

How Digitalisation Is Facilitating Mental Health and Physical Health

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Abstract— With the growth of the modern technologies, the mankind is following the trend of aspiring and inspiring from the digital world for betterment. It is proven from the fact, that the usage of the digital equipment has increased in the modern world. People are relied on digital devices for their day to day activities which is a drawback but as they are facing the after effects they are using the digitalization to convert the negative effects into positive. So, people are trying to make maximum benefit of digitalization by using the technologies for performing exercises, meditations and other purposes that can boost the physical as-well as mental aspect of human body.

Indexed Terms— Meditation, Aspiring, Inspiring, Modern Technology, Equipment.

I. INTRODUCTION

Mental and Physical health is fundamentally linked. There are multiple associations between mental health and chronic physical conditions that significantly impact peoples quality of life, demands on health care and other publicly funded services, and generate consequences to society. The mental and physical wellness of a mankind can be determined by the state of peace or the amount of nutritious diet he intakes. With digitalization the process can be interventions in the natural context, can reach a larger population without risk of stigma, and can be more cost effective as compared to existing services.

II. LITERATURE REVIEW

Jianmin sun(2022): The study aims to measure the mediating relationship of wellbeing at work between digitalization (IT infrastructure, IT business spanning, and IT proactive stance) and their effect on mental health. The study uses primary data collection techniques to gather data and used purposive sampling to analyze the data.

Karina karolina (2021): The aim of this study was to investigate the attitudes toward and the use of digital technologies for health-related purposes using a nationwide survey.

Anna odone(2019): As digitalization is progressively permeating all aspects of society, how can be it fruitfully employed to sustain the public health goals of quality, accessibility, efficiency and equity in health care and prevention? In this paper, we reflect on the potential of applying digital tools to public health and discuss some key challenges.

C Street(2021): One of the main issues in recognising this phenomenon as mental health disorder is the fact that the internet is not a substance and cannot be put in the same category as substance use or addictive disorders; it is merely a medium facilitating different activities such as social media, gaming or gambling. With this in mind, a more comprehensive view was suggested by Davis.

C Backstrom(2022): In today's society, people are experiencing the rapid development of digitalisation. Expecting parents may have difficulties evaluating the information online; they are not always sure which sources of information are trustworthy, and this exacerbates their feelings of anxiety. More research is needed to broaden the knowledge about how their use of digital sources may influence their health.

III. OBJECTIVES OF THE STUDY

To study the impact of Digitalization in facilitating mental health and physical health.

To study perception/insights of people about assessment and treatment platforms available online for improvement of Mental and Physical Health.

To study most preferred application for mental and physical health betterment.

IV. SCOPE OF THE STUDY

To know the satisfaction level of public who are using Digitalization for physical and mental health practices.

To know the region of people who prefer digitalization for mental and physical wellness the most.

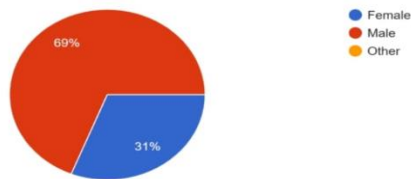
To know the product or the platform that people use the most for pat people use the most for physical and mental health improvement.

V. STATISTICAL_TOOLS

So, a total of 100 responses were collected and on that data the analysis and interpretation has been done.

1) Gender :

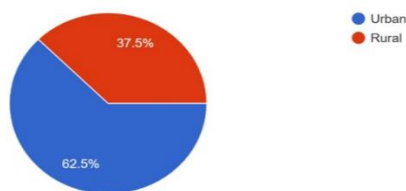
Gender
100 responses



Interpretation:

A total of 100 responses were taken. Amongst which 69% were male and 31% were female.

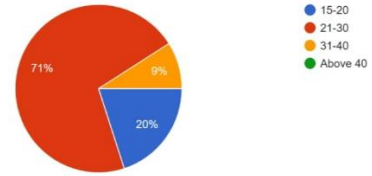
Which zone of the country are you staying in?
64 responses



Interpretation:

A total of 100 responses were taken. Amongst which 37.5% responses were from the rural area and 62.5% responses from the urban area.

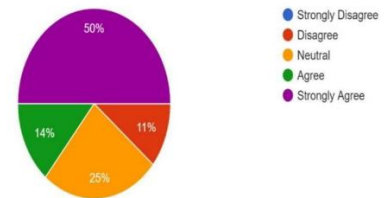
Age
100 responses



Interpretation:

A total of 100 responses were taken. Amongst which 71% responses came from the 21-30 age group, 20% responses are from the 15-20 age group, 9% responses from the 31-40 age group.

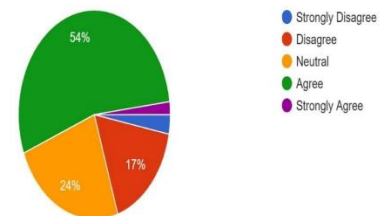
Do you feel that life have became easy after digitalization came?
100 responses



Interpretation:

50% of people seen that Digitalization makes life easier and they also follow this. Some peoples are from that categories (25%) who believe that it is very normal with or without digitalization. And also there are some peoples who also dislike (11%) the effect of digitalization. 14% people believe that yes it is ok to be comfort with digitalization.

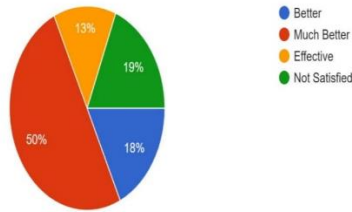
Do you think that digitalization helps to cure mental and physical health ?
100 responses



Interpretation:

54% responses are from the agree statement. 17% responses are came from the disagree statement. Also 24% responses are from the neutral statement means peoples are capable for both neutral and agree. There are some respondents who also believe that it's not helpful and they gave 2% to 3% response.

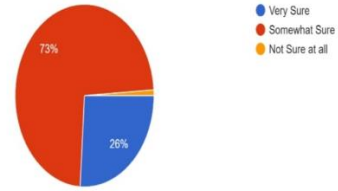
If yes, then how did it helped you ?
100 responses



Interpretation:

Out of total responses 18% responses about the better options.50% peoples agree for the much better.13% responses for the effective options.Some peoples are also not satisfied with this and it's about 19% .

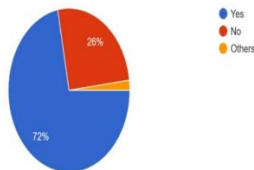
How do you feel about your ability to manage your own health without taking the help of digitalization ?
100 responses



Interpretation:

Only 73% responses are here which about that peoples are just little bit sure for this particular .And 26% responses are for the who are very sure to used with this.Also 1% responses for that in which peoples are not totally sure.

Do you use applications to get meditations for your mental peace as well as yoga for physical relaxation ?
100 responses

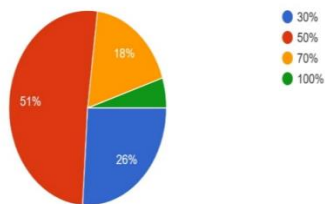


Interpretation:

72% of peoples thinks that meditations helps to enhance the mental and physical health. And 26% responses are came from the no statement.2% are able to use another applications.

Out of total responses 59% responses are about that they are aware about this from the internet. From the newspaper there are 13% peoples who get knowledge about this.15% responses are about the advices from others people.9% responses satisfied the mental health practitioner.

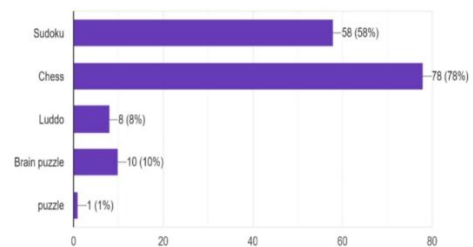
How did online classes (Studies, Health, Office Work) during covid helped you ?
100 responses



Interpretation:

51% of peoples thinks that meditations helps to enhance the mental and physical health. And 26% responses satisfied with the 30% peoples.18% responses satisfied with 70% peoples Only 5% people think that it is 100% helps during the covid situation.

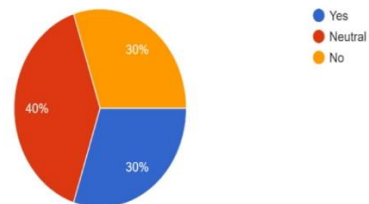
Which online games do you play for your mental health exercise ?
100 responses



Interpretation:

Out of total responses there are 58% responses for the sudoku.78% responses for the chess.8% responses for the ludo.10% responses satisfied the brain puzzle activities for curing. And also others activities are about the 1% responses.

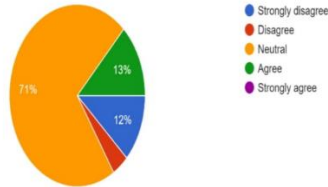
Do you think that digitalization can be harmful ?
100 responses



40% of responses are about the yes that means they agree that it is helpful for the both scenario.30% of

responses are about the no that means are satisfied.30% of responses are about the no that means are not satisfied.

Do you agree that child's mental health can be cured by the Digital facilities or, Ayurveda or any other treatment method is better ?
100 responses



Interpretation:

71% of responses are about the neutral that means they are ok with both scenario.13% of responses are from the agree statement.12% of responses are about the strongly disagree statement that means that not satisfied.

FINDINGS

Digitalization is helping people to focus more on their health both physically as well as mentally.

With the minimal usage of digital equipment, they can set in reminders and timers for the excess usage of screen timings.

Platforms and content that are available in the digital equipment are very helpful to conduct the best practices and can be followed according to ones personal space and time.

The study also shows that most people are aware of platforms and contents that can be used for the betterment of physical and mental health.

Most of the population thinks that digitalization is helpful in the betterment of their physical and mental health.

CONCLUSION

With this study we can conclude how important digitalization is and how important it was for the development of an individual's physical and mental health in the model era.

With the introduction of new platforms and content in the digital era people got access to various unaware and beneficial information and it helps in keeping people engaged for better practices.

It helps people to get access to worldwide practices from everyone around the world. So that information and data should be helpful for all the people in need.

In future there will be more demand for digital practices of mental and physical health betterment because it is a never ending and continues process.

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