

Ensuring Physical and Mental Wellness in Digital Space

Dr Yatan Pal Singh Balhara

Professor of Psychiatry

AIIMS, New Delhi



Digital Space– Human Interaction

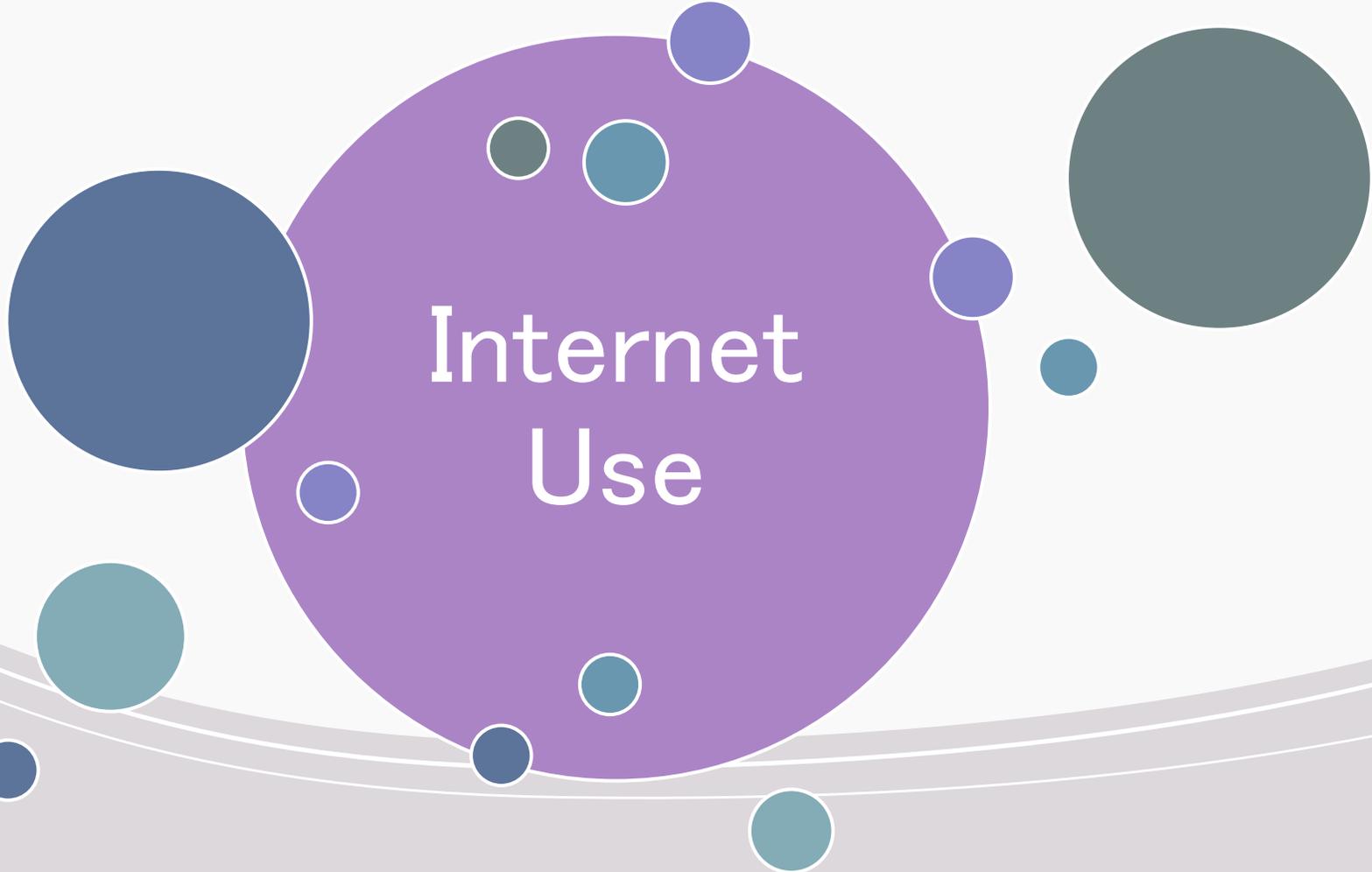


Motives for Internet Use

The diagram features a cluster of circles in shades of purple, blue, and teal on the left, representing various motives. Two large, stylized chevron arrows, one purple and one dark blue, point from this cluster towards a large teal circle on the right. The background is a light blue gradient with faint binary code (0s and 1s) and a network of thin white lines. At the bottom, there are images of a hand holding a smartphone and a tablet, with a blue and white curved border at the very bottom.

Internet Use

Impact & Implications



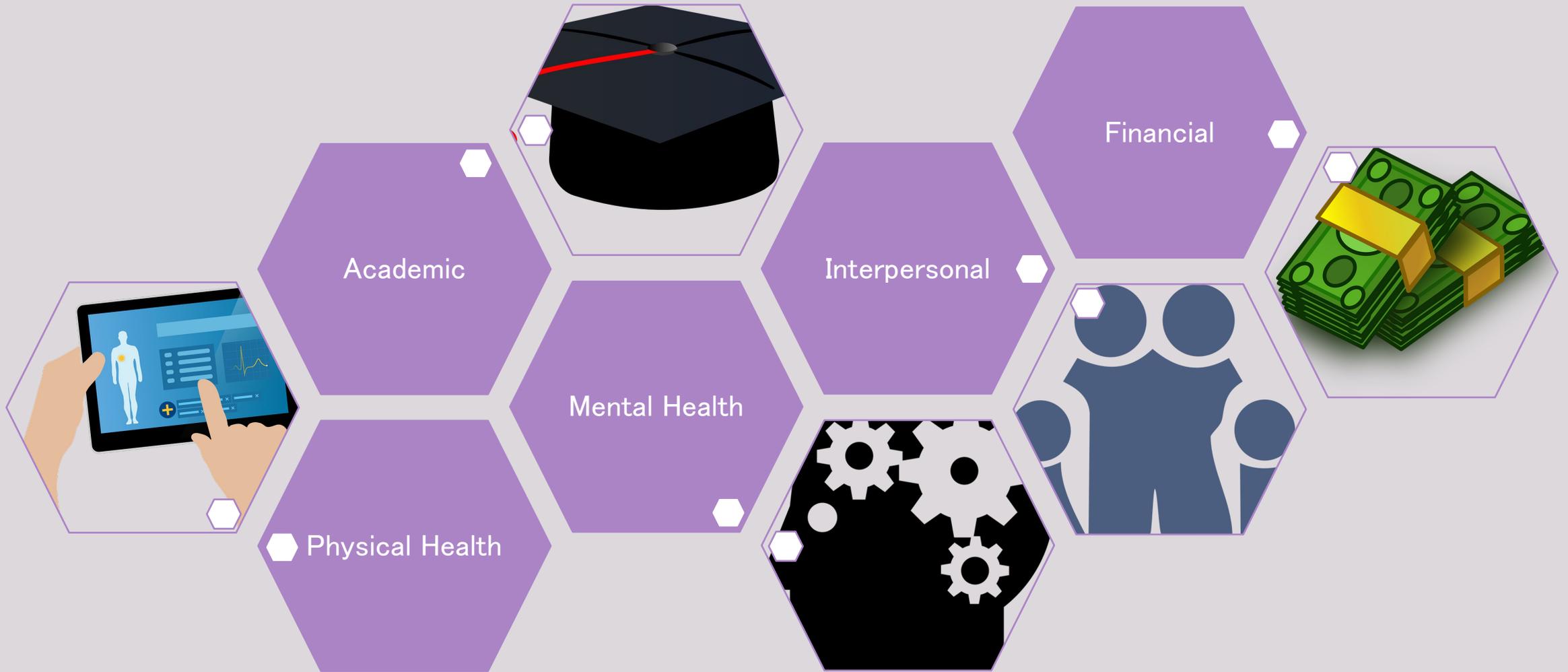


Desirable

Undesirable

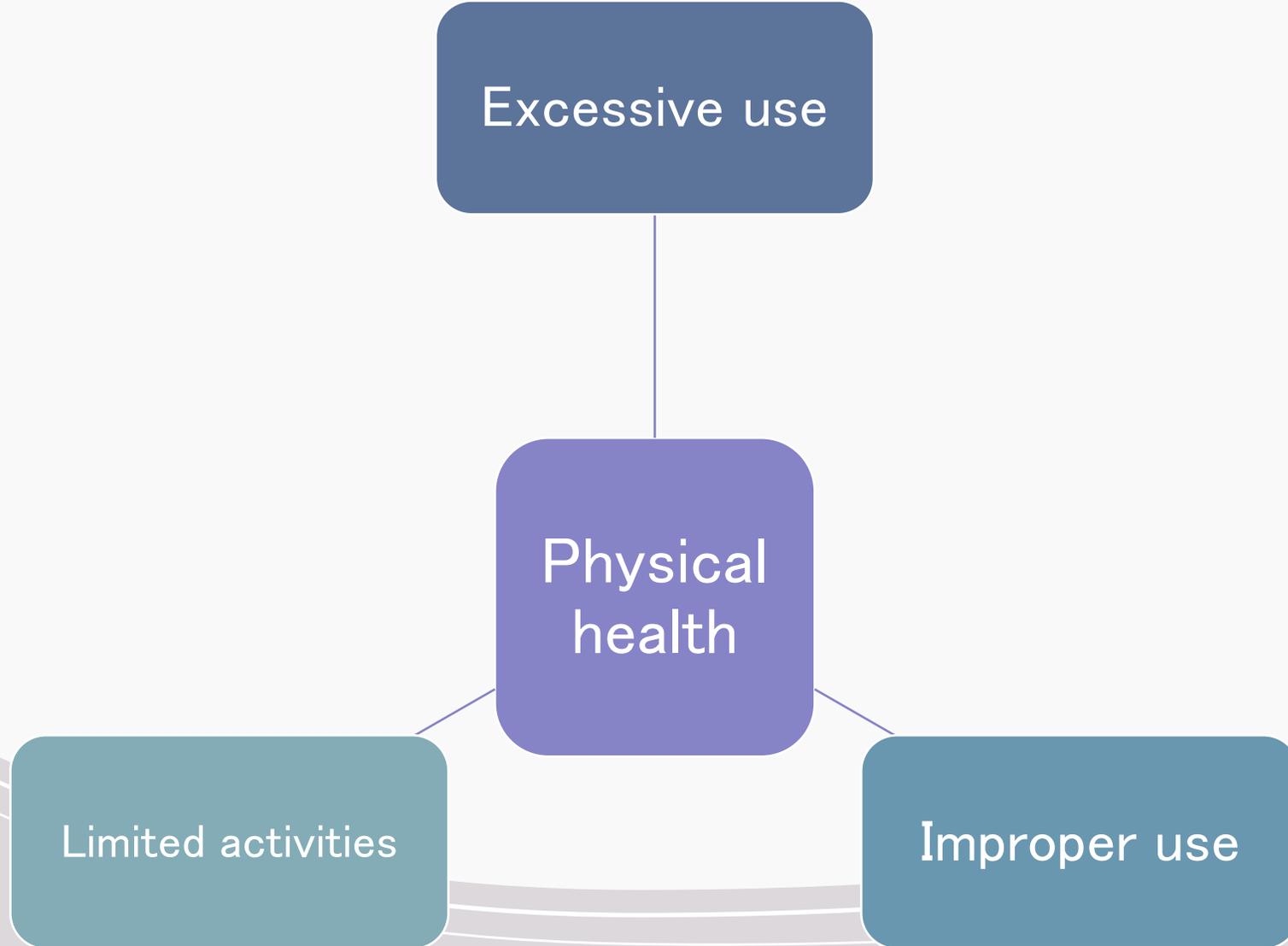
Undesirable

Impact & Implications



Physical health



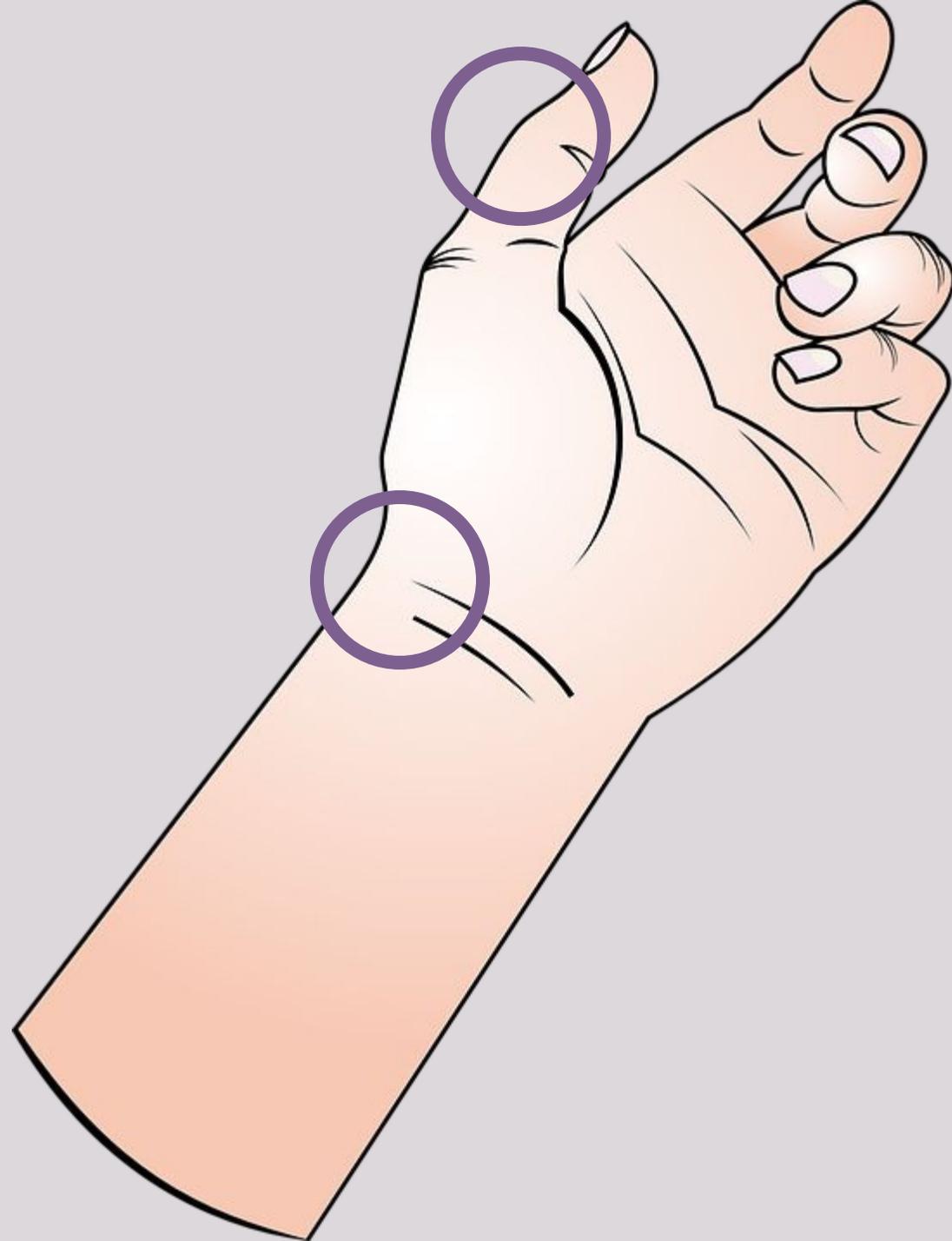


Excessive use

Physical health

Limited activities

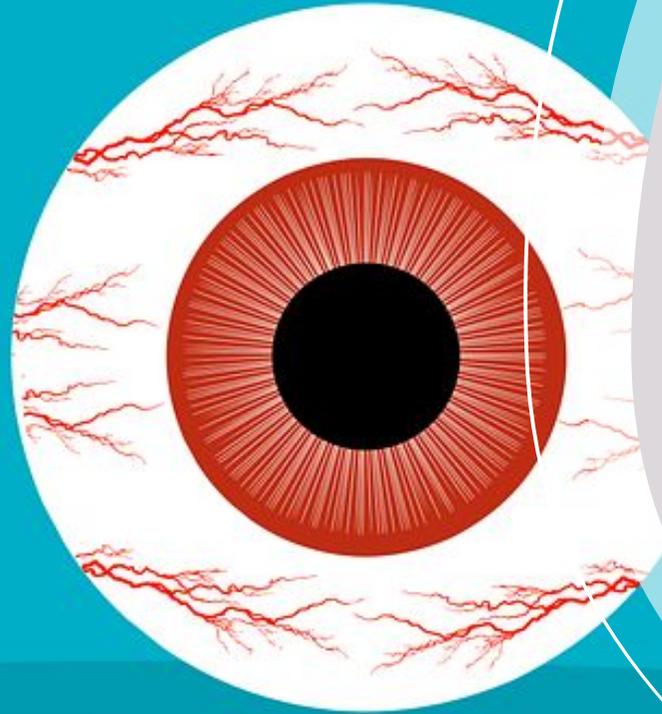
Improper use







Headaches



Ocular (eyes)

Computer vision syndrome

Eye irritation (Dry eyes, itchy eyes, red eyes)

Blurred vision

Headaches

Backaches

Neck aches

Muscle fatigue



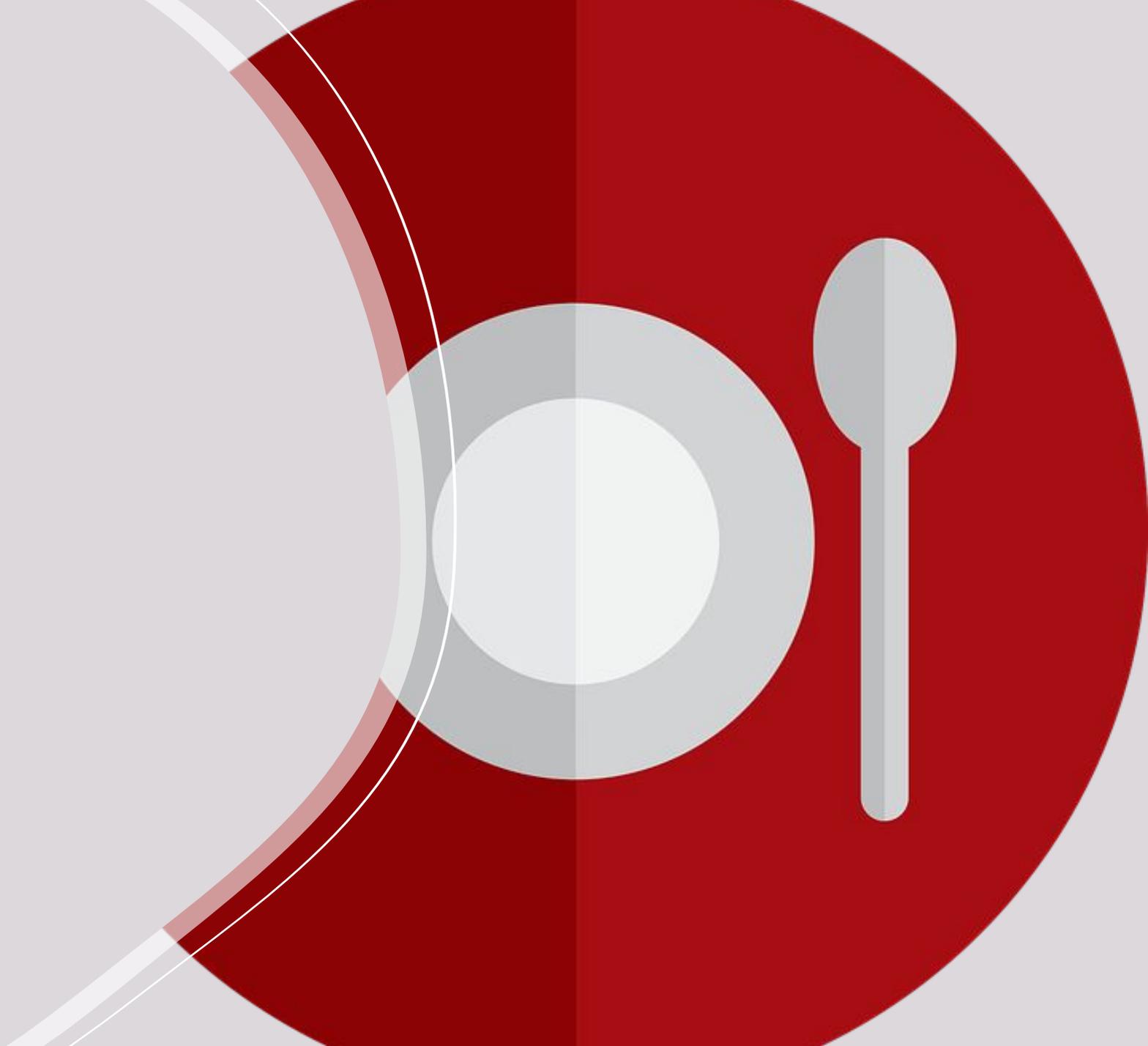
Aural (ear) health



Sleep-wake cycle



Eating habits



Excessive weight gain



A stylized, light gray silhouette of a human head in profile, facing right. Inside the head, there are several white gears of different sizes and some white circles, suggesting a focus on the mind or mental processes. The background is white with a large, dark gray curved shape at the bottom, resembling a chin or a base. The text "Mental health" is positioned in the upper left area of the head silhouette.

Mental health

Mental health

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graph TD; A[Mental health] --- B[Well-being]; A --- C[Safety];
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Well-being

Safety

Cyber bullying

repeated hostile or aggressive behavior performed by an individual or a group on others, aimed to inflict harm or discomfort by means of electronic or digital tools





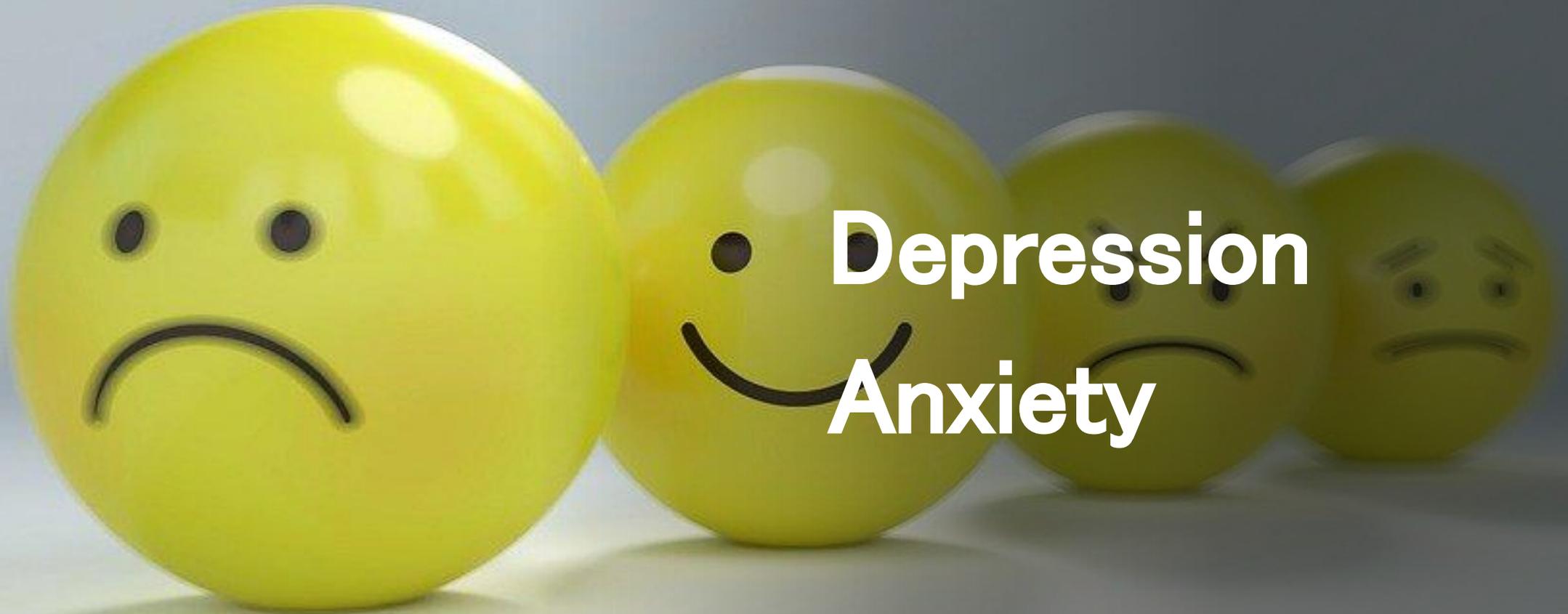
Cyber stalking

use of the Internet or other electronic means to stalk or harass an individual, group, or organization

Cyber grooming

process of ‘befriending’ a young person online “to facilitate online sexual contact and/or a physical meeting with them with the goal of committing sexual abuse





Depression
Anxiety



Exposure to violence and aggression



Excessive and problematic internet use



Excessive and problematic internet use

- Loss of control
- Neglect of alternate activities
- Continued gaming despite of negative consequences



**World Health
Organization**

Gaming Disorder

Academic Problems





Academic problems

Lack of interest

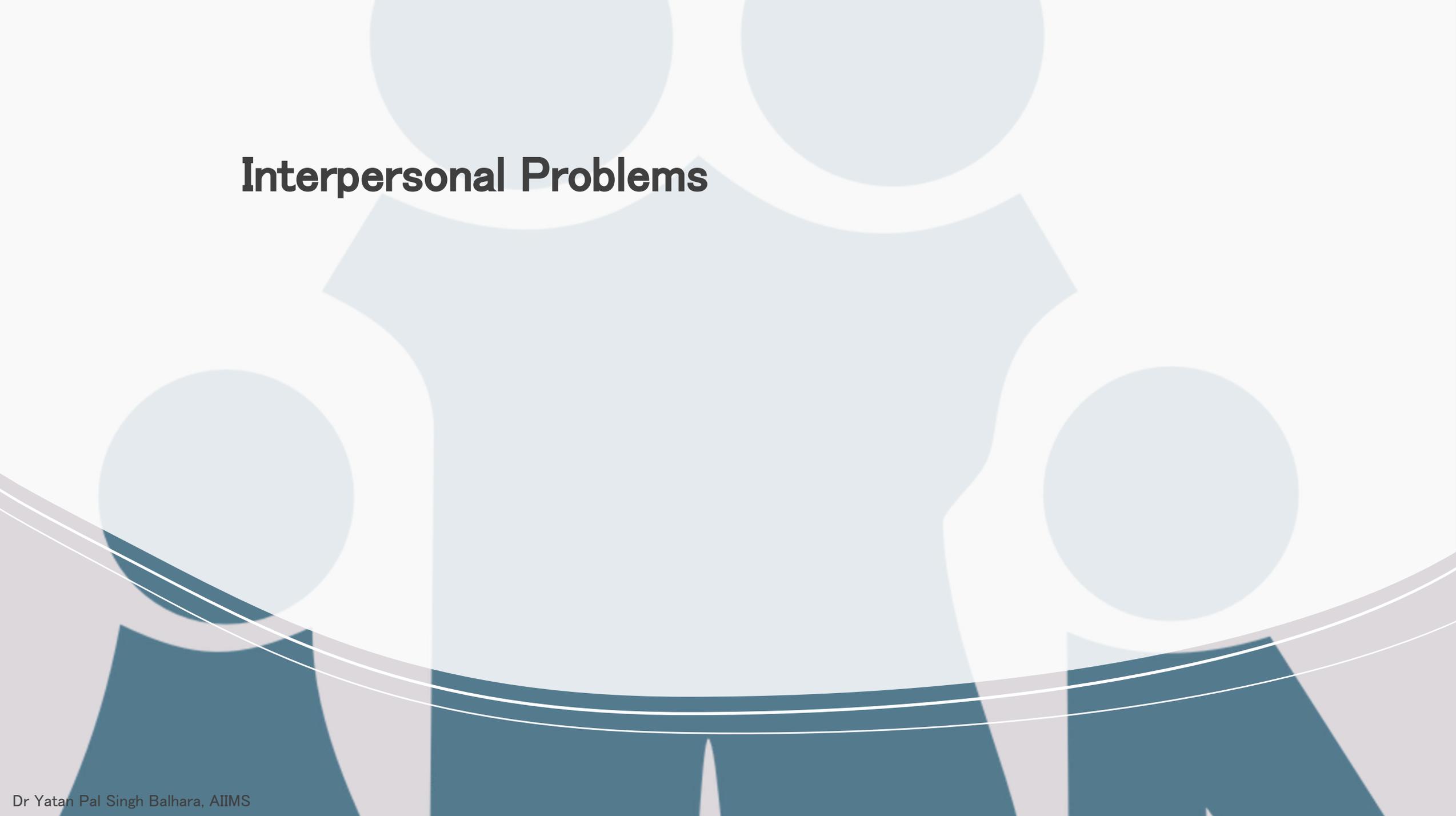
Poor concentration

Absenteeism

Lower grades

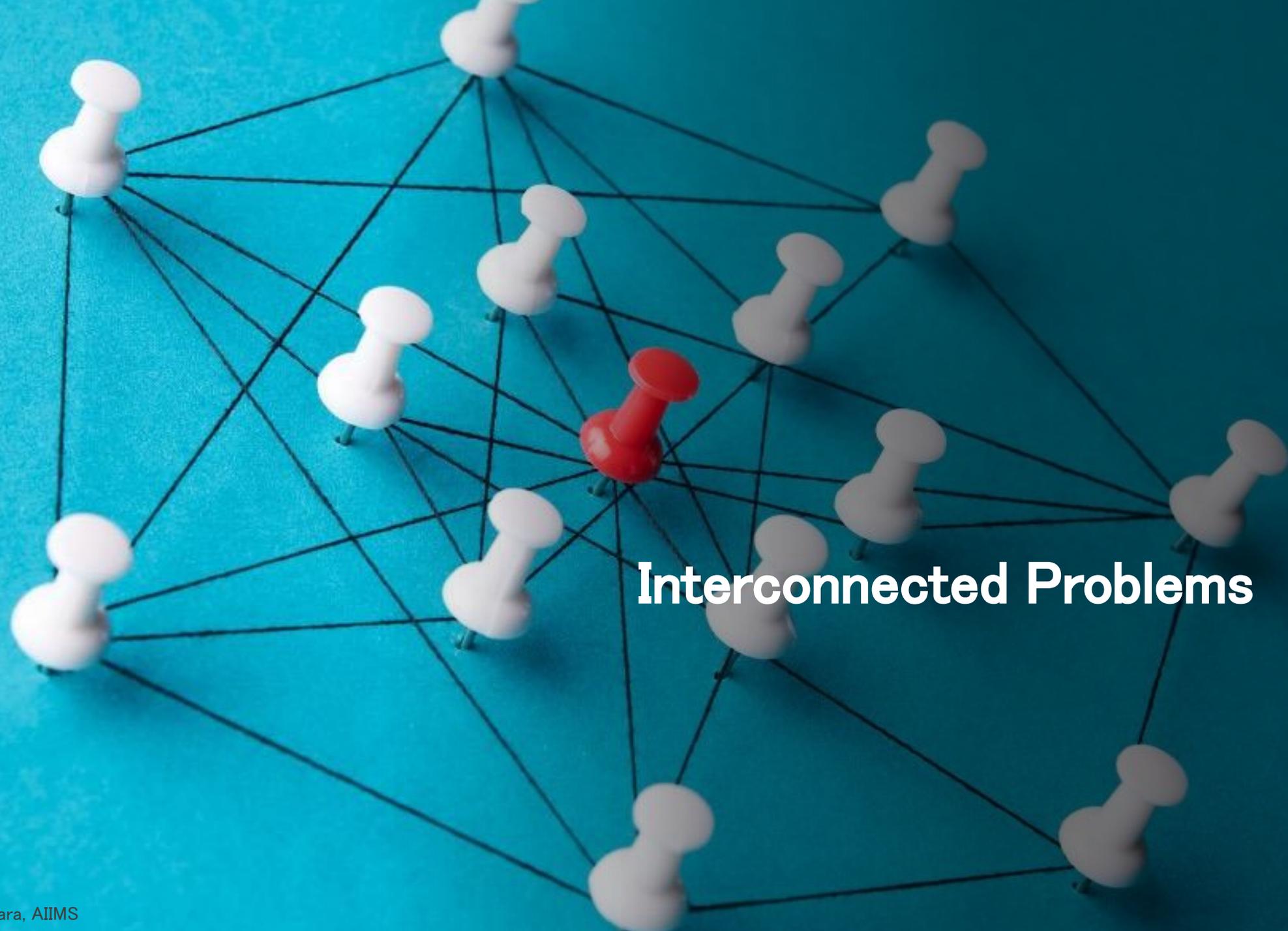
Failure in exams

Interpersonal Problems

The background features several stylized human figures in shades of light blue and grey. The figures are simplified, with circular heads and rectangular bodies. They are arranged in a way that suggests a group or a family. The figures are semi-transparent, allowing them to overlap. The overall aesthetic is clean and modern.

Financial Problems

The background features several stacks of green banknotes, rendered in a stylized, semi-transparent manner. Two yellow, 3D rectangular boxes are positioned over the stacks. The first box is tilted and contains the text 'Financial Problems'. The second box is upright and empty.

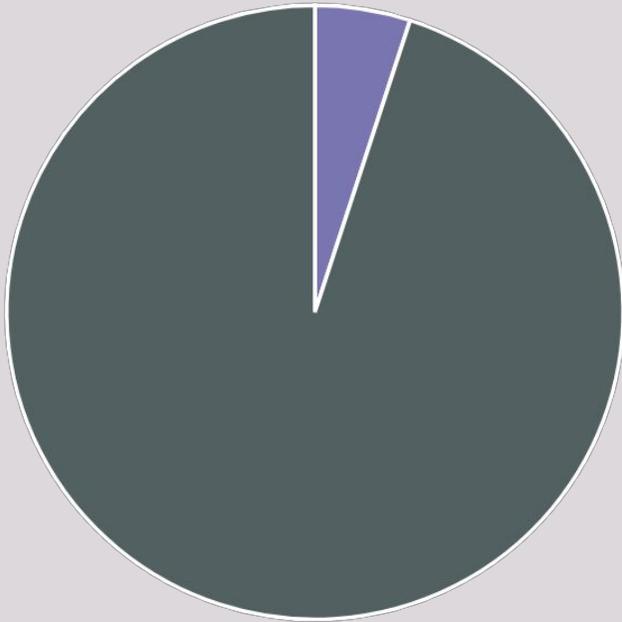


Interconnected Problems

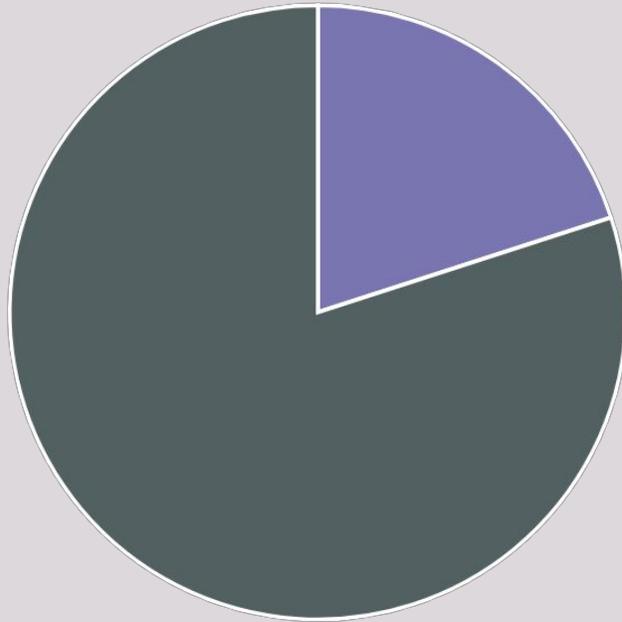


Internet Use and Other Activities

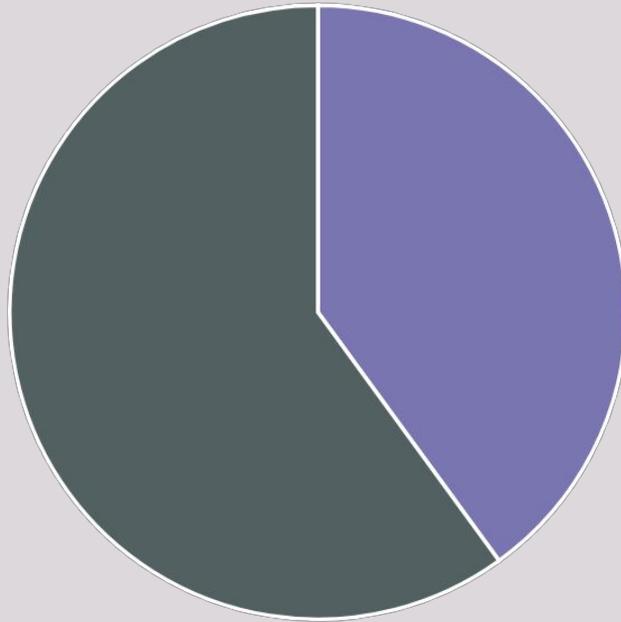
Internet Use and Other Activities



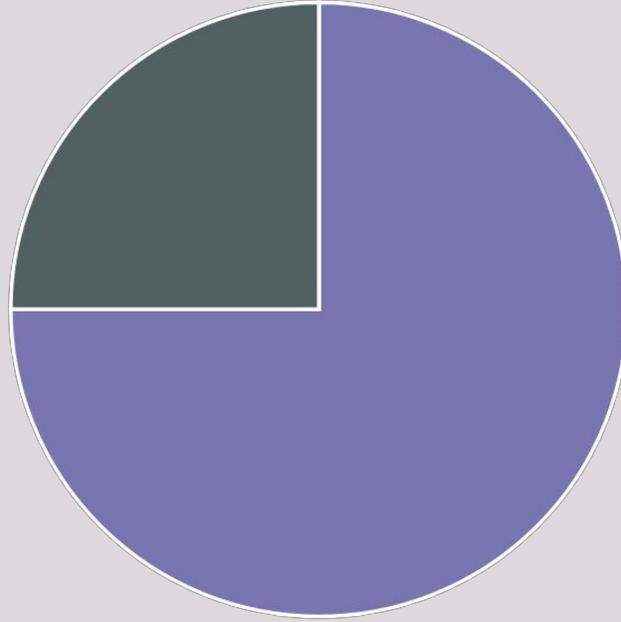
■ Internet Use ■ Other Activities



■ Internet Use ■ Other Activities



■ Internet Use ■ Other Activities



■ Internet Use ■ Other Activities



Detection of Problematic Internet Use

Amount of time spent



A close-up photograph of a hand clicking a computer mouse. The scene is lit with vibrant blue and purple light, creating a modern, digital atmosphere. The mouse is black with a silver scroll wheel and a glowing blue light strip. The hand is positioned over the mouse, with the index finger clicking one of the buttons. The background is blurred, showing more of the hand and the mouse's cord.

Motives for Internet Use

Motives for Gaming

Achievement motive

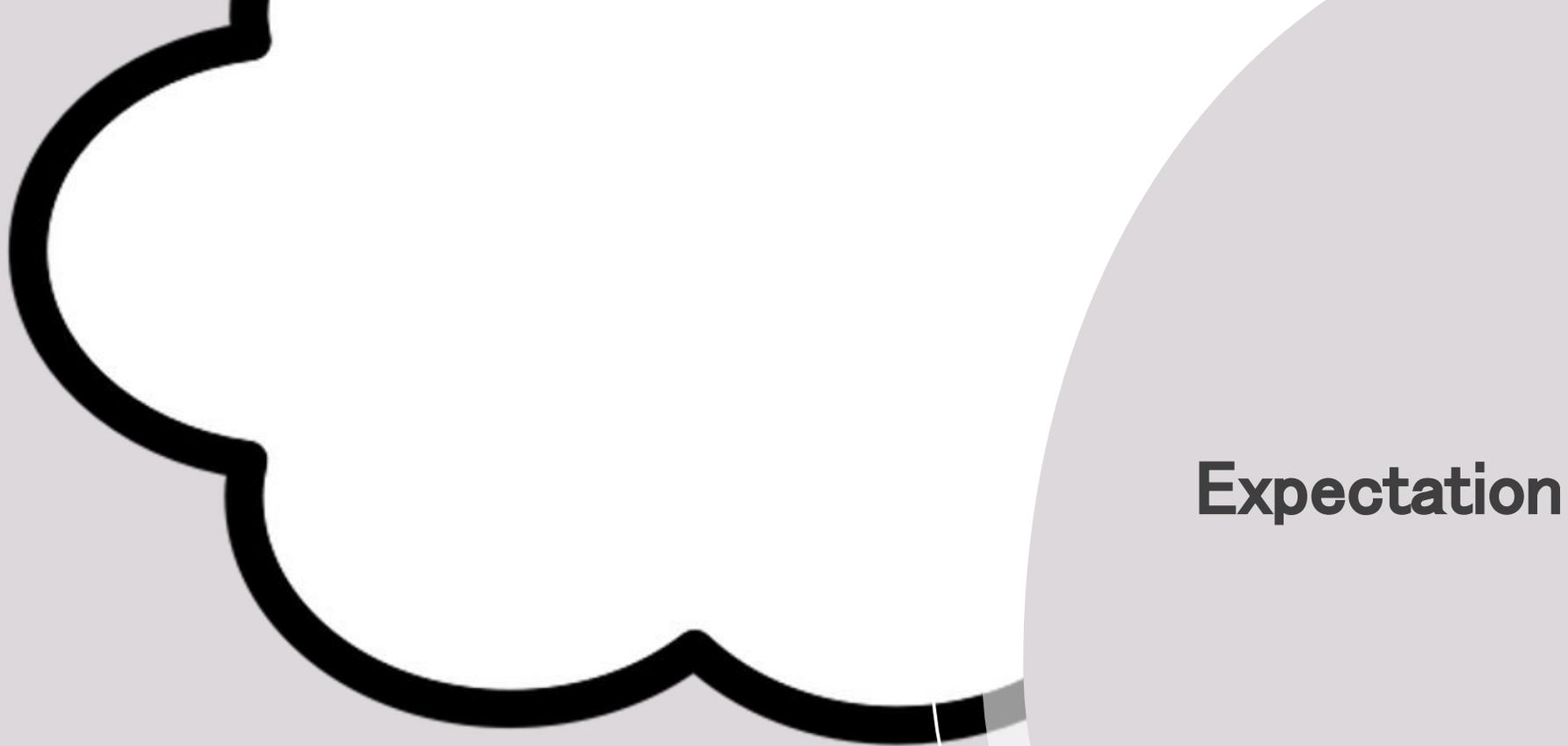
- advancement
- competition

Social motive

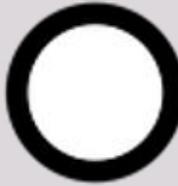
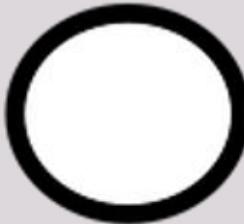
- socializing
- relationships
- teamwork

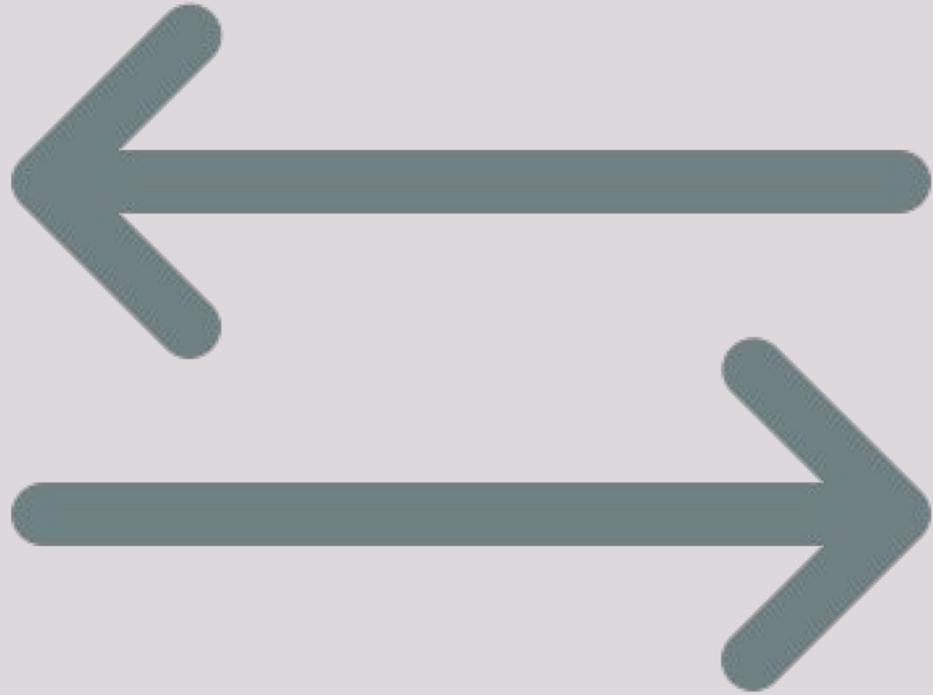
Immersion motive

- discovery
- role-playing
- customization
- escapism

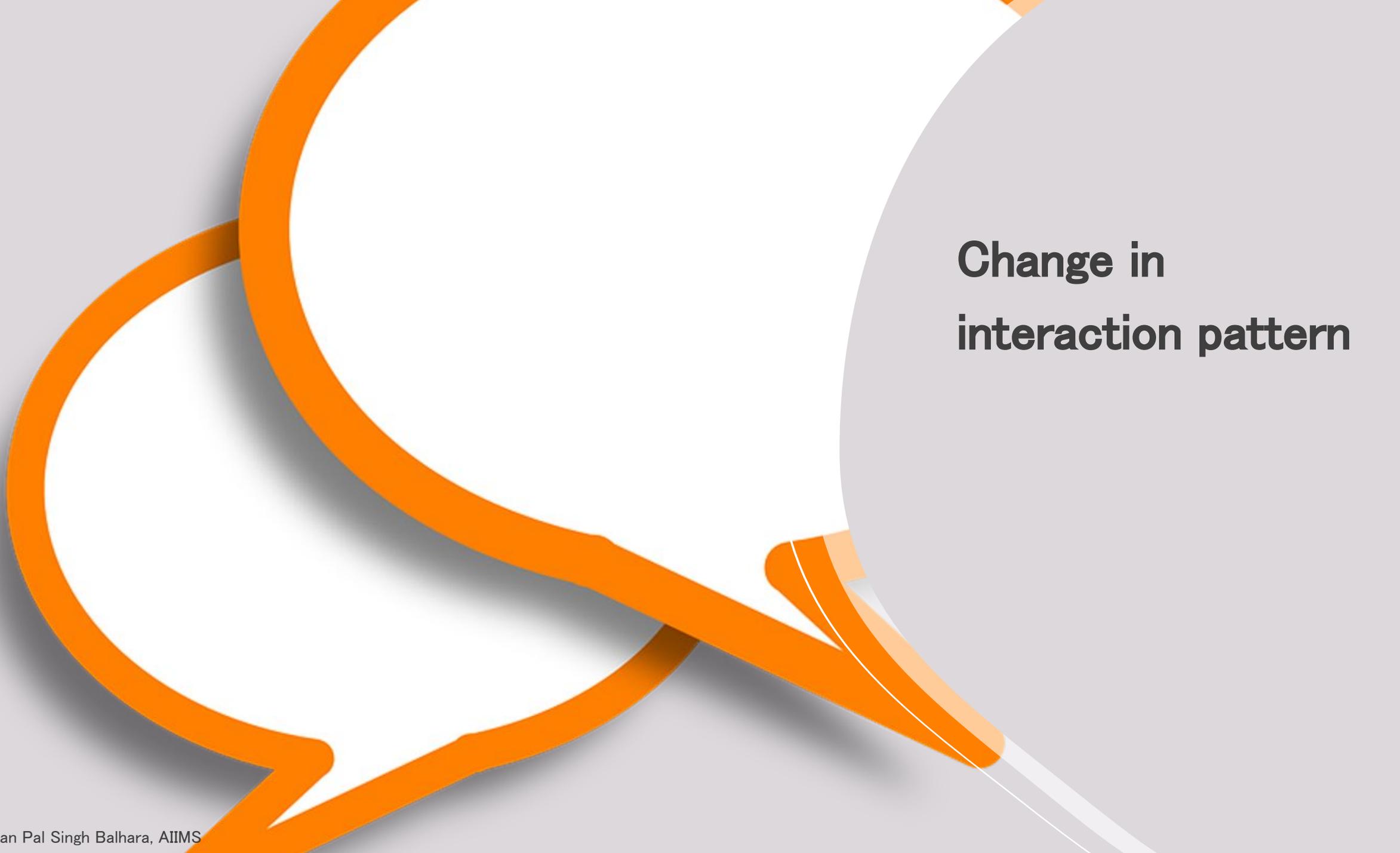


Expectation





Substitution



**Change in
interaction pattern**



**Reaction when access
restricted**

Detection of Problematic Gaming



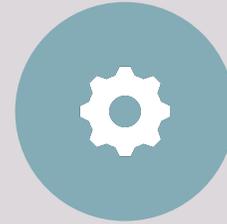
TIME



MOTIVES



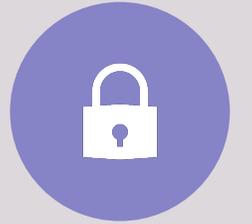
EXPECTATIONS



**CHANGES IN
PREFERENCES**



**CHANGES IN
INTERACTION**



**REACTION WHEN
ACCESS
RESTRICTED**



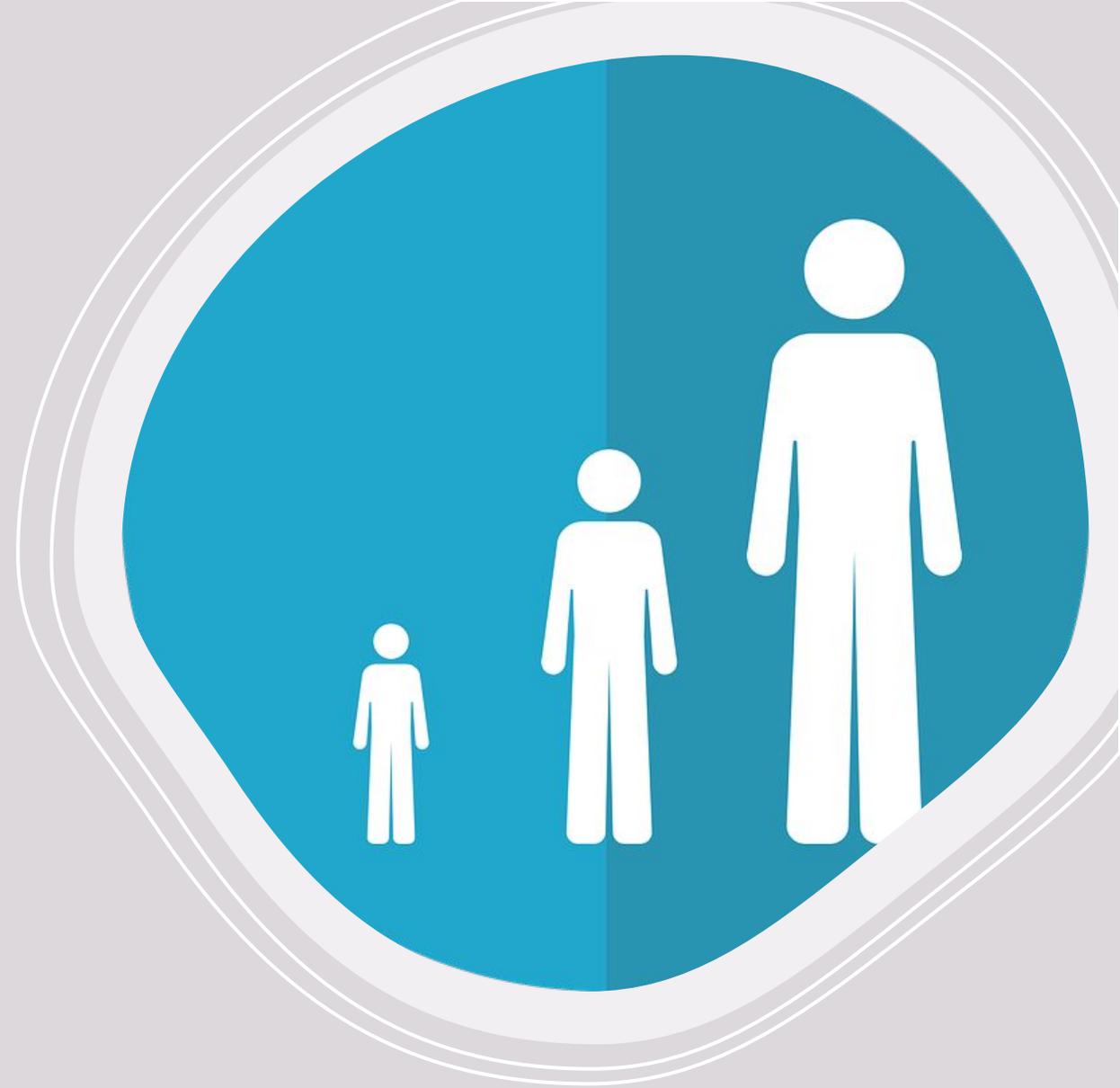
Suggestions

Dr Yatan Pal Singh Balhara, AIIMS



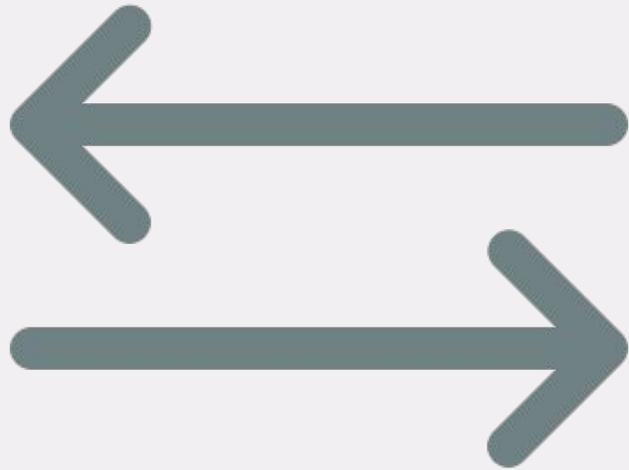
Internet- Human Interaction

Age- appropriateness





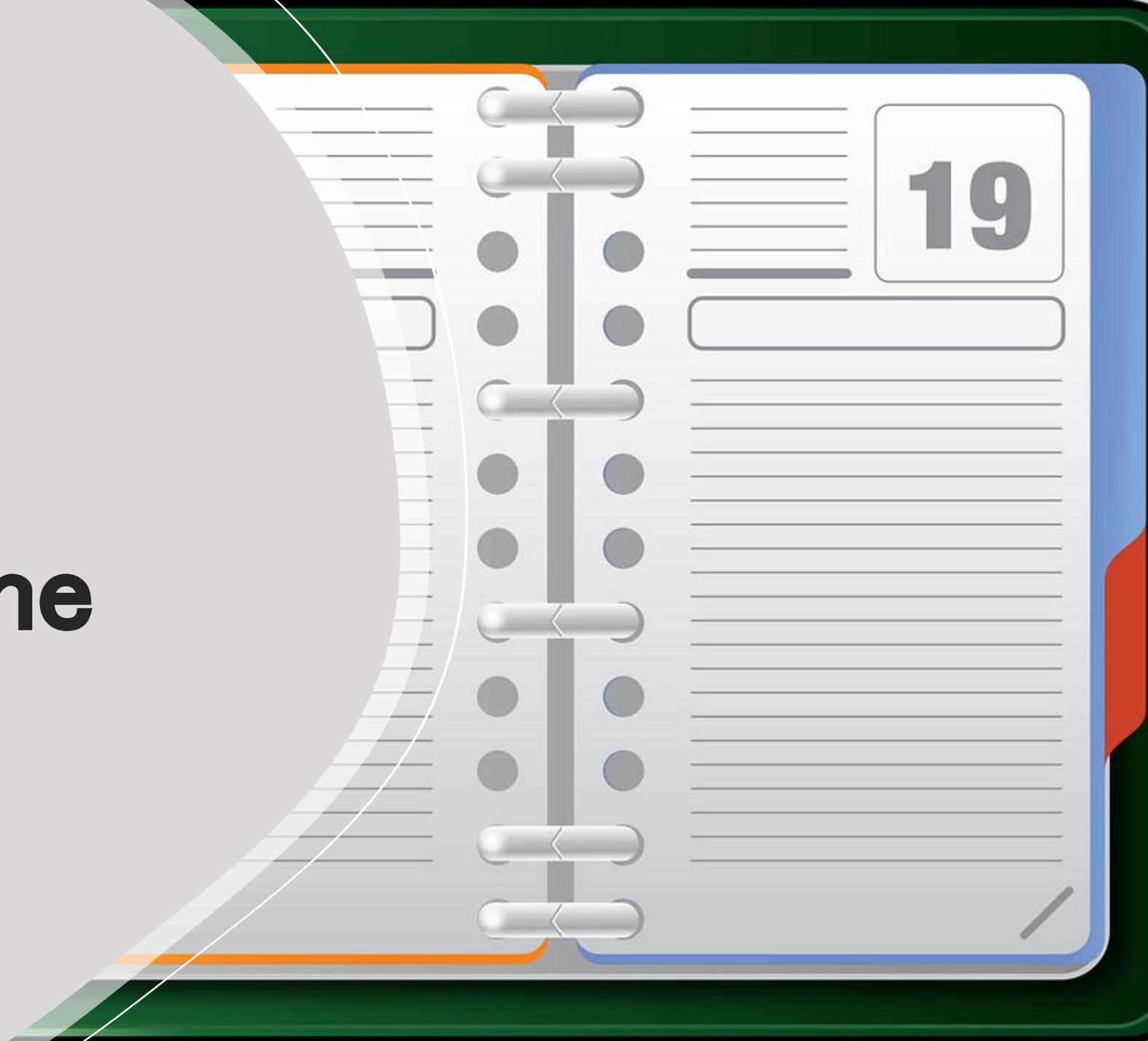
Timing of use

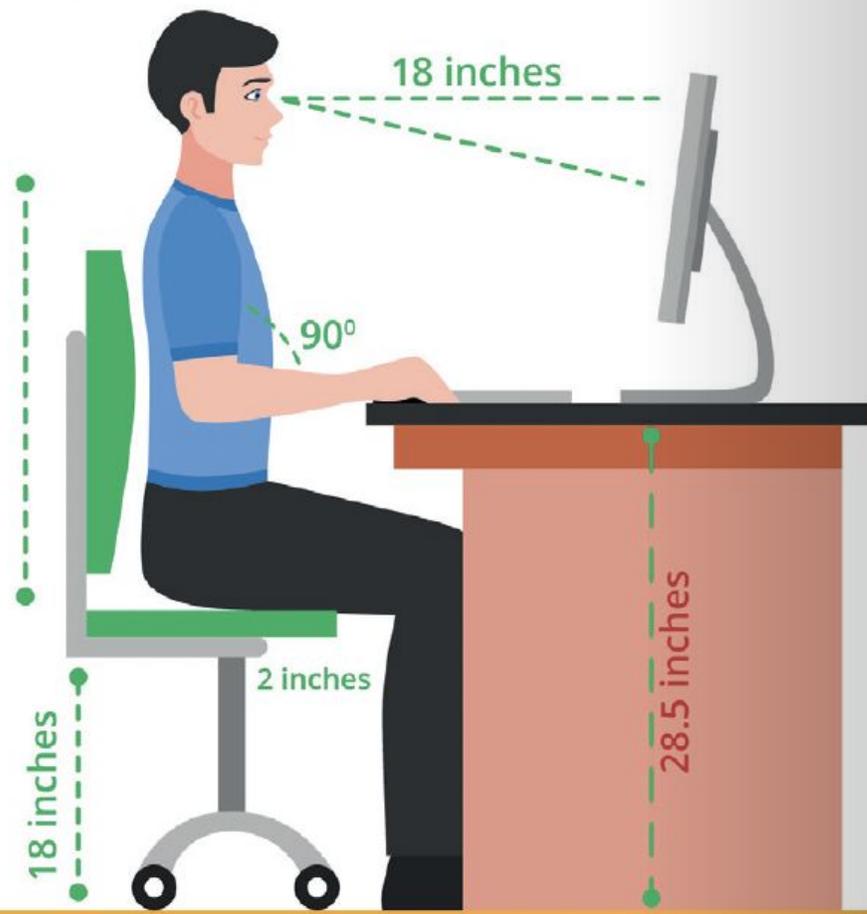


**Internet NOT as a
substitute**

Image source: pixabay.com

Daily routine





Ergonomics & Posture



Source: PRAGYATA Guidelines for Digital Education

DO



Alternate between sitting and standing as much as possible.

DON'T



Sit or stand for long periods of time without interruption.

Source: PRAGYATA Guidelines for Digital Education

DO



Sit Up!

DON'T



Slouch!

Source: PRAGYATA Guidelines for Digital Education

DO



Hold your phone or tablet directly in front of your face when using it.

DON'T



Hold your phone below eye level and tilt your head forward.

Source: PRAGYATA Guidelines for Digital Education

DO



Check your posture and position every 20 minutes or so and readjust or move around.

DON'T



Feel bad if you've assume bad posture after being at your desk a while.

Source: PRAGYATA Guidelines for Digital Education

20
Minutes



SIT

08
Minutes



STAND

02
Minutes



MOVE

Source: PRAGYATA Guidelines for Digital Education



Leading a balanced healthy life



Formal help

Safe and Healthy Internet Use

Image source: pixabay.com



Thank You

ypsbalhara@gmail.com

 [@yatan_balhara](https://twitter.com/yatan_balhara)

Dr Yatan Pal Singh Balhara, AIIMS