

The Review on the Digital Assistance and Societal Consciousness around Mental Health and Emotional Wellness

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Abstract: *Web-based entertainment has had sporadic improvements in terms of quantity, quality, and convenience over the past two decades. Just as an individual's body is nourished by consuming essential minerals through nutrition, the human brain is also nourished by the availability of nutrients for cognitive function. The advancement of technology has made information widely available today, providing a platform for discussion on the correlation between virtual entertainment and contemporary mental well-being. The field of HR has evolved in the modern era with the advent of the internet and social networking sites, becoming more friendly in the digital realm but less so in person. This virtual presence is causing the cutting-edge man to become isolated from other living beings, thereby impacting his overall harmony and physical and emotional well-being. Guardians, society, and scholars express concern over the increasing prevalence of interpersonal communication among adults in the contemporary day, as every advancement carries both beneficial and detrimental aspects. The continuing review aims to investigate the impact of virtual entertainment on psychological well-being. The specialist thoroughly examined and compiled substantial literature to fulfill the stated objective. The literature we have examined extensively demonstrates the vulnerability of the younger generation. Adolescence is a challenging stage in modern times as it is the early phase of life and is more likely to be associated with significant mental health concerns. The younger generation of our century is increasingly engaging in online entertainment in a manner that is particularly susceptible to mental health difficulties. Understanding the correlation between online entertainment and mental health problems is merely the initial step in gaining a deeper understanding of the current precarious scenario. The next step to gain insight into the interplay between these aspects of the current younger generation's lives is to investigate and understand the impact of internet entertainment on their mental well-being*

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