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## Digital Technology to Improve the Mental Health of Students in Higher Education

<sup>1</sup>Dr. Rituraj Trivedi

<sup>2</sup>Dr. Preeti Rani Mishra,

<sup>1</sup>Assistant Professor, Department of English & Foreign Languages, IGNTU, Amarkantak, M.P.

<sup>2</sup>Assistant Professor, Department of Library & Information Science, PSSOU, Bilaspur. C.G.

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### Abstract

By providing them control over their learning processes, linking education to their digital lives, and preparing them for the future as we move towards individualized learning, digital technology empowers students. Digital technology and easy access to materials outside of the classroom inspire students to grow as problem solvers, critical thinkers, collaborators, and creators. Students whose teachers successfully use technology in the classroom develop a lifelong passion of learning. Education professionals are always trying to personalize learning for pupils. Digital technology may help them achieve new heights by giving them access to longitudinal data, content, real-time student data, applications, and other tools. the development of blended learning and the use of digital technology for formative and summative evaluations

College and university systems must make the difficult decision of which digital technology models and devices would best assist their efforts to revolutionize education. Device selection should be made after consulting with numerous stakeholders and taking into account how instructors and students use the devices for everyday learning. Stakeholders should take into account the appropriate grade-level curriculum, content requirements, and how the devices will be utilized in and outside of the classroom. It might be challenging to pick the right device, but elements like compatible digital curricula and material, assessment requirements, management choices, security features, device performance, and total cost of ownership are essential.

**Keywords:** Digital Technology, learning, knowledge, efficiency,

### Introduction

Positive psychology-based digital technologies can boost resilience, happiness, and well-being in students who are having a hard time adjusting to college. Some technologies provide users with daily sets of activities and deliver interventions online as individual workouts. An app that emphasized strategies based on cognitive-behavioral therapy, positive psychological therapies (such as gratitude, kindness, and strengths-building), and/or mindfulness-based stress-reduction techniques was recently the subject of a randomized, controlled trial to assess its effectiveness. When compared to a control group who only participated in one or two of the app's two or three activities each week, participants who used it for the full eight weeks had post-intervention reductions in anxiety and depression as well as gains in resilience. Since students are already plugged into technology for the majority of their college hours, digital technology may help expand mental health services to those who desire support and may also help reach students who would otherwise avoid getting therapy. It's likely that technology can provide a new access point for students seeking mental health care, even though other studies have cautioned that excessive use of technology and social media may put students at risk for increased stress and feelings of social isolation. The use of technology for both prevention and therapy, which are both essential for effectively addressing mental health disorders, will be the key to success in this field. Information, instruction, and interventions related to mental health that are provided through mobile applications and websites fall under the category of digital mental health. These interventions may be

provided independently or in conjunction with expert assistance. The available technologies are practical and widely used. Additionally, they provide total anonymity, which reduces some stigma, especially for students who are hesitant to use in-person services. Digital treatments, according to a recent meta-analysis, can help students who are depressed, anxious or stressed out. Given their digital literacy, many people would prefer mobile methods of treatment and monitoring, and digital mental health can be provided alone or in conjunction with professional care. Digital mental health services might be combined with wearable devices for ambulatory needs assessment in addition to texting or conventional internet technology. It's possible that these apps have sensors built in to track regular behavior patterns and alert users to any observed behavioral changes that may be alarming (such as changes in voice or speech tone, sleep pattern problems, changes in typing speed, or overall activity levels). Other applications can be used to connect students to a peer counselor or to a healthcare professional. Some apps are standalone programs that concentrate on knowledge, memory, or thinking skills improvement.

### **The issue in student mental health and the impact of technology-**

All universities and colleges struggle with the difficulty of preserving the mental and physical health of their students. As the strain on student support services has grown over time, higher education institutions have turned their attention more toward the well-being of their students. The creation of a healthy student experience depends heavily on well-being and mental health, with any problems having an effect on both social and academic life. Digital technology can enable students to receive quick and direct care, assisting institutions in protecting the mental health of students, and enabling teachers and support staff to efficiently recognize and address students' needs. The situation has only gotten worse after the Covid-19 pandemic. Student well-being has been adversely impacted by the shift to online academic delivery and the severe impact on on-campus social life—or rather, its absence—during the pandemic. Student support services have had to quickly adjust to changes in all facets of university life. Institutions are taking proactive measures to address this escalating situation, identifying at-risk students and providing support as quickly as feasible. Early interventions, effective crisis management procedures, and prompt treatment referrals are the goals of institutions.

The Covid-19 pandemic has significantly altered the social and academic experiences of students at Higher Education institutions in various sectors. Coronavirus, according to 68% of the students questioned, poses a serious or significant risk to their bodily or mental health. in the Indian Government's most recent Student Covid-19 Insights Survey. Increased unpredictability and significant changes to students' social and academic life have had a detrimental impact on students' wellness. The Covid-19 epidemic presented universities with the task of modifying support services to be remote due to digital capabilities. Naturally, there will be fewer face-to-face services and drop-in centers on campus. It's possible that this had an impact on how situations were handled and support was given normally. These new procedures and methods of operation can be viewed as an opportunity to raise the long-term efficacy of support services, nevertheless. In order to effectively address student concerns, a coordinated approach between educational staff and support personnel is essential. One of the best instruments for achieving a coordinated response is student assistance software. The handling and evaluation of student inquiries concerning their general or mental health are one of the key responsibilities of support services. A system for managing student queries will efficiently and effectively coordinate support requests and services in one location. In order to ensure that students receive a response fast and effectively, effective communication techniques are crucial. When studying remotely due to the Covid-19 epidemic, a real-time chat feature can help students quickly access support services. This is crucial. All correspondence with a student should be securely logged in one location, ensuring that their unique needs are taken into

account. To notify the student, student services, staff members, or guardians of any changes, automated alerts can be set up.

### **Improving Teaching with Digital Technology for Students by Universities and Colleges-**

Access to a variety of support services is made easier with an online student support portal. Through various channels, students can submit and handle assistance requests on their own schedule. Students can submit new inquiries by email or online forms, and these submissions are automatically entered into the inquiry management software. A support portal is a feature of the student support software that enables remote appointment scheduling and request tracking for students. Additionally, an online knowledge base provides quick solutions to common issues, giving students access to the information they need right now. The Student Support & Wellbeing program is made to work with current student management systems without any issues. It provides colleges with the resources necessary to engage, mentor, and empower students. It streamlines student support in a single location and was created especially for the higher education sector. The answer to handling queries and support services in a single location is a student inquiry management system. Centralizing digital information and queries aids in security concerns.

Records that are sensitive are retained in a secure location and can be accessed to guide interventions. It's critical that students who are experiencing any problems with their well-being can voice their concerns and get the quick, professional help they need. In as few steps as feasible, students should be able to receive assistance. Access to support services through various digital channels can be improved with the use of student support software. In general, technology can help a well-being support service in four keys. For students, analytics and data tracking can be made easier by digital technologies. The success of mental health programs on campuses may be accurately measured by using data solutions that promote equity and a sense of belonging.

### **Facilitating and Simplifying Higher Education through E-learning and Digital Learning-**

In this technological age when it is necessary for students to receive the necessary knowledge, the internet is seen as the key to granting access to new information and enabling them to use their efforts to acquire it. According to a lot of students, "e-learning" is the only practical solution to the problem of transferring the materials needed to enable continuous learning. "E-learning" refers to the use of technology-based information and communication to enhance and support learning in higher education. Students may learn computer skills and other talents through e-learning that will be useful when they start working. The way we conduct business has lately changed, and the internet is now poised to change education. Academicians have recognized online learning's immense possibility as a form of education, and universities and colleges are getting more enthusiastic about the potential of online learning to deliver accessible, modern education to students of all ages and socioeconomic backgrounds, regardless of location. Email or student access to electronic learning are two methods that can be included in e-learning. Students can easily see the benefits of digital learning over traditional schooling, and they also find it to be more entertaining. However, because of the complexity and incoherence of present e-learning theoretical approaches, this tactic is employed randomly, without consideration, and to varied degrees of efficacy. Despite the dedication and passion displayed by academics and instructors, there is still a lot of ambivalence, uncertainty, and distrust among students regarding online learning. Many believe that the flaws in e-learning are still too severe to solve a number of issues, despite the fact that the majority of students are aware of its potential to enhance education and the new process at all levels. As the significance of continuous learning increases, students in the twenty-first century are adopting e-learning as a useful tool. E-learning provides flexible learning and resource access based on the needs

of the students. Additionally, it offers more interactive materials that facilitate learning and allow students to express themselves. A number of universities and colleges have lately included e-learning into their courses to satisfy students' diverse learning expectations.

Digital technology's effective e-learning platforms made clear how crucial the teacher's job was. The use of online learning environments for academic reasons is unfamiliar to some students. How to provide students with effective online teaching and learning has been the subject of extensive research. The biggest obstacles to student involvement in online education continue to be joy, enthusiasm, and participation, despite the fact that technology and communication skills are essential for increasing student retention. We provide teachers with practise, multimedia presentations, personality assignments, and practice-related situations to improve the virtual educational experiences of their students. Universities and colleges must alter their teaching methods in light of virtual technologies and multicultural education.

For these tactics to be effective, learners must be involved. The fundamental difficulty is that students do not participate, despite the fact that several instructional initiatives have been used to enhance students' learning. The students' eagerness to embrace such web-based learning tools is a good indicator of the efficiency of the teaching system. Online learning is the practice of putting instructional techniques into practice through real-time live broadcasts. There must be lectures and seminars, queries from the students must be answered, and class discussions must be permitted. For the learning system, teaching strategies must also be presented beforehand. Even while involvement and participation are essential for online learning, the situation has changed. Everyone involved in online instruction, particularly teachers and students, must participate. Regardless of their educational strategies, student engagement levels, or technical constraints, instructors must adapt. The information technology departments of the schools are tasked with providing online educational materials, networks, and technology acquisition to support the delivery of teaching in real-time. Because students may absorb life skills from anywhere, it may be difficult for instructors to evaluate or regulate how effectively students are preparing for a real programme of study.

### **Seven Ways Digital Education Is Transforming Teaching Methods-**

Universities and colleges are gradually embracing technology as a means of creating instructional strategies that connect with students technologically. Almost everyone owns a smartphone, regardless of age. Our library is Google, and our encyclopedia is Wikipedia. Our dictionary is a thesaurus, and our textbook is a Kindle. At this point, the only option to improve our kids' lives is to learn to adapt our teaching strategies by embracing technology. What initiatives are universities and colleges taking to effect this change?

#### **1. Digitally updating students of higher education-**

With so much technological advancement, education can quickly become antiquated because there is always something new to learn. The greatest method to teach kids to develop as people is to give them the tools, they need to stay current on news and other subject-related issues. Students use their laptops, phones, and iPads the majority of the time. Knowing which websites provide the greatest information and what internet resources kids can use can be fantastic tools for tutoring.

#### **2. Using smart classes in higher education**

In order to assist students, and understand that learning can be enjoyable as well, teachers no longer teach using a whiteboard, chalk, and markers. Instead, they now use projectors, VCD, DVD players, and eLearning systems to show tutorial videos and brief sessions online. Nowadays, many

schools have a TV or projector connected to the whiteboard, making it simple to transition from a regular lesson to an interactive digital session. Given that Google is our go-to resource in the modern digital era, this might encourage pupils to pay closer attention.

### **3. Using online tests in higher education-**

A good learning environment can be created for students by periodically testing them online in engaging ways. Online tests and quizzes can be offered to students so they can do them at home in place of their regular homework, which they frequently skip.

### **4. Converting books in digital mode to PDFs to develop the mind of the students-**

Kindle and other Tabs are increasingly used to access books. To motivate students to decide to study more effectively, send them notes, references, and other materials in PDF forms that can be accessed conveniently on laptops, phones, and tabs.

### **5. To conduct online webinars for the development of the students in the universities and colleges**

When the instructor is sat in front of a whiteboard and there is just one-way communication, how attentive are the students? We see that students easily lose interest in the subject matter or that the classroom gets rowdy. By taking part in surveys, attending online seminars and webinars, and having the ability to comment, they may stay engaged. Teachers must possess the skill and ability to keep students engaged throughout lectures in order to maximise the teaching-learning process. It is imperative that students engage in two-way conversation during lectures and in seminars.

### **6. Creating a community between teacher and student through digital technology-**

The exchange between a teacher and a student need not cease in the classroom during the college day. An online community is a place where a team or a group can communicate online while submitting work, debating issues, or sharing ideas. Teachers can create a forum where students can post thoughts, comments, and questions about a particular subject for them to address at any time. Without realizing it, the learning process continues even after classes are over, thus being receptive to online activities like these helps students stay more focused even outside of the classroom.

### **7. Supporting online research for students through digital technology-**

Encourage students to be prepared for class in the same way that teachers are, as this will make students more enthusiastic about attending classes. People are finding exciting professions in market research and other fields because of the growth of online research. An excellent strategy to keep students interested in more lessons is to ask them to locate something online that is challenging to find or to encourage internet research by providing them with a list of items to find before the next class. Knowing that you have found something that no other student has could feel like a wonderful accomplishment. Students can be motivated to utilize their digital resources to their fullest potential by offering them incentives or praising their online discoveries.

### **Conclusion -**

From the perspective of students, the major benefits of the digitization of the educational process are the freedom to select resources for one's own growth, the development of personal mobility, and an increase in motivation for one's own self-education and self-development. Students believe that the primary areas of focus for teachers' professional development should be public speaking, technology, and psychological abilities. By using virtual tools while taking classes at online colleges and universities, students will develop skills such as the ability to apply the knowledge they have learned. In order to gain new material and develop digital skills, digital education supports the beneficial interaction of numerous



academics, students, learners, and teachers. Modern virtual educational technologies, in the opinion of some academics, give teachers the chance to automate the majority of their tasks, free up staff time for searching, interacting, and working one-on-one with students, receive immediate feedback from students, and better manage the educational process.

As part of the digitalization of education, students are using the internet and mobile technologies to broaden their horizons and their knowledge. Students develop new skills essential for success in the twenty-first century through the selection of information, participation in project activities, and the involvement of education seekers in independent research through the right use of digital technology. Open online resources have recently been actively produced and used, utilizing a range of strategies, beginning with individualized assignments and assessments and concluding with thorough courses with the development of the required abilities. He specifically points out that the dynamics of the expansion of online education, which are reflected in the growing availability of online courses, promote this tendency. Online courses and blended learning bring up a world of endless educational options, regardless of geography but rather in accordance with each person's interests and aptitudes. To put these changes into practice, the instructor has to be proficient in the online learning environment. With an emphasis on not only creating courses but also using and integrating the digital environment in the educational process, all institutions will be responsible for updating teacher certifications in terms of digital capabilities in the future. In the digital era, teachers must acquire new attitudes and worldviews as well as more modern strategies for student participation.

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