

An Exploratory Study on the Effects of Digitization on Indian Youth, Their Social Competencies and Intergenerational Relations, from Mumbai City

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Abstract: *This study explores the impact of constant digital connection, particularly smartphones, on youth. It examines how device use affects social behaviour, health, and family dynamics. The research investigates a gap where youth and parental perspectives haven't been combined. By analyzing consumption patterns and their impact on mental and physical health, the study aims to understand the complex consequences of digital dependence on young people and their relationships.*

Keywords: Youth, Digitization, Smartphone Use, Social Competencies, Mental Health, Anxiety, Cyberbullying, Parental perspectives, Social Media Usage, OTT platforms, Family Time