



How Digitalization is Facilitating Mental and Physical Health

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ABSTRACT:

With the growth of modern technologies, 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 digital equipment has increased in the modern world. People rely on digital devices for their day-to-day activities which is a drawback but as they are facing the after-effects, they are using 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.

Keywords: - meditation, aspiring, inspiring, modern technology, equipment.

1. Introduction:

Mental and physical health is fundamentally linked. The mental and physical wellness of mankind can be determined by the state of peace or the amount of nutritious diet he intakes. With digitalization the process can be made easier and more disciplined. Digital technologies can allow for more flexibility, can offer 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.

2. Objectives of the Study: -

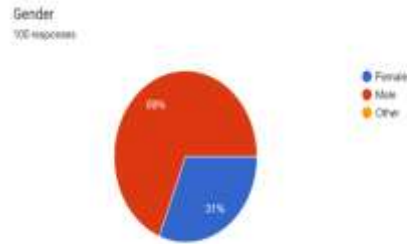
- To study the impact of Digitalization in facilitating mental health and physical health.
- To study perception/insights of people about assessment and treatment platforms available online for improvement of Mental and Physical Health.
- To study most preferred application for mental and physical health betterment.

3. Scope of the study:-

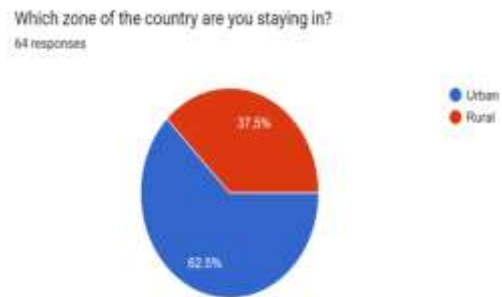
- To know the satisfaction level of public who are using Digitalization for physical and mental health practices.
- To know the region of people who prefer digitalization for mental and physical wellness the most.
- To know the product or the platform that people use the most for people use the most for physical and mental health improvement.

4. Statistical tools: -

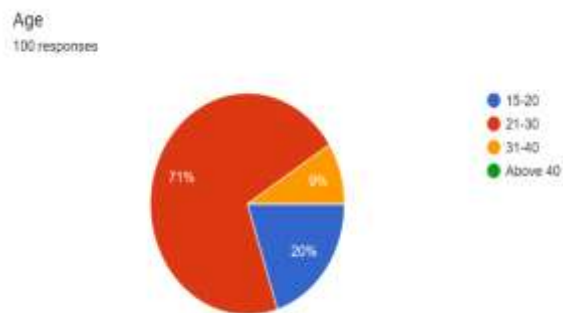
So, a total of 100 responses were collected and on that data the analysis and interpretation has been done.

**Interpretation:**

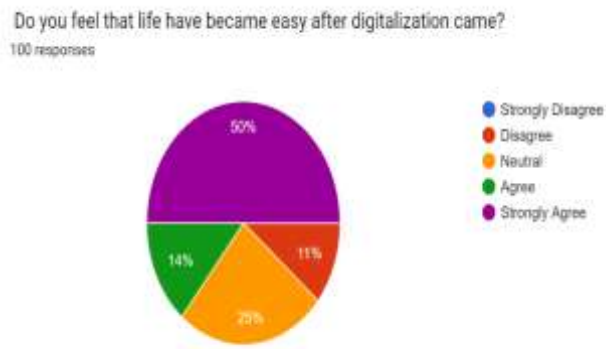
A total of 100 responses were taken. Amongst which 69% were male and 31% were female

**Interpretation:**

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

**Interpretation:**

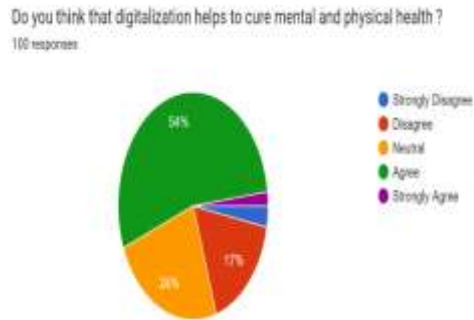
A total of 100 responses were taken. Amongst which 71% responses came from the 21-30 age group. 20% responses are from the 15-20 age group. 9% responses from the 31-40 from the age group.



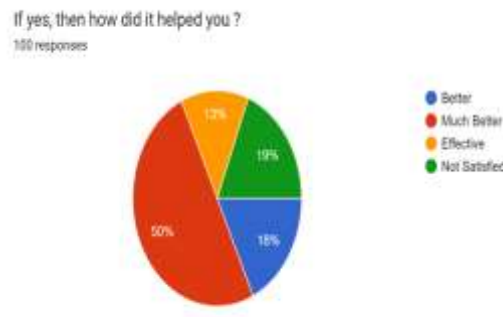
Interpretation:

50% of people see that Digitalization makes life easier and they also follow this.

Some people are from that category (25%) who believe that it is very normal with or without digitalization. And there are some people who also dislike (11%) the effect of digitalization. 14% people believe that yes, it is ok to be comfortable with digitalization.

**Interpretation:**

54% responses are from the agree statement. 17% responses are coming 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.

**Interpretation:**

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

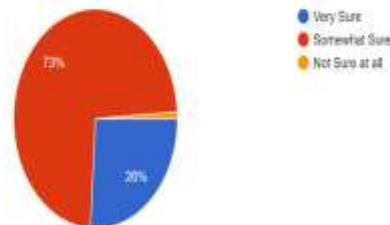
**Interpretation:**

72% of people think that meditation helps to enhance mental and physical health. And 26% of responses come from the no statement. 2% can use another application.

INTERPRETATION:

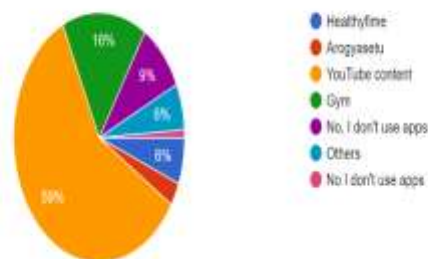
51% of people think that meditation helps to enhance mental and physical health. And 26% of the responses were satisfied with 30% of people. 18% response satisfied with 70% people. Only 5% of people think that it is 100% helpful during the covid situation.

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

**INTERPRETATION:**

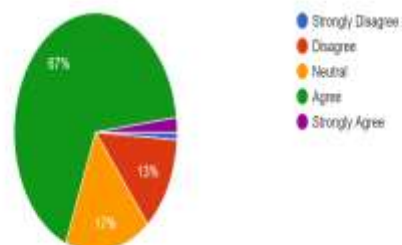
Only 73% of the responses are here which about that peoples are just little bit sure for this. And 26% of responses are for them who are very sure to use this. Also 1% of responses for those in which people are not totally sure.

Which type of apps or facility you use to keep up your physical health?
100 responses

**Interpretation:**

Mostly responses came for the you tube content which is about 59%. It shows the huge availability in an easy way. Arogya setu is also helpful for physical health and it's about 3%. Healthy fime apps are also usable for this scenario. And it's about 6%. Gym options are very less access ability for helping the physical health.

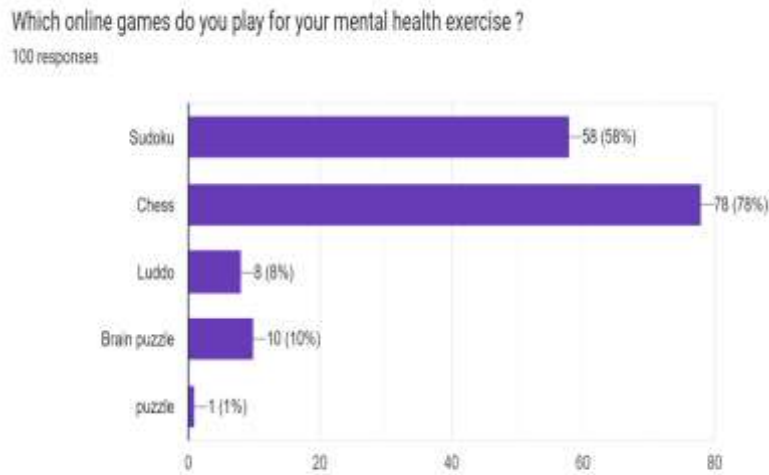
Does it helps to provide better, Secure and Speedy diagnosticboth in mental health and physical health ?
100 responses

**Interpretation:**

Out of total responses 1% responses are about totally disagreeing. 13% of responses are about disagreement. 17% of responses are about the neutral options. 67% of the responses are about the agree statement. 2% of the responses are about that, they strongly agree with this.

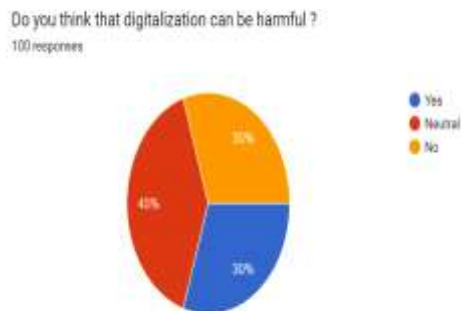
Interpretation:

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



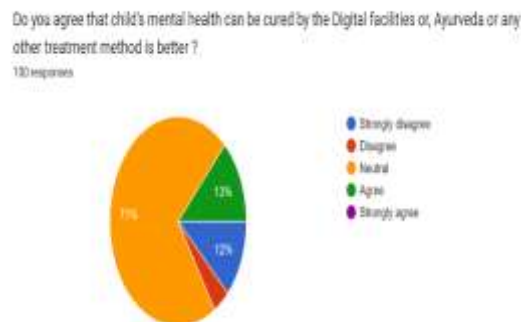
Interpretation:

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 other activities are about the 1% responses.



Interpretation:

40% of responses are about the yes that means they agree that it is helpful for both scenarios. 30% of responses are about the no that means are satisfied. 30% of responses are about the no that means are not satisfied.



Interpretation:

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

5. 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 one's 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.
- It is also visible from the research that most of the people who have access to the digitalization facilities from the urban regions of the country and they are only using the facilities to access the benefits for the mental and physical health practices.

6. Suggestions

- The future of digitalization is never ending, there will be always some new technology or platforms introduced in our society for the betterment of our health.
- The importance of digitalization for health-related issues was seen in the period of lockdown, because it helped everyone to do their physical health and mental health related practices from the comfort of their own home, people were able to consult doctors and other health practitioners virtually with the help of digital technology.
- There are many opportunities for everyone to perform their practices and other activities according to their will and time.

7. 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 modern 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.

8. References:

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