



Digital Detox – Immense Need for Mental Wellbeing

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We are living in such a world where radiations are more than human beings. As our lives become increasingly surrounded with technology, then the need for digital detox gets more needed. The potential impact of digital detox on mental wellbeing has gained significant attention.

Digital detox refers to a specific time frame during which a person should avoid using digital gadgets like phones, laptops, tablets, televisions, and social media platforms that have become essential to daily life. This concept aims to intentionally reduce or eliminate the use of digital services. Digital detox is a great way to find out if technology is holding you back from living your best life. The results of unplugging can be far reaching, from being more productive at work to deepening your relationships with family and friends. Benefits of taking a technology timeout include sharpen the focus with less stress, make better social interactions and control on our own time. Digital detox helps to unplug from phones, social media, etc., which can greatly impact physical and mental wellbeing. A digital detox can help and have greatly impact on mental and physical health. Some of the benefits are-

- By taking a break from your smart phone, the stress level is decreased and helps you focus on the present and increase your awareness around you.
- It helps in reducing anxiety and calms you down to feel content.
- Spending on social media is a time-consuming act. Digital detox helps you to be more productive with the time you have and helps you focus on things you need to get done and improve your thinking process.
- It encourages you to be more creative as you start to think by yourself without depending on the internet, and it can improve your thinking process and make you creative, independent, and confident.

- Cutting back on digital media boosts your self-image and esteem as you naturally stop comparing yourself with others on social media.
- Being attached to your phones can negatively impact your health. For instance, it can lead to eye strain, blurry vision, and headaches. So, disconnecting from the phone helps you to maintain your overall physical health.
- During sleep, your body releases a hormone called melatonin, which helps you to get better sleep and relax, but being on the phone right before sleep can affect the release of melatonin and cause insomnia/lack of sleep, and it keeps your brain alert and active unable to get required rest to both mind and body. In this case, digital detox helps your body better control and manages your sleep cycles.
- Spending on phones or social media makes you less interactive with the people around you, which can negatively affect your mental wellbeing. Digital detox helps you and makes you a social person.
- It helps you build stronger social bonds.

A digital detox involves intentionally reducing or eliminating the use of electronic devices and social media for a set period to improve mental wellbeing, reduce stress, and enhance focus and real-life interactions

Need for Digital Detox

- Depressed mood
- Increase irritability, frustration or anger
- Feeling insecure
- Loss of sleep or interrupted sleep
- Feeling obligated to consume, respond, react or check in.

Spending too much time on our phones or social media can negatively impact our health. For example:

- It can lead to anxiety and depression.
- It causes weight gain as you lack physical exercise.
- It causes a lack of time management.
- It leads to sleep disorders.
- It leads to self-image issues and low self-esteem.
- It makes you a less socially interactive person.

Steps to Digital Detox

- Decide on a behavior to change
- Create goals
- Make a time commitment
- Gather support
- Assess progress
- Consider long term changes

Digital Detox helps to lower stress and anxiety, strength relationships, and increasing awareness. A digital detox can have significant physiological advantages that improve mental wellbeing. The results of a digital detox can differ from person to person, it helps to disconnect from technology. It enhances r general well-being and provides a new, healthy perspective.

Guide to Digital Detox

1. **Turn off Push Notifications-** getting constant updates on what's happening in the world is informative, but it can also be distracting. "If you're allowing yourself to get interrupted five times in a half an hour, you're never actually focused in that time,"
2. **Convert to Black and White-** One reason our devices are so alluring is their vibrant colors. Many smartphones now allow you to change the settings so the entire phone appears in gray scale. Removing the vibrant colors can make your phone less pleasurable and reduce screen time.
3. **Put Away Your Phone During Meals** - It's a common sight at restaurants: a gleaming smartphone next to the bread basket. Research has shown that simply having your phone on the table can reduce the quality of interactions, even if you are not checking it. Your brain is just waiting for it to light up, so you may not be fully present.
4. **Designate Tech-Free Hours** - Many of us feel "naked" when we are without our devices. Taking breaks from technology can support your well-being.
5. **Make Your Bedroom a No-Tech Zone** - Getting cozy in bed with your phone can harm relationships.
6. **Rediscover Paper** - Reading a book may feel more satisfying than reading a tablet. Books offer fewer distractions. Research has shown you are more efficient and aware than when you are reading on a screen. You may also consider getting your news from a newspaper instead of your phone.

- 7. Limit Yourself to One Screen at a Time** - Your brain may go haywire when you are attempting to work and start scrolling. Make a habit of only looking at one screen at a time. This can improve concentration and, in some cases, enjoyment.
- 8. Spring Clean Your Social Media Account** - The more time you spend on social media, the worse you may feel. Research has found that the more time participants spend on Facebook, the poorer their mental wellbeing outcomes.
- 9. Download the Right Apps** - Plenty of people feel addicted to their phones, and for good reason. Checking your device activates the reward circuitry in your brain. This triggers your body to release the hormone dopamine, which helps form habits.
- 10. Protect Your Body** - Follow the 20-20-20 rule to avoid eye strain: After 20 minutes of looking at a screen, look up at an object 20 feet in the distance for 20 seconds. Do not forget to blink. Remember to also take frequent breaks from your phone. Too much texting can cause "text neck" and "smartphone thumb." Hold your phone higher so you can look at it straight on and avoid inflammation, irritation, and pain to avoid bending your neck. Mix up the way you type, and use different fingers to avoid thumb pain.

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