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From Trauma To Transformation: Community-Led Solutions For Mobile Mental Health And Environmental Sustainability

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Abstract

The contemporary world has changed as it has become a total techno operative as humans have lost their space and relevance. It has given new impetus and outlook on social functions as it has also brought in new challenges. The society has become holistic and integrated with the technology web rather than with humane associations. The techno giant has been giving directives on our human thinking, brain & activities. Mobiles have transformed our life. 3 decades before this device of communication has grown more bigger than humans could have ever imagined. This has become a gift for mankind as it has also become so addictive as man has lost his personal space and family engagement times. The Present paper is exploratory and conclusive in nature. This research is empirical and quantitative in its approach. Primary data for this study would be collected using survey method as questionnaire would be administered with 150 Indian youth who are the sample population. The primary data would be collected from Indian youth on an all India basis as the questionnaire would be sent using Google form as necessary information would be collected & analyzed. Data analysis would be done using SPSS as correlation & regression would be done. Demographic analysis would also be done. The study intends to provide an empirical model which can reduce mobile mental imbalances & increase human happiness along with environmental sustainability towards 2035.

Keywords: Mobile engagement, mobile mental health strategies, community led approaches, human happiness, mobile mental health, environmental sustainability.

INTRODUCTION

The origins of Human civilization have been nomadic in nature, as people were moving in search of food, water and shelter. Settlements were more prominent with the places which had water and food. Safety and shelter was another major priority as women took care of the settlements and men went in search of food as groups. This had established collective living and coordination which had given larger and greater benefits (Briggs & Peat, 2000). As water and food became scare, these groups moved together in search of relocating to other places. The word relocation would mean a change of place in residence which could be beneficial for some reason. This feature is considered to be temporary in nature. Once humans became adaptive to the environment and facilities in that relocated places – it became temporary settlements. This settlement would mean more organized way of activities as people lived in groups based on occupation or projects, which is common in cities. As these people find these locations more comfortable they tend to treat these temporary settlements in the long run as their permanent places of residence. The word migration would mean relocation or settlement of people or groups for a specific purpose for a longer period of time. The causes could be marriage, employment or search of new living.

The word society has its origins from Latin - Socius as this word could mean companionship, association and relationship. In this place a common bonding or association develops between people which could be mutually beneficial as it could be economic or non economic, purposive or friendly or it could also be coexistence. This also provides a sense of belonging, emotional connectedness and mental associations with people. The earlier origin of society has been simpler and clear with an oral understanding and common guidelines which features in management and control of it also. The word society also could mean that man is a common entity who coexists and lives with others. The meaning of the self and nature of self is derived with the association with others which could be family, friends, neighbors and groups which leads to communities and societies. So the formation of society begins with the relationship of man with others as it also ends with the relationship in the end. The coexistence and interdependent living of people with others in an organized way which facilitates mutual benefits which could be economic or non economic could be called as society(Postman, 2011). The social belongingness, associations, interrelationships and living in a coordinated way is the specific characteristic of society. Society is broader in nature which is all inclusive of all people as groups, communities and families are a part of it. The factors which contribute to the social integration of people which creates social organization and structure.

Ginsberg has defined society as" "A society is a collection of individuals united by certain relations or modes of behavior which mark them off from others, who do not enter into those relations or who differ from them in behavior". This implies that society is an organized form of people and their relationships in situations leads to the formation of society.

Giddings has said that "society is the union itself, the organization, the sum of formal relations in which associating individuals are bound together". The function of union and organization and its relationships which are bound for some personal or social motive which could be emotive or non emotive in

nature is called as societies. It can also be said that it is a process where people collectively live and associate together for a common motive which also could give pleasure or desired intent. It is the way of social activities which are carried out for mutual common purposes. Man by nature is social and coexistence is a need which needs to be fulfilled. As living is dependent on so many factors which cannot be effectively coordinated by a single person – the necessity for coordinated and mutual adjusted living is obviously known with societies.

Techno challenges

This has given new outlook and thinking as it has also made us more individualistic and more dependent on it. The nature of individual and social relations for mutual cooperation and coexistence has modified as this tool has evaded & eroded it totally. Personal satisfaction and gratification has become the priority with techno associations as mutual benefit and concern for others has reduced a lot. The techno machine is giant and vast as it has embraced the entire human community as it has made a replica of itself with man. Man has become more robotic, purposive and mechanical in thought, process and applications as he uses and converses with machine language. Emotions, feelings, sentiments and affection are slowly getting eroded as the principles of production, output and performances has become more important. Man has become more industrial in the twentieth century but he has continued to remain only industrious as the humane elements has been removed.

The conscious transformation of humane in to a human who works for 24 hours without personal and social life is the magical impetus given by technology. Technology has changed human life but it has modified humane nature, thinking, perception and total living. The colossal damages of technology have been huge as it has embraced human life as man has always felt it is impossible to live without technology. We must constantly and consistently remember that technology is a human invention and we have become horrible slaves who execute its command, as we feel the life is totally meaningless without it. All essential and basic functions of human life has been merged and integrated with technology so it is very hard to remain out of technology and life a peaceful life.

It is saddening to know that human perception and thinking has all the capabilities to explore and function independently as it has now modified in to techno devices. The nature of human thinking and exploration has reduced totally as we need techno impetus to think, function and deliver. Personal life has become more horrible as this technology has invaded our bedrooms as we prioritize it more than family and children. Techno engagement has made us techno addicts as this dreadful engagement is more poisonous than drugs and more intoxicating than liquor. However human exploration of technology has not stopped as the solutions for comfortable dependent living has been rising day by day. It is very doubtful that we could still claim that we are humans as we have conveniently forgotten the principles and nature of human life and living.

The organized way of living and our activities has been largely structured, determined with a techno focus which also measures our performances. We have hardly forgotten that we are humans and we do need rest and happiness. The search for happiness has resulted in creating this techno devil which has taken total control of human living. This techno devil has really surpassed our imagination, thinking and capabilities as it has become so inclusive in our personal and social living. Although we could see new innovations have provided comfort and sophistication to our living –the question remains that do we really need this technology and its applications? Man was more healthier, peaceful and happier without this techno invasion which has masterfully executed its plans for control of this universe. It is hard for us now to imagine a momentary life without it as we crave and create more without knowing the reason, destination or purpose. The techno process is as complex as we have really failed to define its purpose and scope as we feel rattled with its organic holistic integrative behavior and control. The nature of control is as dominating as we continue to function as an element to obey its commands and operate on time without having personal time, rest or play. Work was a choice in the traditional days – but personal life and happiness is a choice of modern days as man has to squeeze time for it. Technological solutions have been dramatic as it can hold control of man and his activities 24x7 and monitor effectively. The world without technology is impossible now as we need to think how we can reduce disasters, calamities and problems due to this techno invasive demon which has integrated the world like the cloud on the sky.

The search is on to evacuate this techno demon from human life – but it requires humane thinking, peace, comfort and self management practices. All these do remain as concepts as man is aware of it but has failed to know the process to control this dirty demon. The noise of the mobile makes us aware of the new updates and messages from global communities as it has really become very hard to keep it silent. Techno stress and frustration is very common with us as we feel that replacement or new devices has to be bought for our living. Technology is the right arm more important than family and friends which associates with them as well. As humans slowly created techno devices and gadgets which can make it more personal and comfortable – the dependability on it has become too very large as we are willing to replace anything and everything for it. The cost of technology is not the cost at which we buy and use it – but the cost of our personal memory, thinking and functioning at our ease is totally lost as we have become more like a machine. The tool which we created has made us work like machine and animals – which is the sad story. Only we wish that this techno story does not end in its own way as we must remember that we are the masters and destinators who can provide new progressive pathways to it. But lot of damages has already been done and it is too late to modify, change or alter this pathway.

Researchers have warned on the origins of technology and its detoriating effects which can affect mankind and their living. These tools can be used as a substitute for human usage but it is found that these tools have emerged as the power centers which control human behavior, thinking and outcomes. This is clearly explained in the following lines as: “Techniques, tools, and artifacts in fact make up a kind of ascending series of more or less stable "spaces" within which human beings make-that is, produce-their world.

But I am not sure that we should call an inquiry into them, or the processes by which and within which they arise, technology. The critical point here is that each space is, or relies upon, or is constituted by embodied knowledge" (as quoted by(Innis, 2003), original emphasis). The world of technology is creating human lives and its spaces which is really tragic and its implications needs to be studied and evaluated which is attempted with this research study.

Technology is an effective combination of technique and skills which can be applied and operated in specific conditions. This is a skillful art which has to be managed with real time skills which can provide impact and outcomes. However it is also known that this artistic tool has to be handled very effectively which can increase productivity. But in most of the cases it has been found that it has destructive effects which make inhuman behavior & machine like approaches. Although the usage of technological tools leads to desirable end results, it may not lead to prosperity and development of humane societies which is a real challenge. The purpose of technology has been clearly explained in the following terms as;" Technology is understood to consist of principles, processes, and nomenclature of the more conspicuous arts, particularly those which involve applications of science, and which may be considered useful, by promoting the benefit of society, together with the

emolument of those who pursue them". The intention of technology is to produce desired benefits of society which does not happen always. This discomforting technology and its disastrous effects need to be studied and evaluated which has been attempted in this thesis. It is also known and evident that these techno applications have a specific pattern and it has been explained in the following lines as:"Technologies …consist of component building blocks that are also technologies, and these consist of subparts that are also technologies, in a repeating (or recurring) pattern". Although it could be repetitive which can be dealt with the desirous effects of technology could not be achieved as it also has some side effects on society and its performances. These unwanted side effects of technology and its applications for society need to be studied and evaluated which has been attempted in this study.

The Pythagorean concept of technology is an effective combination of biological sciences, historical approaches and its implications on society. Patents, major and minor inventions, research contributions with R &D impetus are the measures. But this approach avoids and totally neglects humane situations and considerations. The effects on society and its impact on development and sustainability have not been taken in to consideration which has been attempted with this research study. Inventions and innovations of technology cannot be measured as the single factor for progress of society as welfare and well being of its citizens have to be taken in to consideration also. However it is known and found that this technological impact on social welfare and humane well being has not been evaluated or studied as this has been attempted in this study.

Systems approach to technology focuses on the functional aspects and dimensions only. The technical functions of technology and its implications on social activities and outcomes needs to be studied and evaluated. The systems approach is rigid and structured as it has desired outcomes which are achievable – but it cannot be attributed as technological success.

LITERATURE REVIEW

Considerable number of research had been done an evaluative research on the role of cities and its impact on mental health. This study investigates the role of built environment & lifestyle factors and mental orientations & sustainable environmental practices in Barcelona. This study is an evaluation on various environmental factors & its deepening effects on physical stability, mental health on various age groups, sex & duration of residence in Barcelona.

This study is an attempt to provide new impetus and solutions towards it in Indian context which also has not been attempted till now. The next section would deal with research methodology aspects.

RESEARCH METHODOLOGY

This study aims to provide various dimensional aspects of mobile mental health and environmental sustainability and its pathways towards Indian community led solutions. This study aims to give Indian Community-Led Solutions for mobile Mental Health and Environmental Sustainability. The role and impact of individual, family, organizational, community and policy level interventions on mobile Mental Health and Environmental Sustainability would be assessed. The nature and extent of mobile depression prevalent in post pandemic era & its impact on Indian community would be evaluated. The role of various group oriented interventions mechanism on reduction of mobile device depression and anxiety in Indian community would be assessed. This study would provide transformative approach of mobile technology from trauma to effective transformations of Indian community towards proactive practices for 2035.

The specific research questions are framed by the investigator as Objectives of the study To assess various dimensional aspects of mobile mental health and environmental sustainability, To evaluate the challenges & issues in Indian Community-Led Solutions towards mobile Mental Health and Environmental Sustainability, To determine the role and impact of individual, family, organizational, community and policy level interventions on mobile Mental Health and Environmental Sustainability, To find the nature and extent of mobile depression prevalent in post pandemic era & its impact on Indian community.

The Sample of the study 150 indian youth selected by using stratified random sampling techniques This research is empirical and quantitative. Primary data for this study would be collected from 150 Indian youth using survey method & administering Questionnaire with Google form. The primary data would be collected from Indian youth using a structured questionnaire (Carter et al., 2023) (Bonnell & Hunt, 2023) as information would be collected on various factors – demographic factors like age, income, organization and gender along with types of mobile engagement along with anxiety & depression issues. Correlation Regression value and significance: Regression score were find out for analyzing data.

ANALYSIS AND FINDINGS

1. This study would determine the role of mobile device, anxiety and depression on Indian community mental health

2. The impact of mobile device, anxiety and depression on Indian community mobile mental health towards environmental sustainability would also be given
3. The study would identify specific community led practices for mobile mental health towards 2030
4. The study intends to provide an SEM model on Indian community mobile mental health towards environmental sustainability. This would ensure that effective implementation of community led practices for mobile mental health & environmental sustainability towards 2030

Table 1: Demographic analysis

Age	**Frequency**	**Percent**
18 - 25 years	144	96.00
26 - 30 years	6	4.00
Gender	**Frequency**	**Percent**
Male	44	29.30
Female	106	70.70
Current Experience	**Frequency**	**Percent**
Less than 5 years	91	60.70
5 - 10 years	59	39.30
Occupation	**Frequency**	**Percent**
Working	52	34.70
Others	98	65.30
Education	**Frequency**	**Percent**
Completed Schooling	2	1.30
Completed Undergraduation	92	61.30
Completed Masters	56	37.30
Total years of experience	**Frequency**	**Percent**
Less than 5 years	82	54.70
5 - 10 years	68	45.30
Monthly Income	**Frequency**	**Percent**
Less than Rs. 50,000	146	97.30
Rs. 50,001 - Rs. 1,00,000	4	2.70
Total	150	100.00

The demographic analysis offers a detailed examination of the respondent characteristics in the survey. The age distribution indicates that a significant majority of participants, 96%, belong to the 18-25 years age group, suggesting that the research mostly reflects the perspectives of young people. The 26-30 age group constitutes just 4% of the responses, indicating a negligible presence from somewhat older persons. This demographic bias implies that the results mostly represent the viewpoints and experiences of younger persons, perhaps signifying that the research centres on an emerging workforce, students, or early-career professionals. The gender distribution in the sample indicates that 70.7% of respondents identify as female, whilst 29.3% identify as male. This notable gender imbalance indicates that women represent a greater segment of the study cohort, potentially affecting viewpoints on many study variables, particularly if the research relates to

workplace dynamics, career advancement, or personal development. The increased female representation may signify enhanced engagement by women in the examined field or suggest a deliberate sample selection.

Table 2: Group-oriented interventions mechanism can induce reduction of mobile device depression and anxiety in the Indian community

Correlations	Anxiety and depression	Mobile Mental Health	Policy level intervention s	Mobile Depressi on	Group oriented interventions	Environment al sustainability
Anxiety and depression	1	.939**	.930**	.942**	.957**	.938**
Mobile Mental Health	.939**	1	.955**	.942**	.940**	.953**
Policy level interventions	.930**	.955**	1	.959**	.955**	.968**
Mobile Depression	.942**	.942**	.959**	1	.959**	.954**
Group oriented interventions	.957**	.940**	.955**	.959**	1	.968**
Environment al sustainability	.938**	.953**	.968**	.954**	.968**	1

The correlation between anxiety and depression and mobile depression (r = .942) underscores the interrelatedness of digital mental health activities and mental health outcomes. The phrase "mobile depression" presumably denotes the monitoring, management, or impact of depressive symptoms via mobile platforms. The robust link indicates that individuals suffering from anxiety and depression are likely to have their symptoms represented in mobile depression monitoring systems. This also suggests that mobile apps may be proficiently detecting and addressing mental health issues, so affirming their potential as helpful instruments for psychological well-being. The correlation between group-oriented therapies and anxiety and depression is notably strong (r = .957), indicating that social support systems, peer interactions, and community-based strategies are extremely successful in addressing anxiety and depression. Group therapies, including therapy sessions, peer support groups, or organised mental health programmes, are essential for cultivating emotional resilience. The robust correlation between these factors suggests that initiatives aimed at enhancing social engagement substantially mitigate individual mental health issues.

There is a very strong association (r = .968) between policy-level interventions and environmental sustainability, suggesting a possible connection between mental health policy frameworks and wider sustainability efforts. This may imply that holistic policies target mental well-being while also including aspects of environmental sustainability, indicating a complete approach to health and well-being. This conclusion corresponds with growing evidence indicating that a sustainable environment enhances mental health outcomes. The robust correlation may be attributed to green areas, sustainable urban design, and programmes that enhance mental well-being via exposure to nature. The correlation between mobile mental

health and policy-level initiatives is very robust (r = .955), underscoring the critical role of policy support in promoting mobile-based mental health solutions. Well-formulated rules guarantee that mobile mental health apps and platforms are properly regulated, accessible, and broadly available. The strong link indicates that as policies strengthen and provide more support, mobile mental health services enhance their efficiency and effectiveness. The robust positive association between group-oriented therapies and environmental sustainability (r = .968) is especially noteworthy, indicating a possible connection between collective mental health strategies and environmental awareness. This may suggest that community-oriented mental health projects also integrate sustainability activities, demonstrating a comprehensive commitment to holistic well-being including both human and environmental health.

Table 3: Regression analysis

Model	Sum of Squares	df	Mean Square	F	p value
Regression	439.593	5	87.919	709.364	.000b
Residual	17.847	144	0.124		
Total	457.44	149			
Coefficientsa	B	Std. Error	Beta		
(Constant)	-0.232	0.056		t	p value
Anxiety and depression	-0.025	0.06	-0.026	-0.411	0.68
Mobile Mental Health	0.197	0.064	0.194	3.077	0.00
Policy level interventions	0.38	0.078	0.354	4.891	0.00
Mobile Depression	0.043	0.071	0.043	0.611	0.54
Group oriented interventions	0.462	0.08	0.431	5.748	0.00

The regression analysis elucidates the impact of several independent factors on the dependent variable. The model has robust predictive capability, shown by the F-statistic (709.364, p < .001), affirming its statistical importance. The substantial regression sum of squares (439.593) relative to the residual sum of squares (17.847) indicates that the independent variables account for a considerable amount of the total variation in the dependent variable, hence affirming the model's robustness. Analysis of the regression coefficients reveals that the constant term (- 0.232, p < .001) implies a negative predicted value for the dependent variable when all independent variables are set to zero. While this may lack practical interpretation, it suggests the potential influence of external factors not accounted for in the model on the outcome. The coefficient for Anxiety and Depression (-0.025, p = 0.68) is negative and statistically insignificant, indicating that variations in anxiety and depression levels do not substantially affect the dependent variable. This conclusion indicates that although anxiety and sadness are significant psychological elements, they may not have a direct or independent influence on the anticipated outcome when other factors are concurrently evaluated.

Test of hypothesis

H1: Mobile engagement among Indian youth has led to anxiety, depression which has affected mental health and environmental sustainability among Indian youth

	Environment al sustainability						T ot al
Anxiety and depression	To an Extremely Large Extent	To a Very Large Extent	To a Large Extent	To a Moderate Extent	To a Small Extent	To an Extremely Small Extent	
To an Extremely Large Extent	48	12	0	0	0	0	60
To a Very Large Extent	18	6	0	0	0	0	24
To a Large Extent	6	0	12	0	0	0	18
To a Moderate Extent	0	0	0	12	0	0	12
To a Small Extent	0	0	0	0	18	0	18
To an Extremely Small Extent	0	0	0	0	12	6	18
Total	72	18	12	12	30	6	150
Chi-Square Tests	Value	df	p value				
Pearson Chi-Square	424.792a	25	0.00				
Likelihood Ratio	305.579	25	0.00				

The examination of mobile participation among Indian adolescents indicates a notable correlation between anxiety, depression, mental health issues, and environmental sustainability. The cross-tabulation data indicates that a significant percentage of Indian youngsters experiencing severe anxiety and depression also report a substantial effect on environmental sustainability. Forty-eight respondents who feel anxiety and despair to a considerable degree also recognise a similarly substantial effect on environmental sustainability. Eighteen respondents indicating a significant level of anxiety and sadness also recognise a considerable impact on environmental sustainability. This trend persists among those facing significant or moderate mental health issues, further highlighting the relationship between psychological discomfort and views on sustainability. A significant change in views of environmental sustainability happens when anxiety and depression levels diminish. Individuals who express little or negligible levels of anxiety and sadness often exhibit less awareness of environmental sustainability issues. Eighteen respondents with mild anxiety and depression express limited worries about sustainability, and another eighteen respondents with negligible anxiety and

depression exhibit the least recognition of sustainability problems. This pattern suggests that those experiencing greater mental health troubles are more inclined to link these difficulties to environmental reasons, either owing to elevated stress, more knowledge, or a heightened feeling of urgency about sustainability issues.

The Chi-square test findings further substantiate the importance of this link. The Pearson Chi- square value of 424.792 and a p-value of 0.00 indicate a very significant correlation between anxiety, depression, and views of environmental sustainability among Indian adolescents. The likelihood ratio test, producing a p-value of 0.00, corroborates this conclusion, suggesting that the observed association is not attributable to random chance but signifies a substantive pattern in the data. The degrees of freedom (df = 25) indicate that several answer categories were examined, yielding a thorough evaluation of the relationship between mental health and environmental issues

H0: Mobile Mental Health and Environmental Sustainability is not possible with Indian youth

	Environment al sustainability						T ot al
Mobile Mental	To an Extremely	To a Very Large	To a Large	To a Moderate	To a Small	To an Extremely	
Health	Large Extent	Extent	Extent	Extent	Extent	Small Extent	
To an Extremely Large Extent	36	6	0	0	0	0	42
To a Very Large Extent	36	12	0	0	0	0	48
To a Large Extent	0	0	12	0	0	0	12
To a Moderate Extent	0	0	0	6	0	0	6
To a Small Extent	0	0	0	6	24	0	30
To an Extremely Small Extent	0	0	0	0	6	6	12
Total	72	18	12	12	30	6	150
Chi-Square Tests	Value	df	p value				
Pearson Chi-Square	428.679a	25	0.00				
Likelihood Ratio	303.355	25	0.00				

The examination of mobile mental health and environmental sustainability among Indian adolescents indicates a robust and substantial correlation between these two variables. The study indicates that persons who experience mobile mental health issues to a significant degree also recognise a considerable effect on

environmental sustainability. Thirty-six respondents who encounter mobile mental health concerns to a significant degree also recognise a substantial influence on environmental sustainability. Likewise, 36 responders indicating significant mobile mental health problems also correlate this with a heightened awareness of environmental sustainability. This pattern suggests that individuals facing mental health challenges associated with mobile engagement are more inclined to acknowledge environmental sustainability as a concern, potentially due to heightened exposure to digital discourse on climate change, ecological degradation, and the enduring ramifications of unsustainable practices. An analysis of the data indicates that a reduction in mobile mental health difficulties correlates with a drop in the acknowledgement of environmental sustainability concerns. Twelve respondents who express significant mobile mental health problems correlate this with a substantial awareness of sustainability difficulties, whereas six respondents with moderate worries recognise sustainability to a modest degree. Notably, among persons with less mobile mental health difficulties, a significant change in perception is seen. Thirty respondents with minor mobile mental health difficulties have a similarly limited understanding of environmental sustainability, whilst twelve respondents with negligible mobile mental health issues demonstrate the least concern for sustainability. This declining trend indicates that individuals less impacted by mobile mental health issues may not regard environmental sustainability as a critical concern, possibly due to diminished exposure to digital environmental discussions or a lesser sense of urgency regarding global sustainability challenges.

The Chi-square test findings validate the significant statistical correlation between mobile mental health issues and beliefs of environmental sustainability among Indian adolescents. The Pearson Chi-square value of 428.679 and a p-value of 0.00 demonstrate that this link is extremely significant and not attributable to random chance. The likelihood ratio test, which produced a p-value of 0.00, further substantiates the validity of these results, indicating that mobile-induced mental health issues significantly affect environmental awareness. The degrees of freedom (df = 25) indicate that several answer categories were evaluated, enabling a thorough analysis of this connection. These results underscore a significant concern about how digital engagement, especially excessive cellphone use, is affecting the mental health of Indian young and their perspectives on sustainability. The significant correlation between mobile mental health difficulties and views of environmental sustainability indicates that those experiencing digital-induced stress, anxiety, or depression may be more likely to participate in debates about environmental matters. This may be ascribed to the excessive volume of information present on digital platforms, which often emphasise the adverse effects of climate change, pollution, and environmental degradation. Consequently, persons with elevated mobile mental health difficulties may forge a deeper connection to sustainability challenges owing to enhanced cognitive and emotional involvement with digital information.

H1: Individual, family, organizational, community and policy level interventions cannot reduce mobile Mental Health and Environmental Sustainability

	Environmental sustainability						Total
Policy level interventions	To an Extremely Large Extent	To a Very Large Extent	To a Large Extent	To a Moderate Extent	To a Small Extent	To an Extremely Small Extent	
To an Extremely Large Extent	54	6	0	0	0	0	60
To a Very Large Extent	18	12	0	0	0	0	30
To a Large Extent	0	0	12	0	0	0	12
To a Moderate Extent	0	0	0	12	0	0	12
To a Small Extent	0	0	0	0	30	6	36
Total	72	18	12	12	30	6	150
Chi-Square Tests	Value	df	p value				
Pearson Chi-Square	468.750a	20	0.00				
Likelihood Ratio	326.618	20	0.00				

The correlation between policy-level initiatives and environmental sustainability concerning mobile mental health among Indian adolescents demonstrates noteworthy results. The data indicates a significant correlation between persons who acknowledge the importance of policy- level actions to a considerable degree and their perceptions of environmental sustainability. Fifty-four respondents who assert that policy-level initiatives may have a significant influence also recognise environmental sustainability problems to a considerable degree. Eighteen respondents who see policy-level initiatives as extremely successful also correlate them with a significant degree of sustainability awareness. This trend suggests that individuals who trust in the efficacy of policy-driven solutions are likely to acknowledge their influence on sustainability outcomes, potentially owing to the prevalent discussions surrounding environmental governance, digital well-being regulations, and policy-oriented sustainability initiatives. Nonetheless, a transition transpires as the perceived efficacy of policy initiatives diminishes. Among respondents who see policy interventions as having only a significant or moderate effect, the proportion recognising a considerable link to environmental sustainability diminishes. Twelve respondents acknowledge both policy-level interventions and environmental sustainability to a significant degree, but another twelve see the influence of policy interventions as just modest. This reduction indicates that while policy solutions are seen as significant, their perceived influence may vary across various

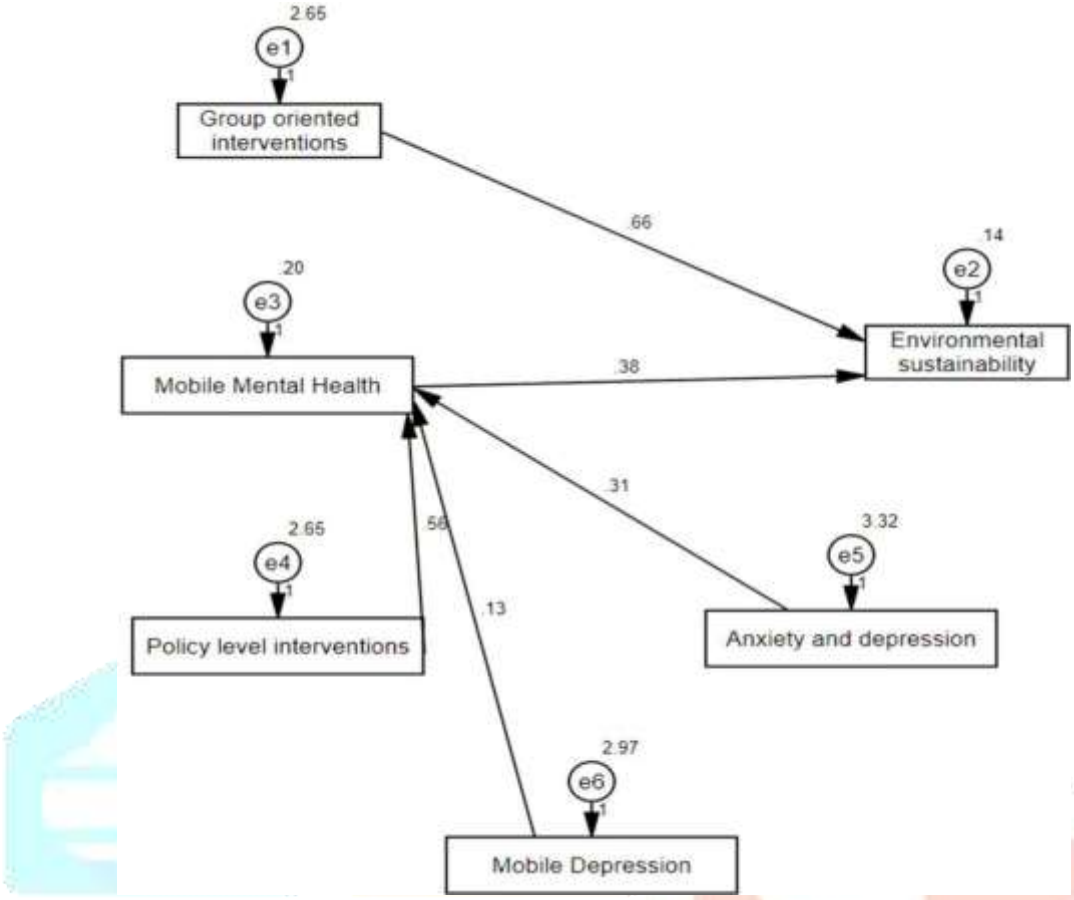
degrees of participation with environmental sustainability. Certain people may perceive that legislative changes, although essential, are inadequate in tackling entrenched problems pertaining to mobile mental health and environmental challenges.

HO: Mobile depression is more prevalent in post pandemic era & its impact on the Indian community is negative

	Environmental sustainability						Total
Group oriented interventions	To an Extremely Large Extent	To a Very Large Extent	To a Large Extent	To a Moderate Extent	To a Small Extent	To an Extremely Small Extent	
To an Extremely Large Extent	54	6	0	0	0	0	60
To a Very Large Extent	18	12	0	0	0	0	30
To a Large Extent	0	0	12	0	0	0	12
To a Moderate Extent	0	0	0	12	0	0	12
To a Small Extent	0	0	0	0	30	6	36
Total	72	18	12	12	30	6	150
Chi-Square Tests	Value	df	p value				
Pearson Chi-Square	468.750a	20	0.00				
Likelihood Ratio	326.618	20	0.00				

A significant number of respondents—54 individuals—assert that group-oriented therapies may greatly alleviate the detrimental impacts of mobile depression, while also recognising environmental sustainability as a crucial component of this initiative. Furthermore, 18 respondents strongly endorse this perspective, bolstering the assertion that collaborative endeavours, including awareness campaigns, community-oriented mental health programmes, and digital detox initiatives, are perceived as viable solutions to mitigate mobile depression and its wider societal ramifications. This indicates that consumers' perceptions of mental health therapies are intricately connected to their attitudes towards environmental sustainability. Individuals who assert that community-based interventions can mitigate mobile depression are also inclined to acknowledge their contribution to fostering sustainable behaviours, potentially stemming from common apprehensions regarding digital consumption, excessive dependence on technology, and the overarching consequences of mobile addiction.

Structural Equation Model



The model recognises Mobile Mental Health as a pivotal construct shaped by Group- Oriented Interventions and Policy-Level Interventions, while concurrently affecting Environmental Sustainability, Anxiety and Depression, and Mobile Depression. Each link is measured using standardised path coefficients, elucidating the intensity and direction of these correlations. A significant discovery in the model is the substantial impact of Group-Oriented Interventions on Mobile Mental Health, shown by a path coefficient of 0.66. This indicates that community-driven initiatives, such peer support groups, collaborative treatment sessions, and social engagement programmes, are essential in augmenting mobile mental health initiatives. The elevated coefficient indicates that promoting group-oriented mental health treatments might substantially enhance the efficacy of mobile mental health solutions.

Likewise, Policy-Level Interventions significantly influence Mobile Mental Health, shown by a path coefficient of 0.56. This underscores the significance of systemic solutions, including governmental policies, organisational strategies, and regulatory measures, in influencing mobile mental health outcomes. Robust policies that facilitate mental health accessibility, affordability, and integration within current healthcare frameworks may significantly augment the efficacy and influence of mobile mental health programmes. The influence of Mobile Mental Health on several factors is complex. The most significant observable effect is its impact on Environmental Sustainability, shown by a path coefficient of 0.38. This discovery highlights the relationship between mental health and sustainable activities. A psychologically resilient populace is more inclined to participate in pro-environmental actions, embrace sustainable practices, and support community-

based ecological projects. This association underscores that mental health treatments cannot not function in isolation but should be included into comprehensive sustainability initiatives. Moreover, Mobile Mental Health impacts Anxiety and Depression (0.31) and Mobile Depression (0.13), indicating its function in alleviating psychological discomfort. The direct effect on Mobile Depression is less pronounced, although it is still considerable, indicating that mobile mental health treatments are fairly successful in reducing depressed symptoms. The pronounced impact on anxiety and depression suggests that digital mental health solutions may be especially advantageous in managing stress and anxiety- related disorders, perhaps owing to their immediacy, accessibility, and interactive characteristics.

Variables	Variables	Estimate	S.E.	C.R.	P
Mobile Mental Health	POL	0.556	0.023	24.582	0.00
Mobile Mental Health	Anxiety and depression	0.313	0.02	15.476	0.00
Mobile Mental Health	Mobile Depression	0.126	0.021	5.885	0.00
Environmental sustainability	GRP	0.661	0.019	34.452	0.00
Environmental	Mobile Mental Health	0.38	0.026	14.385	0.00
sustainability					

The relationship between mobile mental health and policy-level interventions (POL) shows a strong and statistically significant association, as indicated by an estimate of 0.556 with a critical ratio (C.R.) of 24.582 and a p-value of 0.00. This suggests that policy-level interventions have a substantial impact on mobile mental health, reinforcing the idea that government regulations, workplace policies, and institutional frameworks play a crucial role in shaping digital wellness. The significant estimate implies that structured interventions, such as screen time policies, digital detox initiatives, and awareness programs, can positively influence mobile mental health outcomes. The connection between mobile mental health and anxiety and depression is also statistically significant, with an estimate of 0.313, a critical ratio of 15.476, and a p-value of

0.00. This indicates that mobile mental health concerns are closely linked to anxiety and depression, suggesting that excessive screen time, social media dependency, and digital stressors contribute significantly to mental health deterioration. The relatively strong relationship emphasizes the need for preventative strategies, such as counseling services, digital well-being education, and self-regulation mechanisms, to mitigate the adverse effects of mobile overuse on

FINDINGS OF THE STUDY

This research indicates that tackling mobile mental health issues among Indian adolescents may provide twofold advantages: enhancing their psychological well-being and promoting a more proactive and mindful attitude to sustainability. Combining mental health awareness programmes with environmental education activities may mitigate the negative impacts of mobile-induced anxiety while concurrently fostering responsible environmental conduct. Furthermore, digital platforms have to prioritise the curation of balanced material that not only educates but also offers solutions and coping mechanisms to alleviate tension and anxiety associated with environmental issues. The research underscores the need for a comprehensive approach to young well-being, integrating mental health treatment with sustainability education. The growing dependence on mobile technology poses both difficulties and possibilities, making it essential to regulate digital interaction in a manner that promotes healthy mental health outcomes and cultivates environmental stewardship.

These results underscore a significant issue: whereas policy-level interventions are seen as impactful, they are not generally considered the most effective remedy for tackling mobile mental health difficulties and environmental sustainability issues among Indian adolescents. A considerable segment of the community remains doubtful about the capacity of policy-driven initiatives to effectuate substantial change in these domains. This scepticism may stem from inadequate enforcement of current rules, sluggish implementation of legislation, or the belief that regulations alone cannot alter entrenched behavioural patterns shaped by mobile addiction and digital engagement. In light of these facts, governments and stakeholders must adopt a more holistic strategy to tackle mobile mental health and sustainability challenges. Government rules concerning digital well-being, smartphone use, and environmental preservation are crucial; nevertheless, they must be supplemented by interventions at the individual, familial, organisational, and communal levels to provide a comprehensive solution. Educational programmes, digital detox initiatives, business sustainability policies, and grassroots awareness campaigns must collaborate with governmental efforts to optimise effect.

Nonetheless, the results indicate an increasing apprehension over the constraints of community- driven solutions in tackling mobile depression and its adverse effects on the Indian community. The post-pandemic era has seen an extraordinary increase in screen time, social media dependency, and digital exhaustion, resulting in extensive psychological anguish. Group- oriented interventions, including mental health awareness campaigns, peer support networks, and workplace wellness initiatives, are essential for addressing these challenges; however, they must be supplemented by individual behavioural modifications, policy-level reforms, and technological protections to achieve a sustainable effect. The environmental sustainability dimension of this problem is especially pertinent with digital usage. The rise in smartphone use has resulted in increased e-waste generation, heightened energy consumption, and unsustainable digital practices, hence intensifying environmental issues. The research indicates that persons advocating for group-oriented mental

health therapies may also acknowledge the need for sustainable digital behaviours, including responsible e-waste disposal, less screen time, and mindful technology use. Individuals who see group-oriented solutions as ineffective may also exhibit less engagement with the environmental consequences of digital reliance. These data indicate that tackling mobile-induced melancholy in the post-pandemic age requires a multifaceted strategy. Group interventions are beneficial, but they need reinforcement via institutional support, legislative frameworks, and technology breakthroughs to effectuate sustained change. Digital well-being legislation, corporate accountability in mitigating excessive digital work demands, parental restrictions for minors, and the incorporation of mental health services inside digital platforms might provide more holistic solutions. Furthermore, increasing knowledge of the environmental impact of excessive mobile use, together with incentives for sustainable digital consumption, may promote more responsible behaviour among Indian youth.

- Mobile device-related mental health issues, such as depression and anxiety, have increased significantly in the post-pandemic era in India. Prolonged use of mobile devices, particularly social media, has been linked to rising rates of mental health challenges.
- The environmental sustainability of mobile technology is a significant concern, given the increased production and disposal of mobile devices.
- Support systems at various levels—family, organizational, and community—play a critical role in mitigating the negative effects of mobile device-related depression and anxiety.

SUGGESTIONS OF THE STUDY

1. Since young people are especially vulnerable to the negative impacts of mobile devices, tailored programs targeting school-aged children and young adults should be prioritized. These programs should focus on healthy digital habits, social media mindfulness, and coping mechanisms for online pressures.
2. By adopting these suggestions, India can move toward creating a balanced approach where mobile technology serves both mental health and environmental sustainability needs, helping communities transition toward healthier practices by 2035.

CONCLUSION

The success of technology could be defined as it must increase the well being of the members which has been very limited. As the disastrous and undesirous effects of technology have to be measured as this study is a critical and evaluative examination of these factors and dimensions in societies. The economic orientation of technology by nature assumes and functions on the principles of economic benefits and welfare only. Income, productivity, cost and profits could be the factors of measurement. It is also known that economic benefits alone cannot justify technology and its implications. There is a need for more evaluations on other factors which could lead to social balance. However as the industrial society is profit & performance oriented – it is very difficult to reach out from this conceptual orientation. The non economic goals of technology and social achievement and prosperity need to be evaluated properly. However it is known that the dimension of mobile mental health and environmental sustainability and its pathways towards community led

solutions has not been dealt with which is attempted in this study. This study would provide transformative approach of mobile technology from trauma to effective transformations of Indian community and its proactive practices which has been dealt for the first time with this study. The next section would deal with literature review aspects.

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