

## Technowellness Among Emerging Adults: A Study on Mental Well-Being

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### **Abstract**

**Purpose:** The study is aimed to examine the relationship between Techno Wellness and mental well-being among emerging adults.

**Method:** Correlational research design will be used to find out the relationship between TechnoWellness and Mental Well-being. The data was collected from emerging adults, both males and females, in the age group of 18-29 years. The total sample size was 100 in which 50 were males and 50 were females. The sampling technique applied was Purposive sampling. TechnoWellness Scale (Kennedy, 2014 and Oweida and Tannos, 2017) and Mental Well-Being Scale (Warwick–Edinburgh, 2006) were used. Data analysis was conducted using SPSS (V26) in accordance with appropriate statistical methodologies.

**Results:** Observations suggests that TechnoWellness and Mental well-being are positively correlated. This correlation reveals that the higher the level of TechnoWellness, the higher the levels of mental well-being.

**Conclusion:** From a conceptual perspective, it has proved that TechnoWellness was correlated with Mental well being and its associated factors. In spite of the absence of substantial correlations between all its components and mental well-being, our findings clearly indicate that the use of technology to improve physical and psychological well-being is indeed associated with increased levels of wellness.

**Keywords:** TechnoWellness, Mental well-being, emerging adults, Wellness

### **According to Datareportal Report,**

In India, there were 751.5 million internet users at the beginning of 2024, with a 52.4 percent internet penetration rate. In January 2024, there were 462.0 million social media users in India, or 32.2% of the country's total population. Mobile phones were formerly considered a luxury item for the wealthy, but they have since become a need for practically everyone. Mobile phones are used for a variety of purposes, including internet banking, GPS navigation, education, social media interaction, work-related duties, telemedicine, and entertainment.

With the advancement of mobile phones and technology, we attempted to investigate the use of technology to improve mental well-being, which in turn led to a better level of thriving.

The primary goals of this study are as follows:

1. To investigate the connection between mental and technological well-being.
2. To assess the use of technology among emerging adults.
3. To examine emerging adults' mental well-being.

Previously, we believed that technology could only improve our hedonistic happiness and well-being by assisting us in day-to-day activities such as connecting with loved ones, e-banking, and so on. This is particularly important for people living in distant places and impoverished countries. However, in recent times, more innovative and coordinated technology has made it feasible to obtain eudemonic bliss by enhancing life satisfaction.

### **TechnoWellness**

TechnoWellness is a way of utilizing technology to enhance a person's mental and psychological health.

It is a newbie in which a person employs interactions with contemporary technology in various ways that contribute to their overall growth and well-being. Modern technology usage affects integral self. Kennedy and Baker examined the impact of technology on overall wellness of an individual on the basis of his questionnaire TechnoWellness Inventory (TWI).

TWI features five distinct factors namely, using technology for tranquillity, using technology for career-oriented applications, fatigue due to digital use, utilizing technology for improving physical health, overreliance on technology.

In a study, Botella et al. in 2012 acknowledged that reliance on digital media can impact our mind in detrimental as well as in constructive ways.

If technology is used in beneficent way then it can enhance our positive emotions such as contentment, optimism, satisfaction and so on which if guided in an apt manner can help an individual to excel in their careers and can also amplify their communication skills. Usage of technology in a positive way can also help an individual to improve their overall personality. Consequently, this can ultimately lead to life satisfaction and higher psychological well-being of an individual.

Whereas Over utilization of technology can lead to technostress which in turn can lead to distressing emotions such as anger, fear, jealousy, sadness, disappointment and many more.

### **Mental Well-Being**

Mental well-being is defined in simple words as optimum mental health. It includes many crucial elements:

1. Emotional Stability: Healthy emotion management and expression. This comprises happiness, satisfaction, and stress and adversity management.
2. Cognitive Functioning: Healthy mental health requires clear thinking, problem-solving, and decision-making that aligns with values and objectives.
3. Social connections: Healthy, supportive connections and successful interpersonal interactions promote mental health. This encompasses belonging and feeling connected.

4. Self-Esteem and Self-Actualization: Perceiving oneself as capable and finding purpose and satisfaction. This entails defining and accomplishing values-based objectives.

5. Resilience and adaptability: The capacity to overcome obstacles. Keep a balanced view on life's obstacles.

Mental well-being is about living, not simply avoiding mental disease. It's about feeling well and operating effectively in everyday life.

## **Rationale**

Technology shapes the way in which people interact, comprehend and reflect. Technology aids society in multiple aspects and simplifies people's lives. It has Constructive and detrimental effects on the world based on its usage on daily basis. But Earlier the use of technology was commonly associated with stress, anxiety and many other maladaptive effects. This study provides a strong basis for the term TechnoWellness and highlighted the positive effects of technology. The research is aimed to show a significant positive relationship between TechnoWellness and mental well-being. This means the higher the TechnoWellness, the higher the Mental well-being of an individual.

## **Review of Literature**

This chapter explores the research studies done on TechnoWellness and Mental Well-being. These researches has determined that using technology actually leads to Mental well-being and which ultimately results in flourishing among emerging adults.

Abdolahi and Hossenian (2018) found that high levels of social support, intrinsic religious motivation, extrinsic religious motivation, and low levels of perceived stress contribute to thriving in older persons. Bootstrapping analysis demonstrated that perceived stress serves as a mediator in the interactions between social support, intrinsic religious motivation, extrinsic religious motivation, and overall flourishing. According to multigroup analysis, gender and religion play key moderating roles in the links between thriving, perceived stress, and social support.

In 2018, Rozgonjuk, D., Levine, J. C., Hall, B. J., and Elhai, J. D. conducted a study to examine the relationship between excessive smartphone use, and the severity of depression and anxiety among 301 college students using a web survey. The findings revealed that higher levels of problematic smartphone use (PSU) were positively associated with increased severity of depression and anxiety on a daily basis.

Twenge, J.M., Martin, G.N. & Campbell, W.K. conducted a research in 2018 to show that increase in screen time of 1.1 million American adolescents lead to decrease in their psychological well being through a longitudinal study.

A study in 2021 by Candel was aimed to assess the relationship between techno wellness and components of subjective well -being- positive affect, negative affect and satisfaction with life among 366 participants. This study was a cross-sectional analysis employing the TechnoWellness Inventory (TWI), the Life Orientation Test-Revised (LOT-R), the Positive and Negative Affectivity Scale, and the Satisfaction With Life Scale (SWLS).

In order to explore the effect of internet on well-being, A study was given by Cikrikci in 2016 that determines that At lower levels of well-being, internet use has a significant effect. Moderator analysis revealed that the components of wellbeing were not significant moderator variables of the effect of

internet use on wellbeing.

Another study by Graham and Nikolova in 2016 aimed to Technology access is positive for wellbeing in general. This study further suggests that cohorts had mild symptoms of tension and hostility when they first began using cell phones and other modern technologies. We also investigated whether enhanced financial inclusion, facilitated by cell phones and mobile banking, further impacts on wellbeing by analysing the Sub-Saharan Africa segment of our sample.

A study by Kumcagiz and Gunduz examines psychological wellbeing level of females in comparison to males. A significant relationship was found between Smartphone addiction and psychological wellbeing.

In 2022, a study among 171 students was conducted by Lama. M. Qaisy and Muna.A.AbuDarwish which was aimed to assess the relationship between family TechnoWellness and psychological security. This study indicates that moderate level of family TechnoWellnes leads to higher levels of psychological security among students.

In 2024, Swati Sharma and Dr. Kavita Sharma conducted a descriptive correlational analysis to assess the affect of techno stressors and work-life balance on psychological well being of 83 physicians in northern India. Online surveys were conducted to gather the data from the sample.

Cristina Botella, Giuseppe Riva, Andrea Gaggioli, Brenda K. Wiederhold, Mariano Alcaniz, and Rosa M. Banos conducted a research in 2012 to highlight the positive impact of technology on personal experience on adults.

## **Methodology**

### ***Statement of Research Problem***

The present research aims to study the relationship between TechnoWellness and Mental well-being among adults.

### **Objectives**

To examine the relationship between TechnoWellness and Mental well-being among emerging adults.

### **Hypothesis**

To study the relationship between the selected two variables, alternative hypothesis was applied which assumes that there will be a relationship between TechnoWellness and Mental well-being in emerging adults.

## Variables

Independent Variable-	TechnoWellness
Dependent Variable-	Mental Well-being

## Sample

The data was collected from emerging adults, both males and females, in the age group of 18-29 years. The total sample size was 100 in which 50 were males and 50 were females. The sampling technique applied was Purposive Sampling.

The inclusive criteria for the sample:-

- Individuals between 18 to 70 years of age.
- People who have experienced a traumatic event at any period of time.
- Individuals who live alone.
- Individuals indulged in corporate activities.
- Willing to participate and giving consent.

## Tools

The following two tools were administered: -

1. The TechnoWellness level was measured using the **TechnoWellness Scale (Kennedy, 2014; Oweida and Tannos, 2017)**. The items of this questionnaire depicts particular interactions with technology that might substantially affect a person's well-being, either constructively or adversely. This scale comprises of 30 statements that are scored on a Likert 4-point scale ranging from 1 (strongly disagree) to 4 (strongly agree). A greater TechnoWellness level is indicated by a higher score on the scale. The researcher examined the validity and reliability, determining that the discriminant evidence ranged from 0.30 to 0.73. Cronbach's alpha was 0.84 at first, but climbed to 0.87 three weeks later.

2. **The Warwick–Edinburgh Mental Well-being Scale (WEMWBS)** was introduced to examine mental well-being of general population and for the assessment of projects, programs, and policies intended to enhance mental well-being. It is a Likert-type scale consisting of 14-items having 5 response categories each which ultimately give a single score that represent mental wellbeing of an

individual. The statements are phrased positively and consider both emotional and functional facets of mental well-being, which helps in making the concept of well being more accessible. The researcher finds out the reliability value of the scale to be 0.814. 2. The scale's internal consistency was determined using Cronbach's alpha.

### ***Research Design***

The association between TechnoWellness and mental health will be investigated using a correlational research approach.

### ***Procedure***

- The Participants were identified and their consent for undergoing thus research was obtained.
- All data will be collected through an online form that includes questionnaires for TechnoWellness and mental well-being.
- All the pre-arrangements will be done.
- The instructions will be imparted to the participants.
- The collected data will be analyzed using appropriate statistical techniques.
- The results will be obtained which will be further discussed and then concluded.

### ***Statistical Analysis***

Post collection of the data, Mean (M), Standard Deviation (SD) and Product Moment Correlation were calculated for the same.

## **Result and Discussion**

Mental well-being is a richly dimensional construct, meaning it has several sub components, namely psychological wellbeing, physical well-being, emotional wellbeing, spiritual well-being, social well-being, economic well-being and intellectual well-being. And we can have maximum Mental well-being by experiencing a healthy level of each dimension. Mental well-being moves beyond the confines of simple happiness or wellbeing; it inculcates a wide range of positive psychological constructs and offers a more holistic perspective on what it means to feel well and happy.

The recent developments in digital media over the last few years have brought to light various feasible choices for improving our mental health and thriving. From a scholarly approach, technology has some significant positive impact on an individual's physical as well as psychological wellbeing. TechnoWellness is defined as 'a mode of interacting with technology that maximise its potential to enhance health, well-being and satisfaction'.

Although over reliance on technology usage can lead to detrimental effects and Techno-stress. Furthermore, even when technology usage shows constructive impact on well-being, their underlying mechanism has not been appropriately explored. This research strives to solve these restrictions and aims to establish the logical influence of technology on well-being.

**Table 1: Descriptive Statistics**

	Mean	Std. Deviation
1. Mental Well-Being	46.8	6.0
2. TechnoWellness	159.5	28.4

The present study was conducted on a sample of 100 divided equally as males and females emerging adults of age group 18-25 years. The table 1 shows mean and standard deviation for TechnoWellness and Mental well-being.

It was hypothesized that there will be a relationship between TechnoWellness and Mental well-being in emerging adults. This hypothesis has been proved, as illustrated in Table 2.

**Table 2: Correlation between TechnoWellness and Mental Well-being**

	Mental Well-being	TechnoWellness
1. Mental Well-being	1	.421**
2. TechnoWellness	.421**	1

\*\*In this study, significant correlation is found at 0.01 level (2-tailed).

In this study, there was a statistically significant association between mental well-being and TechnoWellness, as illustrated by Table 2. This correlation signifies that Higher levels of TechnoWellness correlate with improved mental well-being. The correlation coefficient was revealed to be 0.421 between both the variables and these values are significant at  $\alpha = 0.01$  level. This leads to optimized psychological well-being of an individual in every aspect.

Collaborative dependence between these two variables can one of the reasons behind this concept. Mental well-being requires a sense of wellness, and a sense of wellness requires a certain level of psychological-wellbeing. Both are emotions of positivity.

According to some researches, Technology usage and joy are positively correlated. (Hughes & Burke, 2018; Graham & Nikolova, 2013; Conner & Reid, 2012).

The use of Technology in a way that can have a positive impact on an individual's mindset is known to be TechnoWellness.

Nowadays, modern Technology fulfills everything that an individual yearns whether it is communication with their loves ones, health related information, entertainment or career related opportunities. Most youngsters are assisted by technology in developing their personal skills and proficiencies through online courses and channels which lead to their increased self-esteem and self-worth. In other words, modern technology influences the development of an individual's personality.

## ***Conclusion***

This research study pitches numerous advantages. From a conceptual perspective, it has proved that TechnoWellness was correlated with Mental wellbeing and its associated factors. Although there is no such confirmed or significant associations between TechnoWellness and all the components of mental wellbeing but the results of our study has put forth the fact that our psychological wellbeing is enhanced by using technology which in turn results in higher levels of flourishing.

Consequently, our study supported the positive technology framework by demonstrating how technology alone can be beneficial in fostering psychological, emotional and physical wellness. Hence our alternative hypothesis was accepted in this study.

## **Implications, Limitations and Suggestions**

### ***Implications***

Before scientific studies on TechnoWellness, this concept was ambiguous for most of the people. Earlier the use of technology was associated with stress, anxiety and many other maladaptive effects. Tech deployment is an umbrella term that implies all sorts of collaboration between humans and gadgets.

Therefore, it can pertain to the use of technical devices as well as the most recent advancements in Information and Communication Technology (ICTs). In almost every setting, this research framework consider that using technology can “improve the quality of the personal experience, and our overall life which in turn serves to enhance psychological well being and create assets and competencies in individuals”. This in turn leads to the Mental well-being of an individual.

In the occupational sphere, work-life harmony, enhanced self-governance and more efficient dialogue is associated with the utilization of Technology.

Multiple interventions aimed at improving mental well-being are implemented using technology.

### **Limitations**

Similar to other studies, this research also has certain limitations. Due to the drawbacks of the study the results cannot be generalized on a broader population. The following are the constraints: -

1. Cross-sectional data was employed in this study. Associative results were found that leads to the demand for future longitudinal research so that accurate predictive potential of TechnoWellness on Well-being can be drawn.
2. The target sample for this study were college going students. However, it has been discovered that elderly people also use modern technology. So, in future studies, the effect of technology on the wellness of elderly people can be investigated.
3. As perceived technology deployment differs from actual utilization, other objective approaches may be used in future studies instead of self-report measures.

4. The sample for the study was relatively small and lacked a higher degree of diversity within it.
5. Moreover, online collection of data posed another hurdle as it doesn't provide for the validity of the responses.
6. The study only accounts for the relationship between TechnoWellness and mental well-being, not taking into account the gender differences.

### ***Suggestions***

The following studies can be worked upon for further studies:-

- A wider population base can be taken to further understand the relationship between the variables.
- Studies on gender differences and culture differences can be worked on.
- The effect of five factors of TechnoWellness on Mental well-being can be researched on.
- Studies on the influence of various psychological constructs like optimism, subjective well-being, resilience, etc. can be incorporated with the variables of the study.

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