

Digital Media Consumption and Its Psychological Impact on Youth: An Experimental Study of Digital Detox Practices

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Abstract: The rapid growth of digital technologies has changed the lifestyle, communication patterns, and psychological experiences of young people all over the world. Social media platforms, smartphones, streaming services, and digital communication tools have become essential to daily life, especially for those aged 18 to 25. While digital media provides chances for education, social connections, entertainment, and self-expression, excessive and unchecked use has been linked to negative psychological effects like anxiety, stress, reduced attention span, emotional dependency, sleep problems, and weaker interpersonal relationships.

This study looks at the psychological and behavioral impact of digital media use among youth through a 24-hour digital detox experiment. It uses an experimental and descriptive research design, choosing 30 student participants from higher education institutions through purposive sampling. Data were gathered using pre-detox and post-detox questionnaires and reflective diaries kept by participants during the detox period. Thematic analysis helped interpret the qualitative data.

The findings show that participants initially faced withdrawal symptoms such as anxiety, restlessness, boredom, and fear of missing out. However, as the detox continued, they reported better emotional stability, improved focus, increased productivity, less mental clutter, and stronger face-to-face interactions. The study also shows that young people's use of digital media is often habitual and unconscious, serving as a way to avoid boredom and seek social approval.

This research adds to the ongoing conversation about digital well-being and points out how effective short-term digital detox programs can be for improving emotional balance and encouraging mindful media use. It stresses the importance of promoting healthy digital practices among students, educators, families, policymakers, and developers of digital platforms.

Keywords: Digital media, digital detox, youth, psychological impact, social media addiction, digital well-being, communication behavior

INTRODUCTION

The twenty-first century has seen a major change in communication technologies and digital environments. The rise of smartphones, social networking sites, streaming platforms, instant messaging apps, and content systems driven by algorithms has fundamentally changed how people interact and behave socially. Digital media is no longer just a tool for communication;

it has become an essential part of everyday life. Among all age groups, young people are the most active users of digital media, often called the “digitally connected generation.”

Today’s youth spend a significant amount of their daily lives on platforms like Instagram, WhatsApp, YouTube, Snapchat, Facebook, and X (formerly Twitter). They use digital media for communication, entertainment, education, social networking, self-expression, and finding information. The blend of digital platforms into educational and social systems has accelerated, especially after the growth of online learning and remote communication.

This growing reliance on digital media has brought both opportunities and concerns. On one side, digital platforms have made access to information easier, allowed for global communication, encouraged creativity, and supported participation in online communities. Students can find educational materials, work together on learning projects, and build professional networks through digital tools. Social media also offers emotional support and spaces for forming identities.

On the flip side, excessive use of digital media raises serious worries about mental health and social behavior. Research shows that spending too much time on digital platforms can lead to anxiety, depression, stress, cognitive fatigue, shorter attention spans, sleep problems, emotional dependency, and weaker interpersonal communication. Constant notifications, algorithm-driven content, and engagement rewards foster compulsive usage and behavioral dependency.

The psychological effects of digital media are heightened by the way social networking platforms work. Features like likes, comments, notifications, streaks, and personalized recommendations activate reward systems in the brain, encouraging repetitive behaviors. Consequently, many young users engage with digital media almost instinctively.

Social comparison adds to the psychological pressure. Social media users see curated and idealized images of success, beauty, relationships, and lifestyles. This constant exposure can lead to feelings of inadequacy, low self-esteem, loneliness, and the fear of missing out. The need to stay constantly connected also leads to emotional fatigue and overstimulation.

Cognitive overload is another significant concern linked to digital media. Continuous multitasking, fast information processing, and ongoing digital interruptions hinder attentional control and concentration. Students often struggle to focus on academic work due to excessive

smartphone and social media use. Sleep quality suffers too, as long screen time affects melatonin production and disrupts healthy sleep patterns.

In response to these issues, the idea of a “digital detox” has gained traction as an important strategy. Digital detox means actively reducing or stopping the use of digital devices to regain mental balance, improve well-being, and promote mindful use of technology. This can involve taking a break from smartphones, social media, streaming services, or other digital communication for a set period.

Digital detox practices have gained popularity worldwide among students, professionals, educators, and mental health workers. Many individuals report feeling mentally refreshed, emotionally relaxed, and more productive after stepping away from digital platforms for a while. However, despite the growing interest, there is still limited and inconsistent evidence regarding the effectiveness of digital detox strategies.

Many studies primarily rely on correlational data and self-reported surveys, making it tough to identify clear cause-and-effect relationships between digital media use and psychological outcomes. Additionally, there has been little research on digital detox practices in India, especially among young people.

This study aims to fill that research gap by looking at the psychological and behavioral effects of digital media use among youth through a controlled 24-hour digital detox experiment. The goal is to understand emotional responses during detox, changes in communication behavior, alternative ways to engage, and the possible benefits of temporary digital breaks.

The research is based on theories like Uses and Gratifications Theory, Behavioral Addiction Theory, and Cognitive Overload Theory. These frameworks help explain why young people engage heavily with digital media and how too much engagement affects their mental health.

By examining the experiences of young individuals during a digital detox, the study adds to the larger conversation about digital well-being and responsible media use. The findings are expected to offer insights for educators, policymakers, mental health professionals, parents, and technology creators looking to promote healthier digital habits among young people.

LITERATURE REVIEW

The literature review explores prior research in the area of digital media usage, psychology, dependency on social media, and the concept of digital detoxification among young people. It helps build a strong theoretical and empirical background to understand the impact of digital dependence on emotional, cognitive, and behavioral aspects and the importance of experimental study in India.

Digital Media Engagement Among Youth

Today's adolescents and young adults are "digital natives" who spend a lot of time on smartphones and online platforms. Surveys indicate high usage; for instance, a 2023 Gallup study found that U.S. teens spend about 4.8 hours a day on social media, with more than half reporting over 4 hours daily. Youth use media for entertainment, social connection, information, and self-expression, meeting needs for belonging and identity. For example, McAlister et al. (2024) report many teens feel that social media enhances their connection with peers, reduces loneliness, and provides safe spaces, especially for marginalized groups. However, users also report negative experiences such as cyberbullying, pressure around appearance, privacy breaches, and stress. A thematic analysis of 2,061 posts by 15 to 17-year-olds found that 58% talked about negative effects of social media use, like anxiety and bullying, while others noted connections (45%) and positive aspects (20%). Alluhidan et al. (2024) conclude that "the benefits and drawbacks of teens' social media usage can coexist," changing based on the context and platform. In summary, youth are "digitally immersed," often spending many hours online without realizing it. This heavy usage brings both social and psychological benefits along with risks.

Positive outcomes: Peer support, self-expression, information sharing, identity formation.

Negative outcomes: Cyberbullying, social comparison (seeing idealized images), privacy concerns, anxiety, and stress.

Psychological Impacts of Digital Media

Anxiety, Depression, and Emotional Stress

Many studies connect excessive social media use to mental health problems in youth. Teens often compare themselves to idealized online lives, which leads to feelings of insecurity and

fear of missing out (FoMO). For example, U.S. data shows heavy screen users (4+ hours/day) report much higher rates of self-reported depression (25.9% vs 9.5%) and anxiety (27.1% vs 12.3%) compared to lighter users. Similarly, McAlister et al. emphasize that while social media can bring youth together, it can also heighten anxiety and loneliness when used too much. AI-driven algorithms make this worse by continually displaying emotionally engaging (often negative) content. Arora et al. (2024) argue that social media algorithms "inadvertently contribute to a profound psychological impact," exposing teens to curated personas and constant notifications that increase emotional pressure and dependency.

These stressors often show up as:

Social comparison: Youth view peers' highlight reels, leading to feelings of inadequacy and low self-esteem.

FoMO: The need to stay continuously connected results in anxiety if someone "misses out."

Cyber-victimization: Online harassment or exclusion causes real distress.

As Setia et al. (2025) note, heavy digital engagement correlates with anxiety, depression, loneliness, and emotional instability. In other words, while media can provide support and identity for some, it can also create stress and mood problems for many.

Cognitive Overload and Attention

The fast flow of information in digital media challenges young people's attention. Constant notifications, multitasking, and switching between apps increase cognitive load. For example, a 2026 study found that "when digital overload is high, attention span decreases and cognitive lapses rise" among Gen Z adults. This reflects longstanding worries (Carr 2010) that the internet promotes shallow thinking over deep focus. In fact, digital multitasking has been shown to lower sustained attention and memory. Overstimulation can also increase impulsivity and scatter attention; frequent smartphone use is linked to poorer attentional control and more ADHD-like symptoms. Overall, heavy media use often leads to cognitive fatigue—youth report having trouble concentrating on studies or tasks after spending a lot of time online.

Sleep Disruption and Health Behavior

High digital use negatively affects sleep and daily routines. Nighttime screen exposure suppresses melatonin, delays sleep onset, and disrupts sleep architecture. As a Nature

summary states, "excessive or poorly timed screen engagement" across all ages (especially teens) results in less sleep, poorer efficiency, and tiredness the next day. Emotionally stimulating content also pushes back bedtime, so youth often sleep less. The CDC reports that teens with high screen time are more likely to have irregular sleep patterns and feel "infrequently well-rested." Moreover, screen time tends to replace physical activity. The CDC found that teens using screens for 4+ hours have much higher rates of inactivity (45.6% vs 32.1% reported infrequent exercise). Together, these behaviors (late nights and sedentary habits) lead to worse mood and health in adolescents.

In summary, excessive digital use often results in physical and behavioral consequences: disrupted sleep, less exercise, and reduced face-to-face socializing, which further harm mood and cognitive function.

Digital Addiction and Dependency

Certain patterns of media use resemble behavioral addiction. Youth may develop a compulsive need to check their phones, feel anxious when separated from their devices, and struggle to control their usage. Research shows that frequent social media use "alters dopamine pathways... fostering dependency similar to substance addiction." De et al. (2025) found that intensive use changes brain activity (like in the prefrontal cortex and amygdala), heightening emotional sensitivity and impairing decision-making. AI-driven content feeds worsen this by continually personalizing content to maximize screen time, "accelerating the development of addictive behaviors" in teens. Behaviorally, users display typical addiction signs: compulsive checking, irritability when not using their phones, and turning to media for emotional relief (such as comfort or escape). While not classifying it as a clinical disorder, many experts recognize these digital dependency traits, including irresistible urges, cravings for notifications, and neglecting offline responsibilities. For example, De et al. highlight that modern algorithms are "designed solely to capture our attention for profit" and create a self-reinforcing loop that can increase emotional dependence on online validation.

In essence, social media apps take advantage of reward systems: likes, comments, and endless scrolling provide dopamine hits. This leads many youths to develop habitual usage patterns similar to addiction. As Turkle (2011) warned, technology makes "constant connection" easy but often results in "reduced emotional depth," as online interactions replace some face-to-

face support. Today's teens often seek emotional comfort and identity online, deepening their dependence on digital social feedback loops.

Digital Detox Interventions and Outcomes

Digital detox means intentionally cutting down or stopping device use for a while. Researchers have begun to test detox as an intervention. Recent evidence shows mixed but encouraging effects: for instance, a systematic review (Setia et al. 2025) found detox "may alleviate depression and problematic internet use." Several small studies report that short detoxes reduce depressive symptoms and FoMO, and sometimes boost life satisfaction—especially among heavy users. For instance, Brown & Kuss (2020) found that a week of no social media led to lower anxiety and better subjective well-being in students. Many studies (across cultures) show that during any detox period, screen time usually decreases and stress often drops.

However, outcomes vary greatly. A 2022 systematic review (Radtke et al.) mentions "mixed findings" regarding detox effectiveness: some studies report significant mood improvements, while others see no changes. The same review notes that all studies observed reduced use during detox, and all that measured depression reported a decline in depressive symptoms. Still, results for overall life satisfaction, stress, or social connectedness are inconsistent: some studies found improvements, while others reported no change. These varying results likely stem from differences in research methods. For example, some detox studies last 48 hours, while others last a week; some restrict only social apps, while others block all devices. As Radtke et al. observe, "mixed findings exist, but no clear answer can be given yet" about whether detox improves well-being. Key factors likely include how long the detox lasts and how strictly it is enforced. Younger people or those with severe symptoms may see more benefits, while casual users may experience less change.

Qualitative Experiences

Few studies have thoroughly examined how youth feel about detox. Much of the existing literature is quantitative (surveys or experiments). Nonetheless, qualitative reports suggest that initial withdrawal is common: users often feel bored, irritable, or left out at first. After a day or two, many report feeling calmer and more focused. There are few systematic analyses of these subjective experiences, indicating a research gap. Understanding how teens cope with a digital pause (for instance, through journaling or interviews) could uncover mechanisms of benefit (such as increased mindfulness) or difficulty. One commentary notes that instead of

imposing bans, we should help adolescents develop skills for managing emotions to use media healthily. Knowing personal detox stories would clarify how and why breaks help (or don't), but this qualitative aspect is not well-explored in existing research.

Research Gaps and Proposed 24-Hour Detox Study

Gaps: The literature highlights several unresolved issues. First, causality is unclear: most studies are observational or short-term, making it hard to demonstrate that screen time causes anxiety rather than the other way around. Second, findings on detox effectiveness are inconsistent. Researchers point to varied designs: for instance, Radtke et al. note that some studies let participants set their own break goals (48 hours, 1 week, etc.), resulting in results that can't be easily compared. Third, there is a lack of qualitative insight into participants' experiences during detox periods. Fourth, most research comes from Western contexts; there is little information on Indian youth specifically (despite national concern). Finally, there is no standardized protocol for digital detox interventions; studies vary widely in terms of length and rules. As Setia et al. (2025) stress, we need a framework to systematically assess the "intervention quality and long-term outcomes" of detox.

Proposed Study – 24-Hour Detox Experiment: A mixed-methods experiment can be performed using teenaged participants (such as college students). Here, two groups will be created, one subjected to 24-hours of abstinence from smartphones and social media and one control group that continues their usage normally. Prior to starting the experiment, both groups will take baseline assessments for anxiety, depression scales, and attention performance tests. After the abstinence period, again both groups would take these assessments and any change noted between these two tests (change in scale scores/attention performance scores) can indicate a possible cause and effect relationship.

In addition to this quantifiable measure, collecting qualitative data through narrative description on their experiences within the day might provide us valuable insights into the benefits they may have gotten or issues they faced. This qualitative data could be collected through writing a brief diary or conducting an interview just after the abstinence period to describe their feelings and experience (i.e., withdrawal symptoms, how they felt throughout the time, activities they did instead, what were their difficulties).

Using both types of data collected, we can see if there are any improvements caused by the 24-hour abstinence period on these parameters. By comparing this.

OBJECTIVES OF THE STUDY

The study aims to:

1. Examine the psychological impact of digital media consumption among youth.
2. Analyze emotional responses during a 24-hour digital detox.
3. Investigate changes in behavioral patterns during digital abstinence.
4. Assess the impact of digital detox on interpersonal communication.
5. Evaluate participants' attitudes toward long-term digital well-being practices.

RESEARCH QUESTIONS

1. What psychological effects are associated with excessive digital media consumption?
2. How do individuals respond emotionally to a 24-hour digital detox?
3. What alternative activities replace digital media engagement during detox?
4. Does digital detox improve concentration and productivity?
5. Are participants willing to adopt healthier digital habits after the intervention?

RESEARCH METHODOLOGY

The research method used in the study includes both the experimental method and descriptive method of research.

Experimental Design

In this experiment, the researchers will provide a structure of 24 hours of digital detox for the participants who will abstain themselves from social media and digital platform usage.

Descriptive Research

Descriptive research will describe participants' experiences and behavioral response during digital detox process.

Sampling and Sampling Technique

Purposive sampling will be used to choose the participants from higher educational institutes.

- Number of participants = 30
- Participant age group = 18-25 years
- Study Population = Students of Journalism & Mass communication Department, Tilak Maharashtra Vidyapeeth.

Data collection tools

Pre-Detox Questionnaire

Pre-digital detox questionnaire measured:

- Participant's daily screen time
- Frequency of social media usage
- Usage dependency pattern
- Participant's emotional attachment towards digital media

Post Detox Reflective Diary Method

After detoxification, participant's **Post Detox** Reflective Diary measured:

- Participant's experience
- Behaviors
- Productivity level
- Participant's experience of communicating with others
- Digital detox perceptions of the participants
- Emotion experiences
- Feelings for using digital device
- Engagement in other activities

ANALYSIS AND DISCUSSION

Summarypre-detox questionnaire

Questionnaire was conducted before digital detoxification to find the baseline media usage habits and psychological attachment of youth (aged 18-25) from Pune, India before the commencement of 24-hour digital detoxification session. This included assessing daily screen hours, social media usage frequency, measures of dependency on media, and emotional attachment with technology such as anxiety while being offline. Questions were formulated based on existing validated questionnaires (FoMO, Bergen Scale for Media Addiction), using a mixture of categorical questions and open-ended ones but no Likert scale was used. The test was completed online one day prior to detoxification, with baseline measures serving as references for post-intervention assessment.

Pre-Detox Questionnaire

This questionnaire sought to identify individual participant habits and emotional dependencies on technology prior to the intervention period. The following constructs were measured: average daily hours on the phone/computer and the frequency of social media use (i.e. Instagram, WhatsApp, YouTube, etc.) based on the following categories: “rarely,” “several times per day,” or “constantly.” Social media dependency behaviors were measured using self-reports of statements indicative of social media addiction criteria (i.e. preoccupation, withdrawal, loss of control), with categorical responses. For instance, items derived from the six-item Bergen Social Media Addiction Scale were transformed into binary or frequency questions (e.g. “Do you feel restless when you are not able to check social media?”). Similarly, concepts from the Fear of Missing Out (FoMO) scale were operationalized through a question assessing how frequently individuals worry about missing out on social activities (i.e. never/sometimes/often/always). Questions related to emotional attachment included: “Do you get anxious if you are unable to check your phone?” In addition, there were open-ended questions encouraging participants to describe their emotions when disconnected from technology. It is noteworthy that all the questions did not include numerical Likert scales.

This questionnaire was given to the respondents online 24 hours prior to starting the detoxification program. It was tested out using a pilot test among a few students for validation purposes. Though internal consistency using Cronbach’s alpha was not determined due to the small number of samples, it was based on the reliability of the scale itself ($\alpha \approx .87$, for example,

for the 10-item FoMO scale). Using direct data gathered from their daily use of social media along with qualitative questions, the results served as a baseline of their behavior on social media.

RESULTS

Participants were highly engaged digitally prior to the experiment. The average daily screen time was approximately 5.1 hours (SD $\approx$ 1.3). This is in line with findings suggesting that college-age participants tend to be online 5-6 hours each day. About 65% of the participants said they used social media for more than 4 hours daily, similar to estimates that indicate around half of teenagers have social apps on in $\geq$ 4h/day. Moreover, almost 80% of the participants admitted checking their phone right away after waking up (minutes), matching the findings that suggest people check their phones within a minute from getting up (about 80%). Psychologically, approximately 60% of participants showed a medium to high FoMO/anxiety (e.g., agreement about frequently being worried whether they missed something). Examples of addictive behavior included obsessive checking and irritation when not connected to the device. One of the participants wrote, "I kept thinking about whose messages I had missed." Another one indicated, "I unconsciously opened the app and only later noticed the task at hand." The third person said, "I am not able to start my day without scrolling through Instagram." This illustrates the habitual nature of the phenomenon. As evident from the above-mentioned statements, there is clear evidence of people's attachment since many participants reported experiencing anxiety and restlessness when they did not have access to social media. There were only a few people who used their smartphones sparingly.

Key Pre-Detox Metrics (N = 30)

Metric	Pre-Detox (Baseline)
Mean Daily Screen Time (hrs)	5.1 (SD 1.3)
% Checking Phone Immediately on Wake	80%
% Reporting Moderate/High FoMO	60%
% Using Social Media > 4 hrs/day	65%

Analysis of Post Detox Reflective Diary

A thematic analysis of the reflective diaries and participant reactions led to the identification of various themes regarding the impact of digital media use on psychological behavior and digital detox.

Theme 1: Behavioral Addictions and Withdrawal Effects

Participants were observed to have a high level of attachment to their smartphones and social networking sites. In addition, many of them were found to attempt unconsciously opening their social networking apps even when aware that they would have to detox from them.

These withdrawal effects included:

- Anxiety
- Restlessness
- Fear of missing out (FoMO)
- Distress
- Tendency to check notifications

Many participants reported making it a point to check their phones upon awakening.

One participant remarked:

"I kept unlocking my phone without even thinking about it. It felt weird not seeing my Instagram feed right away."

Such observations are indicative of behavioral addiction and dependence on digital devices.

Theme 2: Boredom and Lack of Digital Entertainment

Lack of social media led to feeling empty and bored on behalf of participants at the beginning stages of detoxification.

Participants reported:

- Being unable to cope with free time
- Being restless during idle time
- Being used to being entertained by digital media

This theme indicates the idea that digital media provides entertainment all the time and creates lack of patience for idleness.

Theme 3: Behavioral Adjustment and Activities

During detoxification process, participants started to adapt themselves to life without digital entertainment by switching to other activities.

Participants engaged in:

- Reading books
- Academic activities
- Listening to music
- Outdoors
- Exercising
- Conversing in person
- Taking part in creative activities

Participants claimed that these activities were more absorbing and valuable than browsing through social media.

As one of participants wrote:

“I had conversations with my family members and noticed that I was very distracted when using my smartphone.”

This theme highlights effective behavioral adjustment strategies.

Theme 4: Calm Emotions and Mind

Gradual emotional changes occurred among participants in the later stages of their detoxing period. Participants experienced:

- Peace of mind
- Emotionally relaxing experience
- Less mental clutter
- Less stress
- Better emotion regulation

Due to the absence of frequent digital distractions, participants had an emotionally relieving experience.

Some participants noted improved sleep and decreased emotional exhaustion.

This phenomenon can be explained by Cognitive Overload Theory which states that frequent digital stimuli contribute to mental exhaustion.

Theme 5: Enhanced Focus and Productivity

Participants noted an increase in focus and productivity levels during their digital detox.

As a result of being free of interruptions such as social media notifications and smartphone notifications, participants were able to:

- Concentrate more on academic tasks
- Finish pending assignments
- Read for extended periods
- Maintain a proper time management schedule

One participant commented:

"I got done with my work much faster since I was not distracted by my phone."

This implies that digital detox could help individuals regain cognitive abilities through resetting of the mind.

Theme 6: Reinforcement of Real-life Connections

Detox helped people become more proactive in their direct interactions.

Participants noted:

- Time spent with friends and family members increased
- Meaningful communication happened
- Social presence improved
- Emotional connections were fostered

Most participants acknowledged that their use of digital media made them less interested in building strong interpersonal connections.

This idea resonates with the notion presented by Turkle (2011) who suggests that technology causes "connected isolation," which implies being connected in terms of the digital realm while remaining emotionally disconnected.

Theme 7: Self-awareness and Reflective Awareness

Self-awareness turned out to be one of the most important results for the participants of the study.

They became aware of:

- Their dependence on technology
- Their automatic behaviors
- Being emotionally dependent on social media
- Having recourse to digital media to get rid of boredom

Several participants were eager to cut back on their screen time after participating in the study.

One participant admitted: "I have never been aware of how much time I spend on social media."

CONCLUSION

In the current research, the effects of digital media consumption on the psychology and behavior of adolescents have been analyzed using the experiment called a 24-hour digital detox. The results show that the use of digital media has become a major part of teenagers' lives, impacting their emotions, actions, and ways of communicating with other people.

During the experiment, participants showed symptoms similar to the symptoms of physical withdrawal such as restlessness, boredom, anxiety, and fear of missing out. However, the adaptation process led to more effective communication skills, higher levels of well-being, increased productivity, and better performance.

The findings of the research prove that young people use digital media habitually and unconsciously. Social networks are not just an instrument of communication but also something that serves for excitement, amusement, and preventing boredom. Constant digital activity leads to such consequences as cognitive overload, attentional fragmentation, emotional exhaustion, and poor social communication.

On the other hand, digital detox shows positive changes that occur in people's psychological state due to the break from constant exposure to digital media.

Thus, the analysis suggests that digital detox is a useful short-term intervention aimed at fostering digital well-being and bringing about psychological balance. The goal of such detoxification efforts is not to rid one of all digital technologies but to emphasize the need for balanced and conscious use of digital platforms that still offer great learning and informative possibilities.

The implications of these findings extend to a number of audiences including students, teachers, parents, psychologists, policymakers, and developers. It is critical that schools include digital well-being lessons into their curricula. Parents should ensure that children engage in balanced technological activity and spend time in the absence of any devices. Developers and policymakers are to foster responsible technology habits.

Future research might address the issue of long-term digital detox practices, comparative analysis between different age categories, the use of psychometrics, as well as cultural aspects of digital technologies.

Finally, the findings demonstrate how crucial the formation of a healthy relationship with digital technologies becomes in today's reality. Conscious media consumption, regular digital detoxification, and awareness of one's own psychological state become paramount in an ever more connected world.

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