

## MIND MANAGEMENT IN THE DIGITAL AGE: A CHALLENGE BEFORE STUDENTS

**Dr. Parimal Dongre**

Associate Professor,

Department of English,

M.B.Patel Arts and Commerce College,

Salekasa

E-mail- [pbdon@rediffmail.com](mailto:pbdon@rediffmail.com)

---

**Abstract** - Today is an era of data explosion. All the kinds of information is easily available through internet to the students. However the major task is to select and apply the required information in order to achieve the desired objective. Easy availability of data has increased cognitive load of the students and has also created challenges for maintaining focus and developing critical thinking skills. This research paper explores the challenges among students for maintaining their mental health and cognitive abilities. The researcher has tried to find out the realistic solutions by suggesting some restructure in the educational framework and also by changing the habit structure of the students in this complex situation which has increased tremendous pressure among students.

**Key Words**- Mind management, data, education, habit.

---

### Introduction:

In the present digital generation so much information is easily available to the students that there are both opportunities and challenges associated with this excessive information. On the positive side lots of money is saved on purchasing books and journals which are easily available in the digital format. Even poor students can also access this information for attaining their goal. But on the negative side this extra information has created a kind of overload, attention fragmentation and stress. In this research paper the researcher has tried to provide a realistic solution to the students in order to cope up with these day to day problems. Never ever in the history of human kind such kind of problem has appeared. Therefore in order to face these new challenges it is essential to adopt new strategy. The educational think tank of the country needs to follow dynamic approach while designing new content. Similarly teachers, students and parents need to be very alert and active. The researcher has discussed some key challenges and also the realistic solution.

### Challenges

1- **Overload of Information** - When we observe the condition of students in current times we find that the students have access to tremendous information through various online sources like website, social media, YouTube, google applications and other channels which are easily available to them. This kind of condition was never present in previous times where the students had to work extra hard to study different types of books without using the internet. According to cognitive load theory, the human brain has a limited capacity for



processing information. When the brain tries to process access information the ability to retain the information decreases. As a result of it the academic performance of the students is also negatively impacted. Many students find it very difficult to comprehend and absorb the required information smartly. This confused state is not very good when we try to think about it in terms of student development. If we observe life, we realize that nature follows the principle of balance. Excess of anything especially in terms of use is not very good for the overall health of human beings. This principle is applicable to the students also.

**2- Lack of Focus** - It is extremely difficult for the students to maintain their focus due to the availability of excessive information. Their concentration gets continuously disturbed due to prevalence of digital distraction such as social media notifications and messages. The students in the present era continuously switch between different tasks and target. As a result of it, the quality of learning reduces. Preventing students from excessive use of social media is the major challenge before parents in the present generation. If we observe the students, we come to know that almost all of them use social media platforms like Facebook and what's app. Some students also fell prey to the wrong educational information provided in these platforms. Many students do not work on their writing skill because of readymade availability of notes and other information. It is a cause of concern because nature has provided us this amazing body which needs to be used in correct way. A student is caught in the jungle of these digital distractions due to which, it is observed that his focus has reduced in to a great extent. One major reason is inability to use internet in a smart way.

**3- Stress and health** -Continuous management of excessive information can create stress among students. If not handled properly it can have negative impact on the physical as well as mental health of the students. Constant engagement with online screen can damage the retina as well as the focus of the students. Depression and mental fatigue are also the by-product of handling this excessive information available in digital format. As mental health is directly related to the body, therefore, when the thought process of a student is disturbed, naturally his physical health also has a negative impact. Recent studies and information collected from the newspaper shows that chronic stress and anxiety is visible among many students across the globe due to inappropriate handling of large amount of data available in the digital format. There are many cases of depression and sleep disorder observed among students which were not seen previously.

#### **Solution:**

1-A good routine life is the basic thing that the students need to adopt. It is also observed that nowadays the students are preoccupied with digital devices and therefore they do not pay appropriate attention towards nutrition, exercise, sleep and engagement in physical activities. These are extremely important for leading a healthy and good life. In the educational institutions it is necessary to teach the importance of habits through project methods from very childhood so that the students can combat multiple levels of challenges faced by them in present times due to the emergence of technology. Technology has some advantages also as it can be beneficial if used in a smarter way and for a limited amount of time. We should not forget that we are human beings and not machines. The teaching system, policy makers and the thinkers in educational system need to develop an echo system where the student could



develop right understanding and appropriate skillset to face these challenges from the very beginning.

2-The students need to smartly filter the data available to them and use that data in smaller forms so that they should not get frustrated by the excessive information and find it convenient and easier to manage data in their daily lives. After doing so definitely their focus will increase and the quality of learning will improve. In this regard, understanding the priority is the most important factor for the students. Gradually when they develop critical thinking they can handle difficult situations and excessive data through smart filtration. In the initial times the students should follow the practice of digital detox for few days. Once they truly understand the importance and impact of this digital detox for the development of their academic and holistic life they eventually internalize this concept and practice in their day to day lives.

3- With the advancement of scientific knowledge the entire world is gradually understanding the importance of ancient wisdom about maintaining physical and mental health. In this regard yoga and breathing exercises play a crucial role in leading a peaceful and balanced life. Nowadays meditation is not the luxury but the prime important aspect which every student needs to understand and apply in their daily lives. When the students understand how to handle mind and body they can efficiently handle the workload of excessive information in this digital era. By doing this they reduce stress, improve time management skills and enhance their quality of work and thereby their life.

4- In addition to the above mentioned self-help or self-support, the support can also be provided at the institutional level to students by arranging workshops related to handling mind management like stress management, concentration, excessive information etc. The institutions also need to develop a syllabus which should support to improve the skill set of students in managing these kind of problems. Moreover the parents also need to take care of their sons and daughters by developing good habits right from the childhood. In the present age artificial intelligence has turned out to be a curse as well as boon for the humanity. The students are getting lazy because of the easily available answers in AI. This tendency of using readymade notes without taking any efforts is extremely dangerous for the students. It is a great hurdle for the holistic development of students as it kills their creative potential. Therefore, it is the responsibility of educational institutions, especially teachers to make students aware about the after effect of these shortcuts. Through appropriate mental training, mind management can be done effectively.

### **Conclusion:**

The age of data explosion has created new challenges among students. By understanding the after effects of such problems and teaching students the multiple harms of excessive use of digital world the parents as well as teachers can play a crucial role in providing solution to this most dangerous new age problem which has created multiple disorder among students. Therefore, the researcher has emphasised that by developing a proper ecosystem at home as well as at institutional level, the students can be taught time management skills and we can instil in them the importance of physical and mental health while achieving their academic success. The researcher suggests that every problem has a



solution. Therefore, by adopting a dynamic approach mind management can be done in a creative and effective way.

#### References :

- Selvi, B., and S. Thangarajathi. "Leadership Enhancement through Mind Management by Meditation--A Scientific Yogic Technique." *Journal on School Educational Technology* 6.2 (2010): 7-13.
- Altan, Servet, Jennie F. Lane, and Erskine Dottin. "Using habits of mind, intelligent behaviors, and educational theories to create a conceptual framework for developing effective teaching dispositions." *Journal of Teacher Education* 70.2 (2019): 169-183.
- Chen, Lijia, Pingping Chen, and Zhijian Lin. "Artificial intelligence in education: A review." *Ieee Access* 8 (2020): 75264-75278.
- Sardana, M. M. K. "Information explosion, challenges and opportunities." *ISID Discussion Notes* (2006).

Research Hub International Journal

