

Academy of Language Studies
UiTM Cawangan Pulau Pinang

e-Lingua

APRIL 2026

1/2026

*Connecting Cultures
One Word at a Time*

你好

Apa Khabar?

Bonjour

Hello

مرحبًا

Hallo

こんにちは



Digital Detox for Mental Well-Being

WAN NOORLI RAZALI

ACADEMY OF LANGUAGE STUDIES, UITM CAWANGAN PULAU PINANG

In today's digital world, many people spend a large amount of time using smartphones, computers, and social media. While technology is helpful for communication and work, too much screen time can affect mental health. Because of this, many people are now practising a “digital detox.” A digital detox means taking a break from digital devices such as smartphones, social media, or computers for a certain period of time in order to relax and reduce stress.

From a simple perspective, digital detox allows people to step away from constant notifications, messages, and online information. This break can help individuals focus more on real-life activities such as spending time with family, exercising, reading, or enjoying nature. These activities may help people feel calmer and more balanced.



AI generated image on Digital Detox

Research also supports the benefits of digital detox. Studies have found that reducing or stopping social media use for a short period can improve mental well-being, reduce stress, and increase life satisfaction (Setia et al., 2025). In addition, a study involving young adults showed that a one-week social media detox reduced symptoms of anxiety, depression, and insomnia among participants (Calvert et al., 2025). Other research also suggests that a break from digital devices can improve sleep quality, reduce negative emotions, and enhance overall well-being (Coyne et al., 2023).

A digital detox does not mean completely avoiding technology. Instead, it encourages people to use technology in a healthier and more balanced way. Simple actions such as turning off notifications, limiting social media time, or setting “no-phone” hours before sleep can make a positive difference. By taking regular breaks from digital devices, people can protect their mental health and build healthier daily habits.

References:

- Calvert, E., et al. (2025). Social media detox and youth mental health. *JAMA Network Open*.
- Coyne, P., et al. (2023). Taking a break: The effects of partaking in a two-week social media detox on well-being. *Cyberpsychology, Behavior, and Social Networking*.
- Setia, S., et al. (2025). Digital detox strategies and mental health: A comprehensive scoping review of why, where, and how. *Cureus*.

The Team



**Prof. Ir. Dr. Hj. Ahmad
Rashidy Razali**
Rector



Dr. Norhaslinda Hassan
Head of Center / Adviser



Wan Noorli Razali
Chief Editor



**Aini Syahira Binti
Jamaluddin**



**Muhammad Aiman
Abdul Halim**



**Ummu Habibah Binti
Mohd Sakri @ Shukri**



**Nur Fatin Nabila
Abdul Rahman**



**Nur Fatin Shahmina
Mohd Fauzey**



**Fasyin Diyana
Mohamad Fadzil**



Nur Aalia Arifin



**Nurul Farzanah
Mohd Rosli**



Noraziah Mohd Amin



Seng Hui Zanne



Lim Teck Heng