

DIGITAL DETOX AS A STRATEGY FOR ENHANCING ACADEMIC PERFORMANCE AND PSYCHOLOGICAL WELL-BEING AMONG STUDENTS

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Abstract: In today's digital age, students spend a large amount of their time using smartphones, social media, and different online platforms. Although digital technologies make it easier to access information and support the learning process, spending too much time on screens can negatively affect students' academic performance and psychological well-being. Recently, the idea of a digital detox has become popular as a way to reduce the harmful effects of constant technology use. This article examines how limiting screen time influences students' concentration, productivity, and emotional condition. The study is based on the review of academic literature and observations of students' experiences with digital technology. The results indicate that reducing the use of digital devices, especially social media, may help students improve their focus, lower stress levels, and sleep better. Consequently, students can become more organized and productive in their studies. The article concludes that practicing digital detox in a balanced and conscious way can help students develop a healthier relationship with technology and improve both their academic results and overall well-being.

Keywords: digital detox, screen time, academic performance, psychological well-being, students, social media use, productivity

Introduction

These days, kids use digital devices like computers, tablets, and cellphones for a significant portion of the day. They spend a lot of time on social media, playing online games, and using other apps. Students can benefit from technology in terms of learning, information retrieval, and maintaining friendships, but excessive internet use can also lead to issues. Overuse of screens can impair concentration, raise stress levels, interfere with sleep, and lower academic achievement. These issues have led to an increase in the popularity of digital detox among students. To lessen distractions and enhance mental health, digital detoxification is taking vacations from electronics or using them less. Small adjustments, such as disabling notifications or setting aside time for studying without a device, can have a big impact. This research they spend a lot of time on social media, playing online games, and using other apps. Students can benefit from technology in terms of learning, information retrieval, and maintaining friendships, but excessive internet use can also lead to issues.

Literature review

The effects of digital technology on kids learning and mental health have been extensive researched. While social media and cellphones facilitate communication and information gathering, excessive screen time can impair focus and productivity. Rosen et al. (20 14) claim that students who use media and technology frequently may become

more anxious and become distracted from their studies. According to their research, students find it more difficult to maintain concentration when they are constantly receiving notifications and using digital gadgets to multitask. Additionally, Ward, Duke, Gneezy, and Bos (2017) discovered that having a smartphone can impair cognitive function. Students' phones might still divert their attention and impair their performance on academic assignments even when they are not using them. According to Twenge (2019), the popularity of social media and cellphones has had an impact on people's mental health. While social media and cellphones facilitate communication and information gathering, excessive screen time can impair focus and productivity. Rosen et al. (2014) claim that students who use media and technology frequently may become more anxious and become distracted from their studies. According to their research, students find it more difficult to maintain concentration when they are constantly receiving notifications and using digital gadgets to multitask.

Literature review and Methodology

The evaluation of current scholarly sources and students' experiences with digital technology serve as the primary foundation for this qualitative study.

To determine how screen time affects students' academic achievement and psychological well-being, a variety of documents, including research articles, psychological studies, and educational reports, were evaluated.

The study also examined common issues associated with excessive technology use, such as stress, distraction, and trouble focusing. A number of digital detox techniques were also taken into consideration, such as cutting back on social media use, disabling notifications, and setting aside time for studying without using electronics.

By examining these sources, the study seeks to determine how students' focus, productivity, and mental health might be enhanced by limiting screen time and engaging in digital detox.

Results

The effect of screen time on the quality of sleep is another significant element. Students who use electronics less, especially right before bed, typically have better sleep habits. They feel happier, have more energy during the day, and are better able to think and make decisions when they receive more sleep. Additionally, getting enough sleep enhances memory and learning, both of which are critical for academic achievement. All things considered, even modest steps toward a digital detox can have significant advantages. Reducing excessive screen time, cutting back on social media use, and setting aside time during the day for technology use can help students focus better, feel less stressed, and perform better academically. A better balance between digital life and academic obligations is promoted by these behaviors. The results show that students' academic performance and psychological health can be adversely affected by excessive smartphone and social media use. Many students spend a lot of time online, which frequently makes it harder for them to focus on academic work and lowers their productivity in general. Students might quickly become sidetracked from their studies and disrupt their learning process due to constant notifications, messages, and the habit of regularly monitoring social networking sites. On the other hand, students who make an effort to reduce their screen time frequently see benefits in their everyday academic routines.

Discussion

According to this study, students who experience stress or distraction can benefit greatly from a digital detox. Many students find it difficult to concentrate and complete their work because they spend so much time on their phones and social media. Even small changes, like turning off notifications or studying without checking apps, can help a lot. Even minor adjustments, such as disabling notifications or studying without checking apps, can make a big difference. Since technology is a part of daily life, it is unrealistic to completely stop using it; instead, it is advisable to utilize it in moderation. While some students adjust to less screen time easily, others require more time or assistance. By educating students time management skills and how to develop positive digital habits, schools and institutions may assist students. Studying and mental health can both be enhanced by learning how to use technology responsibly. Many students find it difficult to concentrate and complete their work because they spend so much time on their phones and social media. Even minor adjustments, such as disabling notifications or studying without checking apps, can make a big difference.

Conclusion

Students' academic performance and mental health may benefit from a digital detox. Students are better able to focus and manage their time when there are fewer distractions like phones, social media, and notifications. Reducing screen time before bed also enhances sleep, which promotes cognitive function and emotional stability. While it is impossible to completely eliminate technology, there are significant advantages to using it mindfully and in moderation. Students who engage in digital detoxification frequently report feeling more at ease, concentrated, and productive. Students can learn how to regulate screen time and develop good digital habits from schools and institutions. All things considered, digital detox is a useful tactic for raising wellbeing and academic performance.

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