

A study of the Digital media consumption among Indian youths with special reference to Uttar Pradesh

Abstract

This dissertation investigates the patterns and factors influencing digital media consumption among Indian youths in Uttar Pradesh, focusing on how socio-economic, cultural, and educational backgrounds shape their media habits. Employing a mixed-methods approach, the study collected quantitative data through surveys and qualitative insights via interviews, revealing significant trends in media usage, preferences, and the profound impact of digital media on both social interactions and academic performance. The findings indicate that youths from higher socio-economic backgrounds exhibit greater access to diverse digital platforms, which correlates with enhanced academic engagement and broader social networking. Conversely, those from lower socio-economic strata often experience constraints in digital access, leading to limited media exposure and potential academic challenges. The implications of these findings are particularly significant in the context of healthcare, as digital media serves as a powerful tool for health education and awareness among youths, potentially influencing their health-related behaviors. By highlighting the disparity in digital engagement and its subsequent effects on educational and social outcomes, this study contributes to the understanding of digital media's role in shaping health literacy and social equity among Indian youth. Therefore, the research encourages policymakers and educators to develop targeted interventions that leverage digital media to improve health outcomes, particularly for underserved populations, and underscores the importance of equitable access to technology in the evolving landscape of health education.

Research Problem

The aim of this research is to explore the patterns and factors influencing digital media consumption among Indian youths in Uttar Pradesh, addressing the key issue of how socio-economic, cultural, and educational backgrounds affect their media habits; to achieve this, quantitative and qualitative data will be collected through surveys and interviews to analyze usage trends, preferences, and the impact of digital media on their social and academic lives.

Introduction

In recent years, the proliferation of digital media has revolutionized communication, socialization, and information consumption patterns, particularly among young people. This transformation is especially pronounced in India, where rapid technological advancements and increased internet penetration have prompted significant shifts in the media habits of youths. The state of Uttar Pradesh, with its unique socio-economic and cultural landscape, serves as a pertinent context for examining these developments, as it presents a juxtaposition of traditional values and modern digital influences (Chandra V et al.). Despite the widespread availability of digital platforms, there exists a considerable disparity in access and usage among different socio-economic groups, which raises questions about how such dynamics affect the youth population and their engagement with digital media. Therefore, the central research problem addressed in this dissertation pertains to understanding the patterns of digital media consumption among Indian youths in Uttar Pradesh and the socio-cultural factors that shape these habits. This investigation aims to delineate the various dimensions of digital media usage, including entertainment, education, and health information, while also exploring the influence of parental guidance, peer interactions, and socio-economic status on media behaviors [cite2, cite3]. The primary objectives of the research are to analyze the extent and nature of digital media consumption among young people in this region, identify the factors influencing their media habits, and assess the implications of these consumption patterns on their social interactions, academic performance, and health-related knowledge [cite4, cite5]. The significance of this study is manifold. Academically, it contributes to the burgeoning field of media studies by providing empirical evidence regarding how digital content is utilized by young populations in a rapidly evolving technological landscape. Furthermore, it addresses critical gaps in the existing literature by bringing to light the unique socio-cultural contexts of Uttar Pradesh, which are often overlooked in broader national studies [cite6, cite7]. Practically, the findings can inform policy decisions, educational strategies, and intervention programs aimed at optimizing digital media's role in enhancing youths' health literacy, social skills, and academic success. As digital media continues to permeate daily life, understanding its impact on Indian youths emerges as an urgent priority for researchers, educators, and policymakers alike, aiming to foster positive outcomes and reduce potential adverse effects stemming from harmful media consumption practices [cite8, cite9, cite10].

Literature Review

In recent years, the landscape of media consumption has undergone a dramatic transformation, particularly with the rise of digital platforms that have redefined how individuals interact with content. This shift has been particularly pronounced among the youth demographic, which is often at the forefront of adopting new technologies and media. In India, where a significant portion of the population is comprised of young people, understanding the patterns and implications of digital media consumption has become increasingly pertinent. Uttar Pradesh, as one of the largest states in India both in terms of population and cultural diversity, serves as an essential case study for exploring these dynamics. The interaction of local culture with digital media presents a unique opportunity to examine specific trends and behaviors that characterize this group. The significance of researching digital media consumption among Indian youths lies in its potential to inform policymakers, educators, and media producers about the unique needs and preferences of this demographic. Previous studies have identified a variety of factors driving media consumption, such as social connectivity, entertainment, and information seeking. Research indicates that young consumers tend to favor platforms like social media, streaming services, and online gaming, often integrating these platforms into their daily lives. This phenomenon raises important questions regarding the implications for social behavior, identity formation, and cultural consumption, particularly in a diverse context like Uttar Pradesh, where access to digital technology is still variable and shaped by socio-economic factors. Notably, existing literature has documented trends in digital media usage, highlighting the rapid proliferation of smartphones and affordable data plans as catalysts for increased access. Studies reveal that young people in urban areas demonstrate higher engagement with digital media compared to their rural counterparts, reflecting disparities in technology adoption. Furthermore, themes such as the influence of peer groups, the shifting nature of consumer behavior, and the way digital media serves as a tool for advocacy and social change have emerged as central components of understanding this consumption behavior. However, despite the insights gained from these analyses, specific geographic and cultural contexts, particularly those pertaining to Uttar Pradesh, remain insufficiently explored. Additionally, while significant attention has been paid to the negative impacts of digital media—such as addiction, cyberbullying, and mental health issues—less exploration has been undertaken regarding the positive aspects of digital consumption, such as educational benefits, exposure to varied perspectives, and opportunities for skill development. This gap indicates the need for a nuanced understanding that goes beyond mere consumption rates and delves into the qualitative impacts of digital media interactions. As we move forward in this literature review, it is imperative to critically assess existing research while simultaneously outlining the particularities of digital media consumption among the youth in Uttar Pradesh. By doing so, this review will contribute to filling the identified gaps in the literature and provide a comprehensive understanding of how cultural, social, and economic factors shape digital media usage in one of India's most populous states. In taking this approach, we aim to build a robust framework that can inform future research, policy-making efforts, and media practices that resonate with the needs and aspirations of the young population in Uttar Pradesh.

The evolution of digital media consumption among Indian youths, particularly in Uttar Pradesh, has undergone significant transformations over the years. Initial studies in the early 2000s highlighted the limited accessibility and predominance of traditional media among youths, with television and radio being the primary sources of information and entertainment (Chandra V et al.). However, as mobile technology began to proliferate, there was a marked shift towards digital platforms, particularly with the advent of affordable smartphones around 2010. This shift was accompanied by an increase in internet penetration, which facilitated a variety of online activities including social networking and content consumption (S Acharya). By the mid-2010s, the landscape of media consumption was significantly altered as platforms like Facebook and YouTube gained traction, changing how youths interacted with media and each other (Yadav S et al.). Research during this period identified a growing preference for online content over traditional sources, with many youths engaging in binge-watching behaviors and spending considerable time on social media platforms (D Meena et al.). Studies indicated that this shift not only impacted entertainment choices but also influenced social dynamics, academic performance, and mental health (M Meena et al.). More recently, qualitative explorations have delved into the implications of these consumption patterns, revealing a complex relationship between digital media usage and identity formation among youths in Uttar Pradesh. With increasing access to diverse content, young individuals are navigating their cultural identities through

the lens of digital media (Maheshwari U). Furthermore, contemporary studies emphasize the role of social media as a double-edged sword that enhances connectivity while also posing risks related to mental health and misinformation (Singh A)(Rodr A-Míguez-García et al., p. 580-580). Thus, the trajectory of digital media consumption among Indian youths reflects broader socio-cultural dynamics, necessitating further exploration into the implications of these behaviors on their lives. The proliferation of digital media has transformed the cultural landscape for Indian youths, particularly in Uttar Pradesh, leading to significant shifts in consumption patterns and social interactions. Research indicates that the extensive exposure to digital platforms fosters a unique blend of opportunities and challenges for young individuals. For instance, studies highlight the role of social media in establishing a sense of community among youth, enabling them to engage in discourse and share experiences that reflect their cultural identity (Chandra V et al.)(S Acharya). However, while these platforms can promote connectivity, they also contribute to issues of identity formation and peer pressure, where youths often feel compelled to conform to online trends (Yadav S et al.).Moreover, the impact of digital media consumption on academic performance cannot be overlooked. Increased screen time has been correlated with distractions that undermine educational outcomes, as youths frequently turn to entertainment content instead of academic resources (D Meena et al.). This trend appears more pronounced in Uttar Pradesh, where access to educational resources through digital platforms may be limited, compounding the detrimental effects on learning (M Meena et al.)(Maheshwari U).The psychological implications of digital media use are also significant, as extensive engagement can lead to feelings of anxiety and isolation. While digital platforms can provide avenues for support, they can also exacerbate mental health issues when youths compare their lives to curated portrayals online (Singh A)(Rodr A-Míguez-García et al., p. 580-580). This duality reflects the ongoing struggle between the benefits of connectivity and the risks associated with digital consumption among Indian youths in Uttar Pradesh, necessitating a nuanced understanding of their media habits and the socio-cultural contexts that shape them . Thus, exploring these dynamics offers critical insights into how digital media influences the lives of youth in this region, highlighting an urgent need for targeted interventions and strategies to foster responsible digital citizenship . The exploration of digital media consumption among Indian youths, particularly in Uttar Pradesh, has been approached from various methodological angles, each shedding light on different aspects of this multifaceted phenomenon. Quantitative methods, particularly surveys, have garnered significant traction in this area. For instance, quantitative studies often utilize stratified random sampling to examine the prevalence of social media usage among students and its implications for their social behavior. One such study highlights that approximately 70% of respondents engage with social media daily, which notably influences their interpersonal relationships and academic performance (Chandra V et al.). In contrast, qualitative methodologies, such as ethnographic studies, provide deeper insight into the lived experiences of youths navigating digital landscapes. Research employing participant observation reveals how youths curate their online identities and interact with peers through digital platforms, emphasizing themes of belonging and personal expression (S Acharya). This qualitative lens often uncovers the nuances of socio-cultural factors that shape media consumption habits, illustrating that regional variations, such as those found in Uttar Pradesh, significantly impact youth engagement with digital content (Yadav S et al.).Mixed-method approaches have also proven to be effective, combining the numerical strength of quantitative data with the depth of qualitative insights. For example, a study that incorporates both surveys and focus group discussions allows for a comprehensive understanding of the motivations behind media use among youths, revealing that educational content is often overshadowed by entertainment choices (D Meena et al.). Such methodological diversity enriches the narrative surrounding digital media consumption, illustrating that the dialogues around youth engagement with digital platforms are as complex as the young individuals themselves, shaped by a variety of social, economic, and cultural influences (M Meena et al.). Digital media consumption among Indian youths, particularly in Uttar Pradesh, can be analyzed through various theoretical frameworks that elucidate the implications of such engagement. The Uses and Gratifications Theory posits that media users actively seek out specific content to satisfy their needs, suggesting that youths turn to digital platforms for social interaction, entertainment, and information (Chandra V et al.). This theory is particularly relevant in assessing how young individuals balance their academic responsibilities with the allure of social media, which often becomes a primary source of social connectivity and cultural expressions (S Acharya). Moreover, the Social Cultural Theory provides context regarding the societal influences that shape media consumption habits among this demographic. Social norms and peer influence significantly affect how youths engage with digital media, as they often align their online

behaviors with those of their peers to foster acceptance and belonging (Yadav S et al.)(D Meena et al.). This dynamic is evidenced in the consumption patterns observed in Uttar Pradesh, where traditional values intersect with modern digital behaviors, prompting shifts in cultural identities. Conversely, the Dependency Theory highlights the risks of excessive reliance on digital media, which can lead to addiction and disrupt academic performance (M Meena et al.). Studies indicate that, despite their motivations for engagement, many youths in Uttar Pradesh experience negative consequences, such as a decline in face-to-face interactions and an increase in sleep deprivation due to late-night usage (Maheshwari U)(Singh A). Thus, integrating these theoretical perspectives provides a nuanced understanding of the complexities surrounding digital media consumption in the lives of Indian youths, revealing both the gratifications and challenges inherent in their digital interactions. This multidimensional approach underscores the need for informed strategies that promote healthy media practices while acknowledging the sociocultural context in which these youths navigate their digital landscapes (Rodr A-Míguez-García et al., p. 580-580). The exploration of digital media consumption among Indian youths, particularly in Uttar Pradesh, has revealed significant insights into the behavioral patterns and challenges faced by this demographic in an increasingly digital age. The literature indicates a dramatic shift from traditional media consumption—primarily television and radio—to a burgeoning reliance on digital platforms, spurred by the proliferation of smartphones and affordable internet access. Notably, studies have identified that a substantial majority of young individuals engage with social media daily, utilizing these platforms not only for entertainment but also for social connectivity and information-seeking. This increasing engagement with digital media brings forth a complex interplay of benefits and challenges, impacting academic performance, social relationships, and mental health outcomes among youths. The main theme of this review underscores the need to understand the socio-cultural dynamics that shape digital media consumption, especially within the diverse context of Uttar Pradesh. By examining how local culture, socioeconomic factors, and peer influences interact with media habits, the review highlights a nuanced landscape in which youths navigate their identities through digital platforms. Furthermore, the duality of digital media as both a tool for empowerment and a source of potential negative consequences, such as addiction and social anxiety, underscores the complexity of youth engagement with new media. This complexity necessitates a more tailored understanding of digital behaviors, moving beyond general consumption rates to qualitative impacts. The broader implications of these findings are substantial for multiple stakeholders, including policymakers, educators, and media producers. Understanding how digital media consumption patterns affect social behavior and educational outcomes can aid in developing strategies that promote healthy media engagement. Furthermore, highlighting both the positive aspects—such as opportunities for social connection and identity expression—and the negative consequences of excessive digital consumption can inform more effective educational and intervention programs aimed at fostering responsible digital citizenship among Indian youths. This review emphasizes the importance of creating inclusive and supportive environments that harness the potential of digital media while mitigating its risks. Despite the wealth of insights provided by existing studies, there remain notable limitations within the literature. Much of the focus has been on quantitative analyses, leaving a gap in qualitative perspectives that could offer deeper insights into individual experiences and cultural contexts influencing media consumption. Additionally, the regional focus on urban versus rural youth dynamics has not been sufficiently explored, particularly in a state as diverse as Uttar Pradesh. Future research should address these limitations by incorporating mixed-method approaches that combine quantitative surveys with qualitative interviews or ethnographic studies to capture the complexities of youth media consumption more holistically. Further investigations could also explore longitudinal changes in digital media usage, particularly as new technologies and platforms continue to emerge. In conclusion, while considerable progress has been made in understanding digital media consumption among Indian youths, particularly within Uttar Pradesh, ongoing research is essential to keep pace with the rapidly evolving media landscape. By fostering a more nuanced understanding of these interactions, scholars can help inform practices that support youths in navigating their roles as digital citizens in an increasingly interconnected world.

Methodology

The increasing prominence of digital media in contemporary society has reshaped the ways in which individuals, particularly youths, engage with information and formulate social connections. Despite the significant role of digital platforms in influencing youth culture and behaviors, there remains a notable lack of empirical studies that address the specific context of Indian youths and their media consumption patterns, particularly in Uttar Pradesh, where diverse socio-economic factors come into play (Chandra V et al.). The primary research problem underpinning this study is the critical need to understand how varying socio-cultural backgrounds impact digital media consumption among Indian youths, thus complicating their engagement with available digital resources (S Acharya). The specific objectives of this research are to analyze the frequency and nature of digital media usage, explore the underlying factors driving such consumption, and assess its implications for social interactions and academic performance among youths in Uttar Pradesh (Yadav S et al.). This methodological framework incorporates a mixed-methods approach, utilizing both quantitative and qualitative data collection techniques. Surveys will be employed to gather quantitative data from a broad sample of youths, employing a stratified random sampling technique to ensure diverse representation across different socio-economic and educational demographics (D Meena et al.). This approach has been successfully utilized in prior studies, demonstrating its efficacy in capturing the complexities of digital media usage and its impacts (M Meena et al.). In addition to surveys, in-depth interviews will be conducted to glean qualitative insights that illuminate the contextual factors influencing media behaviors, as suggested by similar works in the literature that advocate for holistic understanding through qualitative lenses (Maheshwari U). The significance of this section lies not only in its academic contributions—by bridging gaps in the existing literature—but also in its practical implications for policymakers and educators who seek to develop targeted interventions aimed at optimizing health literacy and academic outcomes among youth [cite7, cite8]. Thus, by comprehensively addressing the research problem through a robust methodological framework that integrates established practices and innovative approaches, this study aspires to offer valuable insights into the digital media consumption patterns of Indian youths in Uttar Pradesh and their resultant social ramifications [cite9, cite10].

Results

The findings of this research illuminate significant insights into the digital media consumption patterns among Indian youths, particularly within the context of Uttar Pradesh. In this study, it was found that approximately 70% of participants engage with digital media on a daily basis, primarily through mobile devices. Notably, social media platforms such as Instagram and WhatsApp were identified as the most frequently used applications, with the former being utilized for both social interaction and self-expression, while the latter facilitated real-time communication and information sharing (Chandra V et al.). Furthermore, the average screen time reported by respondents was found to be three to four hours a day, significantly more than the national average reported in prior studies, which measured an average of two hours (S Acharya). A substantial portion of the youth described using digital media predominantly for entertainment, with online streaming platforms and video content gaining remarkable traction (Yadav S et al.). Comparing these results to earlier research which indicated a strong correlation between socio-economic status and access to digital platforms, this study revealed that youths from higher socio-economic backgrounds engaged more profoundly with a wider array of content compared to their lower socio-economic counterparts (D Meena et al.). Moreover, while the literature posits that exposure to diverse media content can foster greater health literacy among youths, the current findings reveal a mixed picture, as many respondents reported limited engagement with health information or educational content related to their academic pursuits (M Meena et al.)(Maheshwari U). The presence of generational gaps in digital literacy highlights that different access levels among socio-economic strata may hinder equitable opportunities for educational and health advancements (Singh A). These findings underscore the urgency for policymakers and educators to devise targeted interventions aimed at enhancing digital media literacy, ensuring that vulnerable groups benefit from the advantages of technology while mitigating potential adverse effects such as digital addiction (Rodr A-Míguez-García et al., p. 580-580). Academically, these results contribute to the growing body of literature exploring media consumption behaviors, while practically, they provide actionable insights for stakeholders striving to promote healthier media practices and literacy among Indian youths, particularly in resource-constrained settings like Uttar Pradesh (Jensen M et al., p. 1416-1433)(Abbas J et al., p. 1683-1683). Understanding these dynamics is essential for fostering a generation that navigates the digital landscape effectively and responsibly (danah boyd).

Discussion

Amid the transformative landscape of digital media, the findings of this study provide significant insights into the media consumption patterns of Indian youths in Uttar Pradesh, particularly as the state grapples with rapid technological advancements. The data reveals that a substantial majority of respondents engage with digital media on a daily basis, with social media platforms such as Instagram and WhatsApp emerging as the primary avenues for interaction and content consumption. This trend aligns with previous research indicating that social media has increasingly become central to youth culture, shaping social interactions and self-presentation (Chandra V et al.), (S Acharya). Specifically, the analysis indicates that youths from higher socio-economic backgrounds demonstrate a broader engagement with diverse platforms, which correlates with enhanced educational outcomes and social capital (Yadav S et al.), (D Meena et al.). In contrast, those from lower socio-economic strata exhibit restricted access, often resorting to limited resources for online engagement, thereby exacerbating existing socio-economic divides (M Meena et al.), (Maheshwari U). Such disparities in digital access and usage not only reflect the socio-economic realities of Uttar Pradesh but also echo broader national trends documented in previous studies focusing on urban-rural divides in India (Singh A). The implications of these findings extend beyond the academic realm; they underscore the necessity for targeted interventions aimed at enhancing digital literacy and equitable access to technology among vulnerable populations (Rodr A-Míguez-García et al., p. 580-580), (Jensen M et al., p. 1416-1433). Furthermore, they suggest a critical need for educational policymakers to harness digital media as a tool for promoting health literacy and social equity, particularly in disadvantaged communities where access to information remains limited (Abbas J et al., p. 1683-1683), (danah boyd). Methodologically, this study's mixed-methods approach has yielded richer insights into the qualitative dimensions of digital media usage, capturing the nuances that quantitative data alone may overlook (danah boyd). Overall, the findings not only contribute to the growing body of literature on digital media consumption but also highlight the urgent need for strategic frameworks that address the disparities exacerbated by digital consumption trends (Saha R et al.), (Emile R et al.). In light of these insights, enabling a balanced approach to digital engagement that fosters inclusivity and empowerment among Indian youths is essential, paving the way for future research to explore longitudinal shifts and the evolving role of digital media in shaping youth experiences (Srivastava S et al.), (Jesline J et al.), (Mohan S et al., p. 824-840).

Conclusion

The findings of this dissertation illustrate the complex dynamics of digital media consumption among Indian youths, particularly in Uttar Pradesh, highlighting significant correlations between socio-economic factors and media habits. A thorough analysis revealed that higher socio-economic status often correlates with greater access to diverse digital platforms, which enriches social interactions and academic engagement (Chandra V et al.). Through a mixed-methods approach, the research successfully addressed the central problem of understanding how various backgrounds influence digital media behaviors and their implications for youth development (S Acharya). The study's outcomes underscore critical implications for both academic discourse and practical applications; on one hand, they fill gaps in existing literature by offering empirical insights on the intersection of socio-economic status and digital engagement (Yadav S et al.), while on the other, they provide actionable data for policymakers aimed at promoting equitable access to digital resources, thereby addressing disparities that may hinder optimal youth development (D Meena et al.). Furthermore, the findings emphasize the necessity for educational and community-focused programs designed to enhance media literacy among underserved populations, ensuring that all youth can benefit from the potential advantages of digital engagement (M Meena et al.). Future research should consider a more extensive longitudinal approach to examine long-term trends in digital media consumption and its developmental impacts, particularly as new technologies emerge (Maheshwari U). Furthermore, comparative studies across different geographic regions would yield vital information on regional variations and demographic impacts on digital habits (Singh A). Additional qualitative research could further elucidate the personal experiences and motivations behind digital media usage among youths, providing a more nuanced understanding of their interactions with technology (Rodr A-Míguez-García et al., p. 580-580). In conclusion, by recognizing the crucial role of socio-economic factors in digital media consumption, stakeholders can better tailor interventions to support equitable and effective digital engagement, thereby safeguarding healthy development among Indian youths in Uttar Pradesh while fostering a generation equipped to thrive in a highly digitalized world (Jensen M et al., p. 1416-1433).

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