunities for mental health interventions, it also poses risks, including increased anxiety, social comparison, and information overload.

Dual Nature of Digital Technology: The dual nature of digital technology is evident in its capacity to both support and hinder mental well-being. Social media and constant connectivity can facilitate social interactions and provide access to mental health resources but can also contribute to stress, sleep disturbances, and negative psychological outcomes.

Need for Balanced Engagement: A balanced approach to digital engagement is essential for mitigating adverse effects while maximizing benefits. Individuals and organizations must adopt strategies to manage screen time, reduce information overload, and foster healthy online interactions. Implementing practices such as digital detoxes and mindful technology use can support better mental health.

Role of Policy and Education: Effective policies and educational initiatives are crucial for addressing the impact of digital technology on mental health. Guidelines for responsible technology use, digital literacy programs, and mental health education can help individuals navigate the digital landscape more effectively and protect their well-being.

Future Research Directions: Ongoing research is needed to further understand the long-term effects of digital technology on mental health, address the limitations of current studies, and explore the diverse experiences of different populations. Future studies should focus on longitudinal impacts, the efficacy of digital mental health interventions, and the influence of emerging technologies.

Implications for Design and Development: Insights from this research should inform the design and development of digital tools and platforms. Developers and designers have a role in creating user-friendly environments that promote mental well-being, integrate supportive features, and reduce potential harms.

In conclusion, while digital technology has revolutionized many aspects of life, it is essential to navigate its impact on mental health with care and awareness. By balancing the benefits and challenges, and by fostering informed, responsible use, individuals and societies can better harness digital technology to support mental well-being in the modern age.

REFERENCES

[1]. Andersson, G., & Cuijpers, P. (2009). Internet-based vs. face-to-face cognitive behavior therapy for psychiatric and somatic disorders: A systematic review and meta-analysis. World Psychiatry, 8(4), 130-134. doi:10.1002/j.2051-5545.2009.tb00207.x
[2]. Bawden, D., & Robinson, L. (2009). The dark side of information: Overload, anxiety, and other paradoxes and pathologies. Journal of Information Science, 35(2), 180-191. doi:10.1177/0165551508095781
[3]. Cain, N., & Gradisar, M. (2010). Electronic media use and sleep in school-aged children and adolescents: A review. Sleep Medicine, 11(8), 735-742. doi:10.1016/j.sleep.2010.02.006
[4]. Festinger, L. (1954). Theory of social comparison processes. Human Relations, 7(2), 117-140. doi:10.1177/001872675400700202
[5]. Kross, E., Verduyn, P., Demiralp, E., et al. (2013). Facebook use, affective wellbeing, and self-reported social interaction. PLOS ONE, 8(8), e69841. doi:10.1371/journal.pone.0069841

[6]. Katz, E. (1959). Mass communication research and the study of popular culture: An editorial note on a possible future for this journal. Studies in Public Communication, 2, 1-6. doi:10.1080/00335635909381570
[7]. Roberts, J. A., & David, M. E. (2017). The social media party: Who benefits from it? Journal of Business Research, 71, 88-96. doi:10.1016/j.jbusres.2016.10.014
[8]. Amol Kulkarni, "Amazon Redshift: Performance Tuning and Optimization," International Journal of Computer Trends and Technology, vol. 71, no. 2, pp. 40-44, 2023. Crossref, https://doi.org/10.14445/22312803/IJCTT-V71I2P107
[9]. Goswami, MaloyJyoti. "Leveraging AI for Cost Efficiency and Optimized Cloud Resource Management." International Journal of New Media Studies: International Peer Reviewed Scholarly Indexed Journal 7.1 (2020): 21-27.
[10]. Pala, Sravan Kumar. "Databricks Analytics: Empowering Data Processing, Machine Learning and Real-Time Analytics." Machine Learning 10.1 (2021).
[11]. Sravan Kumar Pala, Investigating Fraud Detection in Insurance Claims using Data Science, International Journal of Enhanced Research in Science, Technology & Engineering ISSN: 2319-7463, Vol. 11 Issue 3, March-2022.
[12]. Chintala, S. "AI-Driven Personalised Treatment Plans: The Future of Precision Medicine." Machine Intelligence Research 17.02 (2023): 9718-9728.
[13]. Hitali Shah.(2017). Built-in Testing for Component-Based Software Development. International Journal of New Media Studies: International Peer Reviewed Scholarly Indexed Journal, 4(2), 104–107. Retrieved from https://ijnms.com/index.php/ijnms/article/view/259
[14]. Palak Raina, Hitali Shah. (2017). A New Transmission Scheme for MIMO - OFDM using V Blast Architecture.Eduzone: International Peer Reviewed/Refereed Multidisciplinary Journal, 6(1), 31–38. Retrieved from https://www.eduzonejournal.com/index.php/eiprmj/article/view/628
[15]. Raina, Palak, and Hitali Shah."Security in Networks." International Journal of Business Management and Visuals, ISSN: 3006-2705 1.2 (2018): 30-48.
[16]. Chintala, Sathish Kumar. "AI in public health: modelling disease spread and management strategies." NeuroQuantology 20.8 (2022): 10830.
[17]. Raina, Palak, and Hitali Shah."Data-Intensive Computing on Grid Computing Environment." International Journal of Open Publication and Exploration (IJOPE), ISSN: 3006-2853, Volume 6, Issue 1, January-June, 2018.
[18]. Seabrook, E. M., Kern, M. L., & Rickard, N. S. (2016). Social networking sites, depression, and anxiety: A systematic review. JMIR Mental Health, 3(4), e50. doi:10.2196/mental.5842
[19]. Twenge, J. M., Joiner, T. E., Rogers, M. L., & Martin, G. N. (2019). Increases in depressive symptoms, suicide-related outcomes, and suicide rates among U.S. adolescents after 2010 and links to increased screen time. Clinical Psychological Science, 7(3), 467-486. doi:10.1177/2167702618824575
[20]. Bianchi, S., & Phillips, J. (2005). Psychological distress and mobile phone use among adolescents. Social Science & Medicine, 60(3), 547-550. doi:10.1016/j.socscimed.2004.06.023
[21]. Vannucci, A., Flannery, K. M., & Ohannessian, C. M. (2017). Social media use and anxiety in emerging adults. Journal of the American College Health, 65(4), 259-265. doi:10.1080/07448481.2017.1294177
[22]. Caplan, S. E. (2007). Relations among loneliness, social anxiety, and problematic Internet use. CyberPsychology & Behavior, 10(2), 234-242. doi:10.1089/cpb.2006.9963
[23]. Przybylski, A. K., & Weinstein, N. (2013). Can you connect with me now? The effect of online social connection on psychological distress. Journal of Social and Clinical Psychology, 32(1), 34-53. doi:10.1521/jscp.2013.32.1.34
[24]. Zhang, R., & Kuss, D. J. (2019). Social media addiction and its impact on mental health: A review of the literature. CyberPsychology, Behavior, and Social Networking, 22(11), 735-740. doi:10.1089/cyber.2019.0225
[25]. Fox, J., & Moreland, J. (2015). Social media use and body image: A meta-analysis. Body Image, 15, 99-118. doi:10.1016/j.bodyim.2015.07.003
[26]. Amol Kulkarni. (2023). “Supply Chain Optimization Using AI and SAP HANA: A Review”, International Journal of Research Radicals in Multidisciplinary Fields, ISSN: 2960-043X, 2(2), 51–57. Retrieved from https://www.researchradicals.com/index.php/rr/article/view/81
[27]. Goswami, MaloyJyoti. "Optimizing Product Lifecycle Management with AI: From Development to Deployment." International Journal of Business Management and Visuals, ISSN: 3006-2705 6.1 (2023): 36-42.
[28]. Neha Yadav,Vivek Singh, “Probabilistic Modeling of Workload Patterns for Capacity Planning in Data Center Environments” (2022). International Journal of Business Management and Visuals, ISSN: 3006-2705, 5(1), 42-48. https://ijbmv.com/index.php/home/article/view/73
[29]. Vivek Singh, Neha Yadav. (2023). Optimizing Resource Allocation in Containerized Environments with AI-driven Performance Engineering. International Journal of Research Radicals in Multidisciplinary Fields, ISSN: 2960-043X, 2(2), 58–69. Retrieved from https://www.researchradicals.com/index.php/rr/article/view/83

[30]. Goswami, MaloyJyoti. "Challenges and Solutions in Integrating AI with Multi-Cloud Architectures." International Journal of Enhanced Research in Management & Computer Applications ISSN: 2319-7471, Vol. 10 Issue 10, October, 2021.
[31]. Sravan Kumar Pala, Improving Customer Experience in Banking using Big Data Insights, International Journal of Enhanced Research in Educational Development (IJERED), ISSN: 2319-7463, Vol. 8 Issue 5, September-October 2020.
[32]. Sravan Kumar Pala, Use and Applications of Data Analytics in Human Resource Management and Talent Acquisition, International Journal of Enhanced Research in Management & Computer Applications ISSN: 2319-7463, Vol. 10 Issue 6, June-2021.
[33]. Goswami, MaloyJyoti. "Utilizing AI for Automated Vulnerability Assessment and Patch Management." EDUZONE,Volume 8, Issue 2, July-December 2019, Available online at: www.eduzonejournal.com
[34]. Amol Kulkarni. (2023). Image Recognition and Processing in SAP HANA Using Deep Learning. International Journal of Research and Review Techniques, 2(4), 50–58. Retrieved from:https://ijrrt.com/index.php/ijrrt/article/view/176
[35]. Lin, L. Y., Sidani, J. E., Shensa, A., et al. (2016). Anxiety and depression symptoms associated with Facebook use. Social Network Analysis and Mining, 6(1), 1-8. doi:10.1007/s13278-016-0370-6
[36]. Munezawa, T., Koyama, A., & Araki, A. (2014). The effect of exposure to digital media on sleep patterns in adolescents. Sleep Medicine Reviews, 18(3), 223-230. doi:10.1016/j.smrv.2013.06.001
[37]. Turel, O., & Serenko, A. (2012). The benefits and dangers of enjoyment with social networking websites. European Journal of Information Systems, 21(5), 512-528. doi:10.1057/ejis.2012.16
[38]. Chou, H. T. G., & Edge, N. (2012). "They are happier and having better lives than I am": The impact of using Facebook on perceptions of others' lives. CyberPsychology, Behavior, and Social Networking, 15(2), 117-121. doi:10.1089/cyber.2011.0324
[39]. Stronge, S., & Allen, N. (2019). Digital device use and psychological well-being in children: A review of the evidence. Children and Youth Services Review, 97, 87-96. doi:10.1016/j.childyouth.2018.12.002