

SAMQUEST-Journal of Emerging Innovations
E-ISSN 3108-1207

Vol.2, Issue 1, pp.209-214 , Jan-June 2026

Available online at: <https://www.samglobaluniversity.ac.in/archives/>

A study of the impact of technology on Students Mental Health

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Received:25/05/2026; **Accepted:**21/06/2025 ;**Published:** 22/07/2026

Abstract:

Technology has become an essential part of students' academic, social, and personal lives. While digital tools and online learning platforms have improved access to education and communication, excessive use of technology has also raised concerns about student mental health. This study examines the relationship between technology use and mental health outcomes among students, focusing on issues such as anxiety, depression, stress, sleep disturbances, and social isolation. The research also explores the positive effects of technology, including improved learning opportunities, access to mental health resources, and enhanced social connectivity. Using a review of existing literature and survey-based findings, the study identifies both the benefits and risks associated with technology use. The results suggest that moderate and purposeful use of technology can support students' well-being, whereas excessive screen time, social media addiction, and cyber bullying are linked to negative mental health outcomes. The study concludes by recommending digital literacy education, healthy technology-use habits, and institutional support to help students maintain a balanced relationship with technology while promoting their overall mental well-being.

Keywords:

Technology, Student Mental Health, Social Media, Screen Time, Anxiety, Depression, Digital Learning, Cyber bullying.

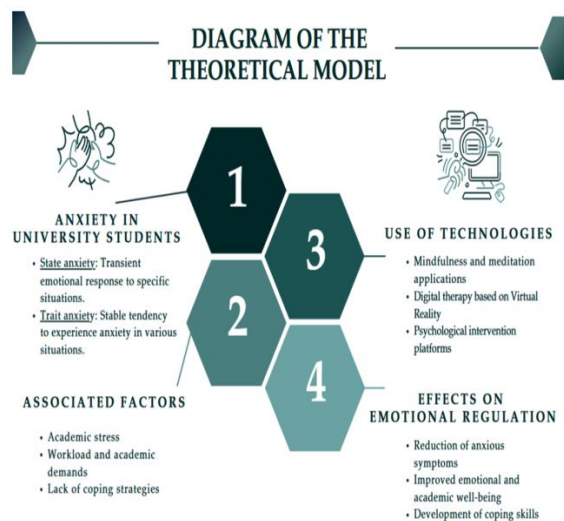
Introduction:

The digital revolution has profoundly altered the landscape of education, ushering in an era where technology is no longer a supplementary tool but a central pillar of academic life. From smart classrooms and e-learning platforms to mobile applications and virtual communities, students today are immersed in digital experiences that shape not only how they learn but also how they interact, socialize, and cope with stress. While these innovations offer undeniable benefits-flexibility, efficiency, and increased engagement they also carry hidden psychological costs. Mental health concerns among students have escalated over the past decade, with anxiety, depression, loneliness, and sleep disorders becoming increasingly prevalent (Twenge et al., 2018) [10] . Several studies suggest that the overuse of technology, particularly among adolescents and young adults, is a contributing factor. The influence of screen time, digital social comparison, cyber bullying, and academic burnout due to online learning demands critical examination. 1 This paper aims to unpack the complex relationship between

technology and student mental health by analyzing the positive and negative consequences, supported by relevant scholarly sources. It also explores intervention strategies to foster digital wellness, emphasizing a balanced approach to technology use in academic settings.

Objective:

- To examine the impact of technology use on the mental health of students.
- To identify the relationship between screen time and students' levels of stress, anxiety, and depression.
- To analyze the effects of social media usage on students' emotional well-being and self-esteem.
- To investigate how technology influences students' academic performance and psychological health.



Positive Impacts of Technology on Student Mental Health-

When used wisely and in moderation, technology can play a significant role in improving students' mental health by

providing support, enhancing communication, reducing stress, and increasing access to mental health resources. However, maintaining a healthy balance between screen time and offline activities is essential for overall well-being.

Enhanced Access to Mental Health Resources-

One of the most significant advantages of technology in the mental health domain is the democratization of psychological support. Students can now access a wide array of mental health services remotely, bypassing traditional barriers such as geographical location, stigma, and cost. Mobile health applications like Headspace, Moodpath, and Woebot offer tools for guided meditation, cognitive-behavioral therapy (CBT), mood tracking, and stress management. In addition to apps, many educational institutions have adopted teletherapy services, allowing students to consult mental health professionals via video calls or online platforms. This development has proven particularly beneficial in rural or underserved regions where mental health services are scarce. Furthermore, anonymous support communities and forums enable students to seek peer advice and emotional support in safe, judgment-free spaces.

Academic Flexibility and Self-Paced Learning-

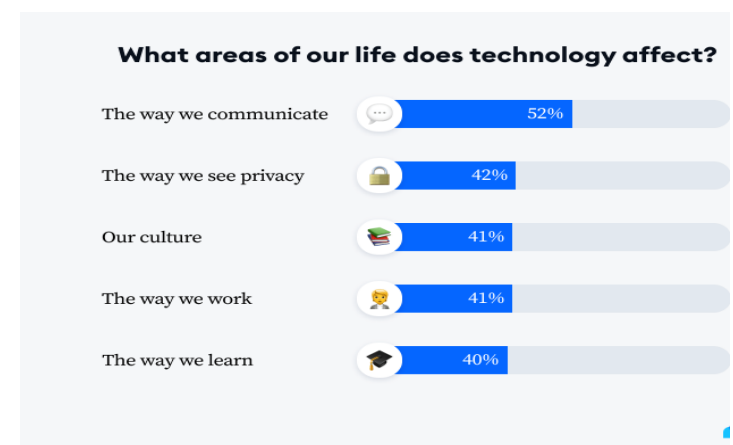
E-learning platforms such as Coursera, Khan Academy, and Moodle have empowered students to learn at their own pace, according to their preferred learning styles. This flexibility reduces academic stress and

allows learners to revisit challenging concepts without the fear of judgment or comparison with peers (**Rosen et al., 2020**). Asynchronous learning models also provide time for reflection and personal growth, which can enhance self-efficacy and reduce performance anxiety. Great Here's how you can cite your paper (**Kumar, S. 2025**), Climate Resilience and Adaptation Strategies for Developing Nations in "The Impact of Technology on Student Mental Health". In developing nations, the intersection of technological advancement, socio-economic instability, and environmental challenges like climate change has made students more vulnerable to mental health stressors. The compounding effects of displacement, climate-induced anxiety, and lack of adequate mental health infrastructure amplify the crisis among student populations. As (**Kumar 2025**), highlights, resilience and adaptation strategies are essential not just in ecological domains but also in human and social systems, including education.

The Pressure of Social Media and Digital Comparison-

Social media has become an important part of modern life, allowing people to connect, share experiences, and stay informed. However, it has also created a culture of constant comparison that can affect mental health and self-esteem. Many users compare their appearance, achievements, lifestyle, or relationships with the carefully selected highlights shared by others online. One major problem is that people often post only their best moments, making their lives appear more successful or happier than they

really are. As a result, viewers may feel that they are not attractive enough, successful enough, or living an exciting life. This can lead to feelings of insecurity, stress, anxiety, and even depression. Teenagers and young adults are especially vulnerable because they are still developing their identities. The pressure to gain likes, comments, and followers can make them seek approval from others instead of building self-confidence. Spending too much time on social media may also reduce face-to-face interactions, disturb sleep, and lower productivity.



Cyber bullying and Online Harassment-

Unlike traditional bullying, cyber bullying can occur at any time and reach a much wider audience, often leaving the victim feeling helpless and humiliated. The anonymity provided by online platforms emboldens perpetrators, while the lack of escape routes for victims can lead to long-term trauma. Victims of cyber bullying are at greater risk for suicidal ideation, depression, and social withdrawal. The psychological scars may persist long after

the incidents have ended, affecting academic performance and self-confidence.

Online Learning Fatigue and Academic Burnout-

The transition to remote learning during the COVID-19 pandemic brought significant challenges. Students reported feeling overwhelmed by constant video conferencing, lack of face-to-face interaction, and reduced motivation. The blurring of personal and academic boundaries-especially when learning takes place in bedrooms or personal spaces contributes to a sense of confinement and burnout. Prolonged digital learning can diminish students' attention spans, reduce engagement, and impair emotional well-being.

Strategies for Promoting Mental Wellness in the Digital Age-

Technology is a powerful tool that can enhance education, communication, and personal growth. However, maintaining mental wellness in the digital age requires balance, self-awareness, and healthy digital habits. By practicing mindful technology use, setting screen time boundaries, nurturing real-world relationships, maintaining a healthy lifestyle, and seeking support when necessary, individuals can enjoy the benefits of technology while protecting their mental well-being.

Negative Impacts of Technology on Student Mental Health-

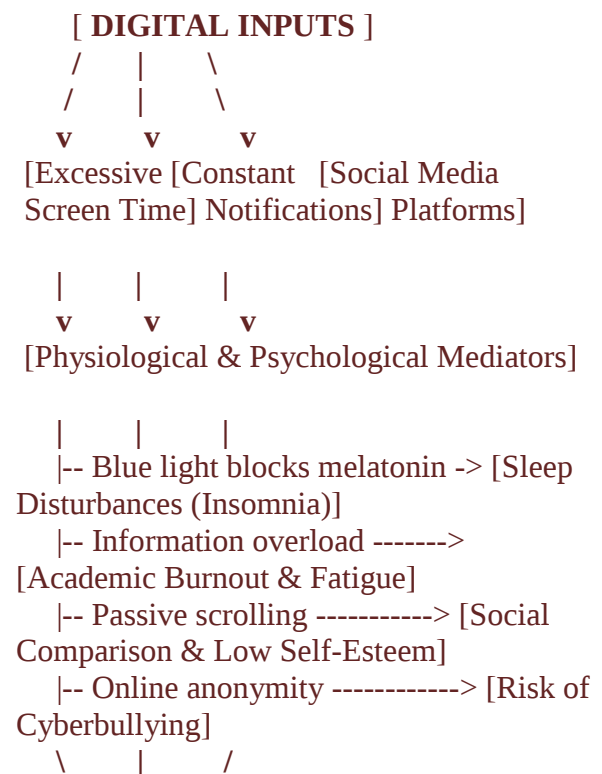
Technology is a valuable tool for learning, but it should be used responsibly.

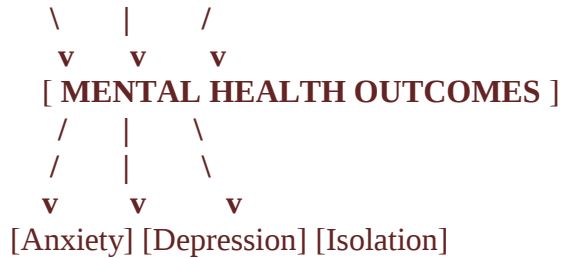
Maintaining a healthy balance between screen time and offline activities, getting enough sleep, exercising regularly, and engaging in face-to-face social interactions can help protect students' mental health while still benefiting from technology.

Strengthening Mental Health Support Systems-

Educational institutions must invest in accessible, culturally sensitive, and stigma-free mental health services. Peer mentorship programs, awareness campaigns, and confidential counseling services can play a pivotal role in early intervention and sustained support. Online platforms offering 24/7 chat or support lines can be integrated with school systems to provide continuous care.

Technology & Student Mental Health Diagram-





Conclusion-

The impact of technology on student mental health is multifaceted and deeply nuanced. While digital innovations have unlocked unprecedented opportunities for learning and connection, they have also introduced psychological stressors that cannot be ignored. Striking a balance between leveraging technology for academic and personal growth while mitigating its adverse effects is essential. Through conscious policy-making, inclusive mental health programs, and informed digital practices, it is possible to cultivate a future where students thrive both academically and emotionally in a digitally connected world.

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