



Chapter 8

Exploring the Impact of Digital Detoxification on Higher Education Students' Learning

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ABSTRACT

Nowadays, smartphones are ubiquitous. People spend many hours daily on their smartphones or other digital gadgets. Unlike other electronic devices, smartphones enable such functions almost anytime and anywhere, with numerous consequences for our daily lives. Surfing social network sites or instant messaging can impair well-being and is related to clinical phenomena like depression. The proliferation of social networking platforms has resulted in a rise in usage frequency among young adults. Digital detox interventions have been suggested as a solution to reduce the negative impacts of smartphone use on outcomes like well-being or social relationships. Keeping in touch with their smartphones during lectures hinders students' learning experience. The primary objective of this study is to assess how digital detoxification affects student learning within higher education establishments. The research also delves into the prevalence of digital detoxification among university students, shedding light on their comprehension of social media detox and potential mental health consequences.

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INTRODUCTION

Technology and new digital tools can improve student learning. But the opposite may also be true. The explosion of technology and digital media can help students understand how these technologies influence consumer behaviour and how marketers use them. Digital detox is a widely used term for a situation where a person “takes a step back” from all electronic and digital devices (e.g., smartphones, tablets, computers). The goal is to alleviate the stress, anxiety, and depression that often result from too much exposure to the digital world and to focus on real relationships and connections to real-world events. One of the best ways to digitally detox is to get into a green environment. However, a period of digital detox can help you better understand the importance of technology in today’s life and learn how to manage its role in society. It is a beneficial addition to our daily life. Young people, in particular, need a deep understanding of how technology can help them in education and other areas of life. However, you must be careful not to engage with the technology and make it not worth your time. To achieve this goal, teachers and educators can play an important role in helping students develop mindfulness through digital detox sessions. These three tips will help you: A digital detox should allow a person to relax. It is, therefore, important to help students and children choose successful goals and avoid the risk of disappointment if the task is unsuccessful. It’s a good idea to start by setting small limits each day. For example, students can be invited to slowly eliminate the presence of their technological devices from some parts of their day. This kind of “gradual detoxing” helps to eliminate digital dependencies incrementally. Students feel more in control and can focus on thinking about the usefulness of their devices and how they interact with them instead of focusing on the bad sensation of feeling “empty” because of withdrawal symptoms created by a total sharp interruption. The Covid-19 pandemic gave rise to e-Learning and EdTech like never before. Education can no longer be associated within the four walls. By exploring technological solutions and prioritising education, various institutions and individuals have invested time and effort in giving the best e-learning experiences to students. But in the era of e-learning, eliminating digital clutter has become essential as students spend more time on screens throughout the day for learning or entertainment. Research from Guilford Journals suggests limiting social media use to 30 minutes daily can improve mental health and well-being. Others said you should limit screen time to at least three weeks to see noticeable changes. Constant use of technology can cause mental and physical stress for students and teachers. Using a smartphone or tablet for long periods can be tiring and harmful. Often, parents don’t know how to encourage their students to spend more time using digital devices because these devices fail to meet their children’s needs when they need them most. Some work and strategies may be needed to help students break free from digital

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