MINDFUL MEDIA

MENTAL HEALTH CHALLENGES IN THE DIGITAL AGE

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IMPACT OF ONLINE GAMING AND VIRTUAL REALITY ON MENTAL HEALTH

Ruma Mukherjee[1]

Introduction

Online gaming can be defined as a game played through an electronic device such as a computer which has a potential effect on violent or aggressive behaviors in children. Game addiction may be diagnosed by a mental health specialist when it seriouslyimpacts an individual's life, including family, social relationships, education, and employment. In this paper, a special focus was placed on the relationship between the duration of mobile gameplay and its impact on children's mental health. Secondly, an effort was also made to find out the long-term effects of early exposure to mobile on children's mental health. Thirdly, an effort was made to find effectivestrategies and interventions that are effective in mitigating the potential impact of mobile games on children's mental health. Self-doubt, poor self-efficacy, and negative self-appraisal are examples of thoughts about oneself. In essence, the individual has a bad self-image and utilizes the Internet to seek good social connections and feedback from others. The long-term effects of mobile addiction are:

- Mood disorders: It was discovered that sadness and anxiety are connected with gaming addiction in youngsters; similar findings have been documented in adults. Anxiety might be progressively created in individuals who frequently use when their smartphones are unavailable. However, a recent study discovered that, while depression and anxiety were initially positively correlated with addictive technology use proneness, depression, and anxiety predicted addictive video game playing, feelings of restlessness, and irritability when unable to play.

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MINDFUL MEDIA

MENTAL HEALTH CHALLENGES IN THE DIGITAL AGE

In today's fast-paced digital world, where social media updates, news alerts, and a deluge of digital content vie for our attention, the profound impact on our mental well-being cannot be overstated. "Mindful Media: Navigating Mental Health Challenges in the Digital Age" dives deep into the psychological effects of our digital habits, shedding light on issues such as anxiety, depression, and addiction that can stem from our relationship with media. Backed by extensive research, personal narratives, and expert insights, "Mindful Media" offers a nuanced understanding of how our digital behaviors can shape our mental health. This book provides practical strategies and actionable advice to empower readers to navigate their digital lives with greater mindfulness and intentionality. By fostering a conscious approach to media consumption, the book helps individuals reclaim control over their well-being in the digital age. Furthermore, it emphasizes the importance of cultivating a balanced digital environment that promotes mental health. Through compelling case studies and real-life examples, the book vividly illustrates how digital media can either harm or heal, depending on how it is utilized.

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