

Recent Trends in Humanities, Literature, Sociology and Psychology (Volume 3)

Editor

Dr. S. N. S. Gandhimathi

Assistant Professor Senior, Vellore Institute of Technology

&

Co-Editor

Dr. Rajlakshmi Sonowal

Assistant Professor at Tezpur College, Assam



2025

Third Edition: 2025



ISBN: 978-93-49028-92-0

© Copyright Reserved by the publishers

Publication, Distribution and Promotion Rights reserved by AG Volumes an imprint of AG Publishing House, Bhopal, Madhya Pradesh (Publisher) Despite every effort, there may still be chances for some errors and omissions to have crept in inadvertently.

No part of this publication may be reproduced in any form or by any means, electronically, mechanically, by photocopying, recording or otherwise, without the prior permission of the publishers. The views and results expressed in various articles are those of the authors and not of editors or publisher of the book.

Published by:

AG Volumes (an imprint of AG Publishing House)

58, Priyadarshini Phase-3, near Meenakshi Planet City, Shri Rameshwaram, Bagmugaliya, Bhopal, Madhya Pradesh 462043

Website: <https://www.agphbooks.com>

About the Book

"Recent Trends in Humanities, Literature, Sociology, and Psychology (Volume 3)" is an interdisciplinary anthology that captures the dynamic developments shaping these foundational fields of knowledge. As part of an ongoing series, this volume builds upon previous scholarly contributions by examining new directions, contemporary debates, and critical insights within the humanities and social sciences.

Spanning a broad thematic spectrum, the book features essays that address pressing issues such as cultural identity, gender dynamics, mental health in the post-pandemic world, technological influences on literature and society, and the changing landscape of social relationships. It also includes critical literary explorations of classical and modern texts, with an emphasis on relevance to present-day socio-political realities.

The sociological studies in this volume engage with questions of inequality, migration, education, and the structure of institutions, while the psychological analyses delve into behaviour patterns, cognitive processes, trauma, and emotional well-being. This integrated approach allows readers to draw connections across disciplines and gain a more holistic understanding of the challenges and opportunities of modern life.

Intended for students, educators, researchers, and general readers with an interest in the humanities and social sciences, this volume serves as a valuable resource for keeping pace with the evolving academic and cultural landscape of the 21st century.

Preface

The disciplines of Humanities, Literature, Sociology, and Psychology offer rich, interconnected insights into the human condition. As the world undergoes rapid socio-cultural, technological, and psychological transformations, the need to re-examine long-standing theories, practices, and perspectives becomes increasingly urgent. This third volume of *Recent Trends in Humanities, Literature, Sociology, and Psychology* is a continuation of a broader academic initiative to capture these evolving paradigms and critically engage with emerging issues that shape our societies.

This volume represents a collaborative effort by scholars, researchers, and practitioners from diverse backgrounds. It reflects a commitment to interdisciplinary dialogue and the exploration of new theoretical frameworks that respond to contemporary challenges. The chapters included in this volume range from critical literary analysis and cultural studies to nuanced explorations of identity, mental health, social behaviour, digital transformations, and the intersectionality of marginalised voices.

We extend our sincere gratitude to all contributors whose rigorous scholarship and innovative thinking have made this edition possible. We also acknowledge the academic community that continues to support and engage with this evolving body of work.

This volume aspires to not only document current academic debates but also to inspire future research and encourage deeper inquiry into the core aspects of human experience.

CONTENT

Sr. No.	Chapter and Author	Page No.
1.	Cultural Identity in the Digital Age: A Humanities Perspective <i>Dr. Soumya R</i>	1-10
2.	The Psychological Impact of Social Media on Adolescents <i>Dr. Rima M. Kumar</i>	11-20
3.	The Evolution of Digital Humanities: Challenges and Opportunities <i>Dr. Abinash Mohapatra</i>	21-28
4.	Interdisciplinary approaches in Humanities: A modern perspective <i>Dr. Amrapali Chawla Sapra</i>	29-37
5.	Mental Health Challenges in the Post Pandemic Era <i>Ms. Pulkita Gupta</i>	38-46
6.	Neuroscience and Psychology: Bridging the Gap between Mind and Brain <i>Ms. Pulkita Gupta</i>	47-54
7.	The Role of Emotional Intelligence in Leadership and Decision-Making <i>Dr. Sakshi Gupta, Ms. Taranpreet Kaur</i>	55-63
8.	Understanding Human Behavior: A Review of Psychological Theories and Their Applications <i>Dr. Rajeshwari Garg</i>	64-71

9.	Changing Family Structures in the 21st Century: Trends and Impacts <i>Dr. Chitkala venkareddy</i>	72-80
10.	Urbanization and Its Effects on Social Relationships <i>Dr. Ravindra Sahare</i>	81-88
11.	Cognitive Behavioral Therapy: Recent Advances and Effectiveness <i>Prof. (Dr.) Roopali Sharma</i>	89-97
12.	Ethics and Morality in Humanistic Studies: A Review <i>Dr. Tamanna Saxena</i>	98-106

Cultural Identity in the Digital Age: A Humanities Perspective

Dr. Soumya R^{1*}

¹Associate Professor, School of commerce and management, Surana College Autonomous Bengaluru, Karnataka.

Abstract

From its beginnings in the 19th century, coinciding with the dawn of a new industrial period, to the sophisticated, cutting-edge technical digital media tools available to us today, digital media has changed throughout time. Around the world, technology is a major factor in forming cultural identities and customs. The increasing impact of globalisation in the digital era is changing cultural identities. Examine the many studies on cultural identity and digital age that have been published in this article. The review reveals that digital media serve as both a catalyst for cultural expression and a threat to cultural distinctiveness. While offering platforms for cultural preservation and global connectivity, digital tools also risk reinforcing cultural homogenization and power imbalances. Particularly among youth in rural India, social media reshapes self-identity, social values, and cultural norms. The study emphasizes the need for context-sensitive strategies that promote digital literacy, algorithmic fairness, and the celebration of local content. A humanities perspective highlights the reciprocal relationship between technology and culture, urging mindful integration to ensure cultural resilience and diversity in the digital age.

Keywords: Digital Media, Digital Age, Technology, Globalization, Cultural Identities and Preservation, Humanities Perspective, Cultural Resilience and Diversity.

1 Introduction

Nowadays, almost everyone has accessibility to a smart phone or the internet, making digital media a vital part of our life. This has produced an abundance of opportunities for individuals residing in isolated

* ISBN No. - 978-93-49028-92-0

regions to establish connections with the outside world, and vice versa. Western ideals have supplanted native beliefs and customs, yet this has also resulted in a homogenisation of cultures [1]. Through the proliferation of social media platforms, digital media has had a significant impact on the cultural fabric. Young people in the area now have a forum for communicating themselves and interact with like-minded people thanks to social media sites like Instagram, Facebook, and Twitter [2]. As a result, a new generation has emerged that is more susceptible to global influences, resulting in a degradation of their conventional cultural identity. Additionally, the region's cultural milieu has been significantly influenced by the proliferation of online content and streaming services [3]. Although it has given local artists and filmmakers a stage on which to display their skills, it has also resulted in the domination of popular culture and mainstream media, which often conflicts with the region's traditional values [4]. The younger generation is moving away from their own origins and towards Western culture, which has led to a conflict among the old and the new. The emergence of influencer culture is another facet of how digital media affects cultural identity. The way individuals see and present their cultural identities has changed as a result of the development of social media influencers [5]. A westernised lifestyle, which may be seen as hip and fashionable, is often promoted by several influencers from the area. Their own cultural heritage and customs may therefore be erased as a result. There are some positive aspects, however. North East cultural identity has been preserved and promoted in large part because to digital media. Traditional art forms are reviving as a result of local craftsmen and artisans using social media to display their traditional goods [6].

A. Cultural identity

When it comes to country, race, religion, socioeconomic class, generation, locale, gender, or any other kind of social group with its own unique culture, cultural identification is a component of an individual's identity, or self-concept and self-perception. In this sense, cultural identity is a feature of both the person and a group of people who share the same upbringing or cultural identity [7]. In the discussions of cultural, social, and historical experiences, cultural identity is a dynamic process that is never static. Some individuals alter their cultural identification more than others, whereas others who change their cultural identity less often have a distinct cultural identity. In other words, their cultural assimilation is both dynamic and steady [8].

Social ties, category label, and cultural knowledge are the three components that comprise an individual's cultural identity. Understanding the fundamental traits of one's culture allows one to connect with their identity. This is known as cultural knowledge. A category label is a person's indirect cultural affiliation that connects them to their identity.

An individual's identity is influenced by their social relationships, which are described as "social connections." The process of developing a cultural identity involves many phases [9]. Immersion in a culture's values, beliefs, and customs is the first way for someone to learn about it. After then, the individual's identification as a part of that culture is based on their position in the community. Third, they cultivate relationships with their immediate family, close acquaintances, colleagues, and neighbours [10].

B. The Evolution of Cultural Identity in the Digital Age

1. Digital Media and Cultural Identity Formation

The formation and expression of cultural identity have been significantly altered by digital media. The emergence of digital content creation tools, online forums, and social media platforms has facilitated the curating and sharing of cultural identities with an international audience. Individuals can now establish connections with others who possess comparable cultural experiences and interests, which has resulted in the development of novel forms of cultural expression [11].

Digital media has also made it easier for cultural narratives to spread over the world. Online platforms have made it possible for people all over the world to share cultural material, including literature, art, and music. This has facilitated the homogenisation of cultural practices and the development of global cultural trends.

2. New Forms of Cultural Identity in Online Communities

New kinds of cultural identity have emerged as a result of the growth of online networks. People may interact with people who have similar interests by participating in these communities, which are often centred on common pastimes, interests, or cultural customs. Due to the ability to interact with others who have comparable cultural backgrounds and ideals, online communities have emerged as a crucial component of contemporary cultural identity [12]. The following are some essential traits of online cultural identity:

- **Global connectivity:** Through the ability to interact with people worldwide, online networks help people develop a sense of cultural identity.
- **Niche cultural practices:** Online communities often concentrate on certain cultural customs or hobbies, enabling people to interact with like-minded others.
- **Dynamic cultural expression:** Using a variety of digital technologies and media, online platforms allow people to create and express their cultural backgrounds in fresh and creative ways.

C. The Importance of Cultural Identity in Modern Society

Building a feeling of belonging, community, and self-worth requires a strong sense of cultural identification. It forms the basis of a person's self-concept and forms the basis of how they see themselves and engage with the world. Cultural identification encourages continuity and cultivates a strong feeling of pride and fortitude by tying them to their ancestors, families, and larger community [13]. It offers an understanding and expression framework for values, beliefs, and traditions, which greatly enhances mental and emotional health. In a society where many individuals lack a feeling of roots or cultural displacement—often as a result of migration, urbanisation, or globalization—cultural identification serves as a stabilising factor, providing a sense of safety and inclusion in the face of ongoing change [14]. It grounds people in common experiences and collective past, assisting them in navigating the difficulties of contemporary life. Maintaining one's integrity and self-assurance in one's position in

society depends on this anchoring effect. In multicultural communities where differences are respected rather than seen as a source of conflict, celebrating cultural identity is also essential for fostering empathy and understanding [15]. Communities benefit from embracing cultural variety because it fosters tolerance and respect for one another. It promotes candid communication and contact between various ethnic groups, which strengthens social bonds and lessens preconceptions and biases. Society can cultivate innovation and problem-solving by recognising and valuing a diverse array of cultural backgrounds and perspectives [16], [17].

D. Challenges and Opportunities for Political Communication

1. Adapting to the Changing Landscape of Cultural Identity

Political communication has both possibilities and problems as cultural identity changes in the digital era. In addition to being attentive to the complexity of global cultural influences, political communications must be crafted to appeal to a variety of cultural identities. In the digital era, politicians and policymakers need to be aware of the subtleties of cultural identity in order to engage with a variety of audiences [18].

2. The Globalization of Media and Political Messaging

Political messaging has both possibilities and problems as a result of media globalisation. Digital media has the potential to expand the influence and reach of legislators by allowing them to connect with a global audience. However, there are drawbacks to media globalisation as well, as political statements need to be modified to appeal to a variety of cultural situations. In a globalised media environment, some important factors to take into account while crafting political message are:

- **Cultural sensitivity:** "Local cultural narratives and values" must be taken into consideration while crafting political statements.
- **Global relevance:** Global cultural influences and trends must also be reflected in political messaging.
- **Adaptability:** Given the complexity of regional cultural identities, political messaging must be flexible enough to fit a variety of cultural situations.

3. New Forms of Political Engagement and Mobilization

New types of political mobilisation and involvement have been made possible by digital media. People may now rally around common interests and concerns thanks to online platforms that have made it easier to plan advocacy campaigns, demonstrations, and social movements. Particularly for younger generations, this has opened up new avenues for political involvement and participation. There are several critical components of digital political engagement, such as:

- **Hashtag activism:** Hashtags on social media have emerged as a vital instrument for political and social cause mobilisation.
- **Online petitions:** Online petitions have made it possible for people to rally support for certain issues, and they often utilise online platforms to plan offline demonstrations and protests.

- **Digital campaigning:** Digital media has developed novel and innovative methods for politicians to interact with electors, utilising online advertising and social media to reach a wide range of audiences.

2 Literature Review

(Judijanto, Putu, et al., 2024) [19] Using a bibliometric methodology, this research examines how digitalisation and cultural identity interact, with a particular emphasis on local customs in the digital age. According to the report, the study's emphasis is shifting from early attempts at cultural preservation to more recent concerns like innovation, sustainability, and digital leadership. On the other hand, the disparities in representation indicate that there is a necessity for expanding research that integrates the perspectives of under-represented regions. Future research might go in exciting areas thanks to emerging technologies like AI and VR, and striking a balance between cultural authenticity and contemporary adaptations is crucial given the conflict between globalisation and localisation. In order to promote "sustainable cultural preservation in the digital age", this report presents a thorough review of the research environment along with useful recommendations for technologists, cultural practitioners, and politicians.

(Maehler & Daikeler, 2024) [20] In addition to identifying key elements associated with the creation of cultural identities, the meta-analysis examined the commitment of first-generation adult immigrants to both their new cultural surroundings and their old culture. According to the findings of the random-effects analysis, first-generation adult immigrants had a moderate level of identification with their home nation and a high identification with their culture of origin. The questionnaire language, gender, immigrant type, place of origin, and cultural distance all influenced the degree of identification. Methodological concerns and mediator implications are examined for the research of identity development in acculturation contexts.

(Alsaleh, 2024) [21] Recognising both the advantages and disadvantages of technology in various cultural settings, this essay examines the intricate link among technology and cultural change. Our results demonstrate that technology serves as a catalyst for innovation, adaptability, and cultural interchange, facilitating previously unheard-of levels of international communication and idea sharing. The dual character of technology impact is shown by this study: while it promotes connectedness and cultural enrichment, it also presents threats to cultural variety and fairness. Our research provides policymakers, educators, and technologists with valuable insights, underscoring the necessity of culturally sensitive strategies to guarantee that technological advancements in the digital era contribute to, rather than diminish, cultural heritage.

(Condemayta Soto et al., 2023) [22] In order to investigate how university students in the Global South use social media to enact their cultural identities, this research uses both performance and polymedia as key conceptual lenses. We contend that this set of young Bolivians navigates social media as polymedia environments, using its potential and exploring its limitations while performing their multiplex identities. Our findings "depend on 17 focus groups with 105 students from Bolivian institutions". Three main

conclusions were drawn from the study: (1) Students primarily cited instances of national identity and cosmopolitan performances; (2) national belonging performances displayed a vague blend of self-glorification and self-reflection; and (3) indigenous identities were seldom exhibited on the platforms used.

(D & ASSISTANT, 2025) [23] "In Akki-alur, Hangal Taluk, Haveri District, Karnataka", young people between the ages of 18 and 24 are the subjects of this study, which attempts to investigate the ways in which social media affects their cultural values, sense of self, and social behaviours. The research looks at how media exposure affects how they see themselves, their social roles, and how they interact with others and society. By revealing how media use patterns influence young people's identities and experiences in a rural Indian setting, the results seek to clarify the intricate link among "media consumption and the development of youth culture". In addition to contributing to the ongoing discussion regarding the influence of media on youth in the digital era, this comparative study emphasises the potential of social media as both a platform for identity construction and an instrument for cultural exchange.

(Hazarika et al., 2024) [24] Due to homogenisation and cultural dilution, the introduction of digital media has had a substantial influence on the region's cultural identity. The impact of digital media on the cultural fabric of Northeast India is examined in this research, which also looks at influencer culture, social media, and streaming services. This research highlights the need of striking a balance between contemporary technology and cultural origins, even as it acknowledges the advantages of digital media in fostering economic development and cultural preservation. Cultural dilution and homogenisation have resulted from the introduction of digital media, which has had a profound effect on the region's cultural identity. This investigation investigates the impact of digital media on the cultural fabric of North East India, with a particular emphasis on influencer culture, streaming services, and social media.

(Manara & Weber, 2023) [25] This investigation investigates the manner in which local communities in the United Kingdom negotiate their cultural identities in the face of "the ubiquitous influence of global cultural narratives and digital platforms". In conclusion, the results indicate that digital platforms present both opportunities and challenges. On the one hand, they impact younger generations in particular by exposing local cultures to homogenising global trends. However, these platforms serve as effective means of disseminating and conserving regional customs, allowing communities to reclaim their cultural uniqueness on a worldwide scale. In order to promote a harmonious coexistence of local and global influences, discussions highlight the vital role "that digital literacy and proactive cultural policies play".

(BALA & Vanessa, 2024) [26] This study examined how digital media has been used to investigate cultural identity in a variety of ways by reviewing the body of current research. It adds to the current discussion about cultural identity and digital media. In addition, the report clarified the difficulties that digital media provide for cultural identity, including differences in digital literacy and access, subscriptions, and cyber threat dangers. The study's conclusions emphasise how important it is to fully use the range of channels that digital media offers for exposure, empowerment, and cultural identity expression. To encourage polite interaction, digital literacy, and inclusion for users, the report suggests

that stakeholders and governments provide more free training and awareness-raising on the various digital media technologies.

(Judijanto, Amalia, et al., 2024) [27] This study utilises "the VOS viewer to conduct a bibliometric analysis and visualise" the complex research landscape that surrounds the themes of digitalisation, cultural transformation, organisational practices, and the impact of global crises such as the COVID-19 pandemic. It demonstrates the ways in which digitalisation intersects with a variety of societal dimensions, affecting business practices, sustainability, cultural heritage, and education. The report promotes policies that improve digital literacy and inclusion by highlighting the role that digital technologies play in enabling important social and organisational developments. The analysis of authorship networks also illuminates the dynamics of collaboration and the influence of influential scholars, offering valuable insights that can inform future research orientations. In order to effectively navigate current and upcoming problems, the research emphasises the need for flexible business models that include sustainability and resilience.

(Sugiarto & Arif, 2024) [28] This study explores how cultural identity is represented by English-speaking behaviours on social media sites including Twitter, Instagram, and online discussion boards. Important conclusions show that power dynamics, demographics, globalisation, platform dynamics, and cultural environment all influence how people use English on social media. Users from non-native English-speaking countries frequently integrate English into their native languages and cultures in order to convey a sense of global belonging or modernity. The research offers helpful suggestions and emphasises how crucial it is to acknowledge English's function as a conduit of cultural identity. In the digital era, it advocates for a greater awareness of the cultural variety reflected via language and recommends using social media to promote cross-cultural communication and understanding. Broader ramifications of these observations include encouraging cultural awareness and creating inclusive frameworks for international communication.

3 Research Gap

Though a lot of study has been done on how digital technologies affect cultural expression and communication, from a humanities standpoint there is still a great knowledge vacuum on how cultural identity is created, negotiated, and kept in the digital age. Most current research concentrate on technical or sociological aspects, often ignoring the sophisticated, interpretive frameworks provided by philosophy, history, literature, and cultural studies. Moreover, the worldwide character of digital platforms brings hybridity, new kinds of cultural engagement, and conflict requiring more thorough critical examination. How digital media reinterpret ancient stories, rituals, and collective memory across many cultures has received little consideration. Furthermore lacking are multidisciplinary methods that affect cultural identity by means of digitisation. Comprehensive knowledge of the changing dynamics of cultural identity in an increasingly linked digital environment depends on closing this divide.

4 Research Objective

- “In this article study the evolution of Cultural Identity in the Digital Age.
- Study the importance of Cultural Identity in Modern Society.
- Study the various literature perspective on Cultural Identity in the Digital Age”.

5 Research Methodology

Using secondary data and a comprehensive literature analysis, this review study uses a qualitative research method to investigate the complex interaction between cultural identity and the digital age. The study makes use of academic papers, reports, and case studies released between 2018 and 2025 to provide a complete knowledge of the changing cultural scene. Combining ideas from many disciplines—media studies, political communication, sociology, and cultural studies—the study investigates important themes including the relevance of cultural identity in modern society, the function of digital media in forming young culture, and the more general sociopolitical consequences. This approach helps one to critically analyse the possibilities and difficulties presented by technology developments in affecting social structures, values, and cultural standards.

6 Conclusion

This review reveals that while digital tools offer powerful means for expressing and preserving cultural identities, their success depends on context-aware and strategic application. The relationship between culture and technology is reciprocal and ever-evolving, involving adaptation and transformation. Digital platforms, particularly social media, shape how cultural norms and identities are constructed, especially among youth. In rural India and regions like North East India, digital media offers both opportunities for cultural empowerment and risks of homogenization and cultural erosion. Active engagement with digital tools often reshapes self-perception and social values, while less active users retain more traditional outlooks. Key challenges include algorithmic bias, digital illiteracy, and global content dominance, which limit equitable cultural representation. The study concludes that a balanced, inclusive approach is essential. Digital media must be harnessed to celebrate cultural diversity while protecting traditional practices. Promoting digital literacy, ensuring fair algorithmic practices, and amplifying local voices are crucial. Humanities perspectives help illuminate the nuanced interplay between tradition and technology, guiding efforts to preserve cultural identities in a globalized digital landscape. This approach fosters resilience, inclusivity, and a deeper understanding of cultural identity in the digital age.

References

- [1] Y. Lian and J. Xie, “The Evolution of Digital Cultural Heritage Research: Identifying Key Trends, Hotspots, and Challenges through Bibliometric Analysis,” *Sustain.*, vol. 16, 2024, doi: 10.3390/su16167125.

- [2] M. Radwan, "Effect of social media usage on the cultural identity of rural people: a case study of Bamha village, Egypt," *Humanit. Soc. Sci. Commun.*, vol. 9, no. 1, 2022, doi: 10.1057/s41599-022-01268-4.
- [3] S. Mahony, "Cultural Diversity and the Digital Humanities," *Fudan J. Humanit. Soc. Sci.*, vol. 11, pp. 371–388, 2018, doi: 10.1007/s40647-018-0216-0.
- [4] A. Wagner and M. S. de Clippele, "Safeguarding Cultural Heritage in the Digital Era – A Critical Challenge," *Int. J. Semiot. Law*, vol. 36, no. 5, pp. 1915–1923, 2023, doi: 10.1007/s11196-023-10040-z.
- [5] D. H. Haux, A. Maget Dominicé, and J. A. Raspotnig, "A Cultural Memory of the Digital Age?," *Int. J. Semiot. Law*, vol. 34, pp. 769–782, 2021, doi: 10.1007/s11196-020-09778-7.
- [6] A. P. A. Putikadyanto, I. Adriana, and A. N. Efendi, "Presentation Culture in the Digital Age: Online Identity Representation on Social Media," *Proc. Int. Congr. Indones. Linguist. Soc.*, vol. 622, 2022, doi: 10.2991/assehr.k.211226.011.
- [7] W. Elsayed, "The negative effects of social media on the social identity of adolescents from the perspective of social work," *Heliyon*, vol. 7, no. 2, p. e06327, 2021, doi: 10.1016/j.heliyon.2021.e06327.
- [8] I. Levin and D. Mamlok, "Culture and society in the digital age," *Inf.*, vol. 12, no. 2, pp. 1–13, 2021, doi: 10.3390/info12020068.
- [9] I. Granic, H. Morita, and H. Scholten, "Beyond Screen Time: Identity Development in the Digital Age," *Psychol. Inq.*, vol. 31, no. 3, pp. 195–223, 2020, doi: 10.1080/1047840X.2020.1820214.
- [10] C. Cocq, "Revisiting the digital humanities through the lens of Indigenous studies—or how to question the cultural blindness of our technologies and practices," *J. Assoc. Inf. Sci. Technol.*, vol. 73, no. 2, pp. 333–344, 2022, doi: 10.1002/asi.24564.
- [11] S. R. Sirin, S. Z. Brauer, and R. C. Tugberk, "Reframing Adolescent Identity: A Global Perspective for the Digital Age," *Annu. Rev. Dev. Psychol.*, 2024, doi: 10.1146/annurev-devpsych-010923-101059.
- [12] K. Indah *et al.*, "The Use Of Social Media In Maintaining Cultural Identity," *Int. J. Progress. Sci. Technol.*, vol. 45, no. 1, 2024.
- [13] R. Nurliza *et al.*, "Analysis Of The Influence Of Media On Cultural Change In The Digital Age," *Int. J. Progress. Sci. Technol.*, vol. 45, no. 1, pp. 29–35, 2024.
- [14] S. Saad, P. L. Wediyantoro, and A. N. F. Zolkifli, "Cultural Preservation in the Digital Age: The Future of Indigenous Folktales and Legends," *Int. J. Res. Innov. Soc. Sci.*, vol. 8, no. 9, 2024, doi: 10.47772/IJRISS.
- [15] A. I. Wardaya, A. G. Bestari, Sulistiyanto, and A. Kindiasari, "Fashion as an Expression of Cultural Identity in the Digital Age," *J. Res. Soc. Sci. Humanit.*, vol. 4, no. 2, pp. 161–164, 2024, doi: 10.47679/jrssh.v4i1.118.
- [16] M. S. Bani Issa, "How cutting- edge technologies shape cultural identity in ultramodern Arabic

- literature,” *Soc. Sci. Humanit. Open*, vol. 11, no. April, 2025, doi: 10.1016/j.ssaho.2025.101511.
- [17] B. Chawla, “Innovative Pedagogies: Transforming Learning Environments in The Digital Age,” *Int. J. Innov. Sci. Eng. Manag.*, vol. 3, no. 3, pp. 81–86, 2024.
- [18] K. T. Chan, “Emergence of the ‘Digitalized Self’ in the Age of Digitalization,” *Comput. Hum. Behav. Reports*, vol. 6, p. 100191, 2022, doi: 10.1016/j.chbr.2022.100191.
- [19] L. Judijanto, N. Putu, S. Nurjani, A. S. Nurmiati, and A. F. Lubis, “Trends in Digitalization and Cultural Identity: A Bibliometric Study on Local Traditions in the Digital Era,” *West Sci. Soc. Humanit. Stud.*, vol. 02, no. 12, 2024.
- [20] D. B. Maehler and J. Daikeler, “The cultural identity of first-generation adult immigrants: A meta-analysis,” *Self Identity*, vol. 23, no. 5–6, pp. 450–483, 2024, doi: 10.1080/15298868.2024.2399559.
- [21] A. Alsaleh, “The impact of technological advancement on culture and society,” *Sci. Rep.*, vol. 14, 2024, doi: 10.1038/s41598-024-83995-z.
- [22] P. Condemayta Soto, J. Bauwens, and K. Smets, “Cultural Identity Performances on Social Media: A Study of Bolivian Students,” *Journal. Media*, vol. 4, no. 1, pp. 304–321, 2023, doi: 10.3390/journalmedia4010021.
- [23] S. T. D and ASSISTANT, “MEDIA AND ITS ROLE IN SHAPING YOUTH CULTURE AND IDENTITY; A SOCIOLOGICAL STUDY,” *Int. J. Res. Anal. Rev.*, vol. 12, no. 2, pp. 68–76, 2025.
- [24] A. Hazarika, B. Bora, and M. Nath, “THE IMPACT OF DIGITAL MEDIA ON THE CULTURAL IDENTITY OF NORTH EAST INDIA,” *Int. J. Nov. Res. Dev.*, vol. 9, no. 9, 2024, doi: 10.37241/jatss.2022.58.
- [25] R. Manara and M. Weber, “Cultural Identity in the Digital Age : Navigating Globalization in Local Communities,” *J. Humanit. Soc. Sci.*, vol. 5, no. 3, pp. 114–120, 2023, doi: 10.36079/lamintang.jhass-0503.451.
- [26] BALA and A. Vanessa, “DIGITAL MEDIA AND CULTURAL IDENTITY: EXPLORING INTERSECTIONS, IMPACTS, AND CHALLENGES,” *GUSAU J. Sociol.*, vol. 4, no. 3, pp. 305–317, 2024.
- [27] L. Judijanto, M. R. Amalia, A. F. Lubis, and W. Febriyanto, “Cultural Transformation through Digitalization : A Bibliometric Approach in Responding to Changes in Social Values , Norms , and Cultural Practices in Society,” *West Sci. Soc. Humanit. Stud.*, vol. 02, no. 08, pp. 1366–1376, 2024.
- [28] E. Sugiarto and M. F. Arif, “DIGITAL FOOTPRINTS: UNPACKING CULTURAL IDENTITY THROUGH ENGLISH ON SOCIAL MEDIA,” *ENGLISH Rev. J. English Educ.*, vol. 12, no. 3, 2024, doi: 10.25134/erjee.v12i3.10321.

The Psychological Impact of Social Media on Adolescents

Dr. Rima M. Kumar^{1*}

¹*Associate Professor.*

Abstract

Concerns over social media's potential effects on users' psychological health have grown as its usage has increased. Online social media, which has become an integral part of our everyday lives, is held responsible for the rise in mental health issues among younger people. The purpose of this article is to review the diverse literature that has been conducted on the psychological effects of social media on adolescents. This review highlights both the positive and negative psychological impacts of social media on adolescents. While social media offers opportunities for learning, connection, entertainment, and income generation, it also contributes to addiction, cybercrime, anxiety, and the erosion of cultural values. The influence on adolescents' self-esteem and mental health is significant, with time spent, activity type, emotional investment, and addiction closely linked to psychological distress. Despite existing studies, many mediating and moderating factors remain under-explored. The findings emphasize the need for comprehensive educational programs, tailored interventions for cyberbullying, and balanced policies that promote healthy, supportive digital engagement for adolescents.

Keywords: Psychological Impact, Social Media, Adolescents, Psychological Well-Being, Self-Esteem, Mental Health, Cyberbullying.

1 Introduction

Unquestionably, social media has a significant impact on everyone in today's society, but it particularly affects young people. Socialisation is no longer the sole purpose of these platforms for adolescents; they are now utilised for academic purposes, networking with peers and employers, and various forms of

* ISBN No. - 978-93-49028-92-0

digital interaction [1]. Social scientists who are researching the impact of digital media on teenage culture and psychology are interested in this robust portrayal. Young individuals are no longer able to ignore the fact that social media has become an integral component of their daily lives. The young person can create new acquaintances, share knowledge, and cultivate positive self-image and self-esteem by utilising social media applications such as Facebook, Twitter, and Instagram [2]. The significance of these positive attributes is that they are advantageous for their psychological and social development. However, there are risks associated with using these digital spaces that have been covered in sociological research, and one of the most urgent problems is body image dissatisfaction [3]. Adolescents' mental health is often impacted by comparison and assessment against socially acceptable norms, which leads to this discontent. In order to evaluate the outcomes of social media's existence, one needs accept both its advantages and disadvantages. Even while these platforms may help young people interact with others and better themselves, they also expose them to a variety of mental health issues and differing societal standards [4], [5].

This underscores the necessity of maintaining a balance between the beneficial applications of social media and the potential drawbacks. Social media gives teenagers the freedom to self-organise their communication and choose what information to share and with whom, which is one of its key benefits [6]. Users that have this much control may feel more powerful and somewhat in control of their privacy. It also raises concerns about the security of these platforms and the possibility of uploading content that might endanger viewers who are already at risk [7]. However, this article's discussion of the negative impacts of social media will not include cyberbullying; rather, it will address other issues such as the pressure to project a particular image, the stress that comes from standard peer pressure, and the psychological consequences of being in the spotlight all the time [8]. Complex solutions that may maximise benefits and minimise drawbacks are needed to manage these complicated problems. Cybereducation and immunity strategies should be implemented to instruct individuals on how to establish positive relationships on digital platforms [9]. The inclusion of mental health services in policy measures that correspond to the use of new internet media is also crucial. By taking these measures, a safer and more supportive online environment will be created while teenagers take use of the many possibilities offered by social media and avoid being exposed to some of the negativity that exists there [10].

A. Psychological Effect

This word acknowledges a number of factors that impact people's emotions, thoughts, and behaviour. Psychological impacts may be seen in human resource management, battle simulations, the effects of pubbing on mental health and relationships, the Lady Macbeth effect, and placebo effects on self-reported well-being or athletic performance [11], [12].

B. Adolescents

The term "adolescence," which comes from the Latin word "adolescere," which means "to mature," refers to the crucial period of growth and development that occurs between pubertal and legal maturity.

Despite the fact that the teenagers' emotions are still developing, this period, which spans from 13 to 19, marks the passage from childhood to maturity. Adolescence is the word used by people on English-speaking continents to describe these years since the English names for the numbers thirteen through nineteen all finish in this sound, highlighting the many developmental phases that fall within this age range [13].

C. The role of social media in adolescence

Adolescence is a crucial developmental stage marked by emotional development, peer connections, and identity building. As they transition from infancy to maturity, adolescents are especially susceptible to social influences during this period. Teenagers may interact with their friends, explore their identities, and seek for social approval via social media. It has changed the way young people engage in many ways, providing them with new opportunities for connection, education, and self-expression [14].

In a positive light, social media can cultivate a sense of community and belonging. Teenagers may discover new concepts and cultures, exchange personal experiences, and maintain friendships thanks to it. Social media is widely used by young people for activism, social problem awareness-raising, and network building. Online communities may provide marginalised or lonely teenagers a secure environment in which they can interact with others who have gone through similar things and find acceptance [15].

Nevertheless, the same characteristics that draw people to social media may also be detrimental to mental health. Adolescents may become susceptible to addiction-like behaviours, cyberbullying, and negative social comparisons as they spend more time online. Depression, anxiety, and other mental health issues may result from continuous pressure to present an idealised version of oneself [16], [17].

D. Positive Aspects of Social Media

The hazards and effects of social media on individuals, particularly young people, frequently result in a negative perception of the platform. However, if used sensibly, appropriately, and cautiously, these platforms may have a positive influence. The following are some instances of social media's advantages:

- **Facilitates communication:** Posts, videos, direct messages, debates, and other types of communication are all available on these platforms, both one-way and two-way. Young individuals may use it to hone and improve their communication abilities.
- **Enhances connections with family, friends, peers and others:** Especially if they don't live nearby, they help young people maintain relationships and encourage social engagements. They also benefit from the ability to establish connections with individuals from around the world.
- **Provides access to information and resources:** The development of critical thinking, social, digital, and communication skills can be facilitated by social media platforms (Internet Matters). They may also help them learn more about the world and provide information, guidance, and educational opportunities on a variety of subjects and problems, such as mental health.
- **Raises awareness:** Social media platforms may help young people spread the word about mental health challenges. Moreover, it facilitates the exchange of resources, experiences, and coping

strategies among users, thereby reducing stigma and encouraging young people to seek assistance and advice. It also gives you the chance to create groups with others who care about the same things, such social causes and the environment.

- **Promotes support networks:** For young people, these platforms may provide support networks that they can use if they want assistance, counsel, or direction, particularly during trying times. They may also aid them with their schooling and future employment by offering networking opportunities.
- **Enhances creativity:** Young individuals may express themselves, find new ideas, and share their creative work on these sites. Confidence and self-esteem can be enhanced by receiving positive feedback and encouragement.
- **Promotes acceptance:** Social networking sites may have advantages even if they are linked to negative impacts on optimism and body image. Images that are diverse can have a positive impact on the self-esteem and confidence of youthful individuals.

E. Negative Impact on Mental Health

Social media has the potential to have both positive and negative effects on young people, particularly their mental health. This topic has been the subject of extensive discussion and research for many years. The following are a few instances of the many detrimental effects social media may have on young people's mental health:

- **Poor physical health:** The excessive use of social media by young people can result in a decrease in outdoor activity, a sedentary lifestyle, and a lack of exercise. This can contribute to obesity and other health issues, which can have a negative impact on their mental health. Additionally, the danger of sleep deprivation exists.
- **Comparing themselves to others:** Young individuals are frequently exposed to exaggerated beauty standards and lifestyle ideals by social media platforms, which frequently feature idealised images of individuals, such as celebrities and influencers. Eating disorders and other negative behaviours may result from body dissatisfaction, concerns with appearance, and feelings of inadequacy.
- **Privacy concerns:** A lack of privacy awareness and excessive sharing of personal information on social media may expose young people to abuse, cyberbullying, and hazardous individuals. Significant mental consequences may result if their information is misused or if it adversely affects their reputation.
- **Access to harmful content:** It might be upsetting to encounter pictures and videos on social media that are dark, violent, sexual, or inappropriate.
- **Negative interactions:** People may be both their best and worst selves on social media. Certain individuals utilise these platforms solely to harass, abuse, or "troll" others, which can have a detrimental impact on the emotional and mental health of young individuals. Numerous heartbreaking instances of young people ending their own lives demonstrate the catastrophic effects of cyberbullying.

- **Poor social skills:** Young people's social skill development may suffer if they spend too much time online and don't interact with others in person, particularly if they are younger. Because they may not be able to establish real relationships with others online, it can also result in social isolation, loneliness, and a decline in wellbeing.
- **Increased risk of addiction and mental health problems:** poor mood, poor self-esteem, anxiety, sadness, and an increased risk of addiction have all been connected to social media usage. Individuals with pre-existing mental health conditions may be more vulnerable. Self-harm, suicide, and even homicide may result from the use of social media, particularly when individuals are exposed to violent imagery and are groomed online.

F. Psychological Effects of Social Media on Youth

The authors of the research came to the conclusion after gathering the data that there are three main reasons why today's young are influenced by social media:

- **Inadequate sleep**— Teens continued to browse their social media accounts, staying up late.
- **Exposure to cyberbullying**— having content that is detrimental, deceptive, or private about them displayed on social media
- **Lack of physical activity**— Teenagers were sat for long amounts of time and had less opportunity to engage in physical activity as a result of browsing through social media on their mobile phones or other devices. Because of this, they were unable to experience the advantageous effects of exercise on their mental health.

2 Literature Review

(Fumagalli et al., 2024) [18] Early studies seemed to indicate that social media usage, especially among teenagers, would have the opposite effect. They found that social media use had a detrimental impact on wellbeing, which led to demands for more regulation and surveillance of social media platforms. In order to make sense of these contradictory results, we examine the most recent studies on the impact of social media usage on teenage psychological health. In the process, we address methodological concerns that impede the generalisability and interpretation of prior research and offer an agenda of study for consumer researchers who are interested in investigating the consequences of adolescent social media usage.

(Katee, 2024) [4] By analysing the social media interaction behaviours of a sample of 300 participants, this research investigates the psychological and social consequences of social media on teenagers. The results suggest that unmeasured variables like personality characteristics and offline social contexts may have a greater effect than the measured influence of certain social media behaviours. The study makes clear that in order to fully comprehend the intricate relationships between social media and teenage wellbeing, more factors must be included in future studies and longitudinal designs must be used.

(Abd Rahim & Ku Johari, 2023) [19] Through group therapy, this research seeks to investigate how social media affects teenagers' mental health. There are three primary themes that the study reveals: factors, effects, and actions. Peer influence, easy access to data, a learning tool, keeping up with the progress of favourite celebrities, maintaining relationships with distant friends and family, boredom from

busy parents, making new friends, and wanting to be an influencer are some of the eight sub-themes that fall under the factors. The impacts are divided into six sub-themes, including learning from any location, sharing interests and ideas, damaged family ties at home, cyberbullying, and falling for false information. The steps sub-themes include five themes: parental supervision, restricting social media use, setting up a personal schedule, time spent with family, and choosing carefully what to post on social media.

(Hidayat et al., 2023) [20] This research asserts that adolescents experience both positive and negative consequences as a result of their use of social media. Teenagers benefit from using social media because it facilitates communication and information retrieval, enhances learning outcomes and creativity, and may have good social and economic effects. Addiction, indolence, cyberbullying, pornography, and behavioural changes are some of the negative effects of social media use on teenagers. Hence, a variety of measures, including media literacy training and parental monitoring, are required to reduce the detrimental effects of social media use on teenagers.

(Khalaf et al., 2023) [21] It is becoming increasingly challenging for adolescents to envision their futures without social media. Teenage and professional viewpoints have a significant impact on how social media is seen in relation to mental health, despite the fact that there is no scientific data to back this assertion. Chronic sleep deprivation, which is a consequence of the widespread use of cell phones and other forms of media by young people, has a detrimental impact on their cognitive abilities, academic performance, and socio-emotional functions. The use of smartphones and social media among adolescents is associated with an increase in suicidality, self-harming behaviours, and mental distress, as indicated by data from numerous empirical, longitudinal, and cross-sectional studies. Clinicians can collaborate with young individuals and their families to mitigate the risks associated with smartphone and social media usage by employing developmentally appropriate strategies, such as education and practical problem-solving, with an open and nonjudgmental approach.

(Phung, 2023) [22] Every day, new features and applications are added to social media, which is always evolving and changing. Teenagers may thus experience and feel both positively and negatively about social media. Although it can be employed as well for self-expression, it can lead to teenagers often comparing themselves to the people they follow on the internet. This essay aims to identify the good and bad effects that social media may have on teenagers. Upon examining six primary articles, it is evident that the adverse effects significantly overshadow the beneficial ones. Additionally, a prospective, mixed-method design is suggested for a future study to identify interventions that can be implemented to enhance the overall experience of using social media.

(Tiwari & Singh, 2023) [23] The purpose of this essay is to examine the complex connection between teenage mental health and social media use. This research looks at how social media is ingrained in their life and how it can affect their mental health, with a particular emphasis on anxiety, despair, and self-esteem. The gathered data yields many important conclusions. The pressure to fit in with society's expectations, cyberbullying, and the continual exposure to idealised pictures all greatly increase stress and mental suffering. Furthermore, it is important to pay attention to the effect on self-esteem since comparing oneself to well manicured online identities often results in feelings of inferiority and

diminished self-worth. These bad emotions are made worse by the 'social comparison' phenomena that social media promotes, which distorts reality. Nevertheless, the research also emphasises potential opportunities for positive engagement in the midst of these adverse consequences. Potential mitigating variables include moderation, appropriate use, and awareness programs that promote resilience and digital literacy.

(Ostic et al., 2021) [11] The primary goal of this paper is to illuminate the connection between psychological well-being and the use of social media. Building on the work of other disciplines in the literature, it offers a more thorough analysis of the phenomena by taking into account a number of mediators, such as social isolation, smartphone addiction, and social capital types (bonding and bridging social capital). Due mostly to the beneficial effects of social capital bridging and bonding, the results indicate that social media use has a generally favourable indirect influence on psychological well-being. The explanatory power of the empirical model is 45.1%. In order to resolve the discrepancies discovered so far in the literature, this research offers real data and sound statistical analysis showing that both positive and negative impacts coexist.

(Keles et al., 2020) [24] Online social media, which has become an integral part of our everyday lives, is held responsible for the rise in mental health issues among younger people. Evidence on the impact of social media usage on teenage psychological distress, anxiety, and depression was included in this systematic review. Time spent, activity, investment, and addiction were the four social media categories into which the findings were divided. Depression, anxiety, and psychological discomfort were associated with all domains. However, because of the methodological constraints of cross-sectional design, sampling, and measurements, there are significant cautions. Longitudinal cohort studies and qualitative research should be used to better understand the mechanisms behind the alleged negative impacts of social media on mental health.

3 Research Gap

While existing research highlights the influence of social media on adolescent behavior, self-esteem, and mental health, significant gaps remain in understanding its long-term psychological impact across diverse cultural and socio-economic backgrounds. Most studies focus on short-term effects or are limited to Western contexts, overlooking variations in digital access, parental influence, and coping mechanisms. Additionally, the role of algorithm-driven content exposure, cyberbullying, and social comparison needs deeper exploration. There is also a lack of interdisciplinary approaches that integrate psychological theories with digital media studies. Addressing these gaps is essential for developing effective interventions and promoting healthier digital engagement among adolescents.

4 Research Objective

- Study the role of social media in adolescence, and Psychological Effects of Social Media on Youth.
- Study the positive and Negative Impact on Mental Health of adolescence.

- Study the various literature's research on Psychological Impact of Social Media on Adolescents.

5 Research Methodology

This review paper adopts a qualitative research methodology, relying on secondary data and comprehensive literature analysis to investigate the psychological impact of social media on adolescents. The study incorporates academic journals, reports, and case studies published between 2019 and 2025, offering a broad and up-to-date perspective on the topic. By synthesizing findings from psychology, sociology, and media studies, the research critically examines key themes such as anxiety, depression, self-esteem, and social behavior among adolescents. This method enables a nuanced understanding of how social media usage shapes adolescent mental health and contributes to both positive and negative psychological outcomes.

6 Conclusion

This review highlights both the positive and negative psychological impacts of social media on adolescents. On the positive side, social media facilitates social connection, serves as a platform for learning and entertainment, and offers opportunities for economic engagement. However, the negative impacts are significant, including addiction, cybercrime, mental health challenges, and erosion of cultural identity. The social and personal lives of adolescents are deeply shaped by their digital interactions, often resulting in increased anxiety, low self-esteem, and dependency on virtual validation. Professional organizations continue to offer guidance based on incomplete and sometimes conflicting evidence, emphasizing the need for nuanced and evidence-based policies. Restricting adolescent access to digital platforms may not be effective if these tools are essential for socio-digital development in modern economies. Descriptive findings reveal moderate anxiety levels and a growing reliance on social media for social validation, indicating the urgent need for educational programs and regulatory frameworks. Key findings across reviewed studies consistently point to the correlation between time spent on social media, types of activities, emotional investment, and signs of addiction with psychological distress. While some mediators and moderators have been identified, many remain underexplored, underscoring the need for deeper investigation to inform targeted, effective mental health interventions.

Reference

- [1] A. van der Wal, P. M. Valkenburg, and I. I. van Driel, "In Their Own Words: How Adolescents Use Social Media and How It Affects Them," *Soc. Media Soc.*, vol. 10, no. 2, 2024, doi: 10.1177/20563051241248591.
- [2] C. Falcón-Linares, S. González-Yubero, M. Mauri-Medrano, and M. J. Cardoso-Moreno, "Impact of Social Media on Adolescence: Mapping Emerging Needs to Build Resilient Skills," *Societies*, vol. 13, no. 11, pp. 1–11, 2023, doi: 10.3390/soc13110238.

- [3] M. Porter, "The Impact of Social Media on Mental Health of Adolescents: A Research Proposal," *Williams Honor. Coll.*, 2022, [Online]. Available: https://ideaexchange.uakron.edu/honors_research_projects/1623
- [4] I. M. Katee, "The Psychological and Social Effects of Social Media on Adolescents," *Am. J. Soc. Humanit. Res.*, vol. 5, no. 9, 2024, doi: 10.47832/2717-8293.7-3.27.
- [5] D. B. B. Kotikalapudi and D. S. Sheibani, "Analysis of Depression in Married Women: A Quantitative Exploration of PHQ-9 Responses on Neuropathogenesis," *Int. J. Innov. Sci. Eng. Manag.*, vol. 4, no. 1, 2025, doi: 10.69968/ijisem.2025v4i1234-240.
- [6] S. S, "Impact of social media on Youth: Comprehensive Analysis," *Shodh Sari-An Int. Multidiscip. J.*, vol. 02, no. 04, pp. 286–301, 2023, doi: 10.59231/sari7640.
- [7] T.-L. Ellis, C. C. Krahn, C. Leslie, N. McGlenen, and B. J. Pettapie, "Examining the Negative Impacts of Social Media on Adolescents: A Literature Review.," *BU J. Grad. Stud. Educ.*, vol. 16, no. 3, pp. 19–26, 2024.
- [8] S. R. S, R. SATHEESHKUMAR, and V. KUMAR, "a Study on Impact of Social Media on Youth," *J. Manage.*, vol. 6, no. 1, pp. 89–96, 2019, doi: 10.34218/jom.6.1.2019.010.
- [9] M. Draženović, T. Vukušić Rukavina, and L. Machala Poplašen, "Impact of Social Media Use on Mental Health within Adolescent and Student Populations during COVID-19 Pandemic: Review," *Int. J. Environ. Res. Public Health*, vol. 20, no. 4, 2023, doi: 10.3390/ijerph20043392.
- [10] I. Beyens, J. L. Pouwels, I. I. van Driel, L. Keijsers, and P. M. Valkenburg, "The effect of social media on well-being differs from adolescent to adolescent," *Sci. Rep.*, vol. 10, no. 1, pp. 1–11, 2020, doi: 10.1038/s41598-020-67727-7.
- [11] D. Ostic *et al.*, "Effects of Social Media Use on Psychological Well-Being: A Mediated Model," *Front. Psychol.*, vol. 12, no. June, 2021, doi: 10.3389/fpsyg.2021.678766.
- [12] M. Anguyo, J. Masete, M. Akia, and H. Drasiku, "The Impact of Social Media on Adolescent Mental Health," *IntechOpen*, pp. 1–12, 2023, doi: 10.5772/intechopen.1003060.
- [13] C. Gupta, D. S. Jogdand, and M. Kumar, "Reviewing the Impact of Social Media on the Mental Health of Adolescents and Young Adults," *Cureus*, vol. 14, no. 10, 2022, doi: 10.7759/cureus.30143.
- [14] A. Popat and C. Tarrant, "Exploring adolescents' perspectives on social media and mental health and well-being – A qualitative literature review," *Clin. Child Psychol. Psychiatry*, vol. 28, no. 1, pp. 323–337, 2023, doi: 10.1177/13591045221092884.
- [15] T. Goma and B. Shankar, "a Study on Impact of Social Media on Teenagers," *Vidyabharati Int. Interdiscip. Res. J.*, vol. 13, no. 1, pp. 190–194, 2021, [Online]. Available: www.viirj.org
- [16] S. Mary, "The impact of social media on youth," *Int. J. Creat. Res. Thoughts*, vol. 12, no. 3, pp. 40–53, 2024.
- [17] L. Fassi, A. M. Ferguson, A. K. Przybylski, T. J. Ford, and A. Orben, "Social media use in adolescents with and without mental health conditions," *Nat. Hum. Behav.*, 2025, doi: 10.1038/s41562-025-02134-4.

- [18] E. Fumagalli, L. J. Shrum, and T. M. Lowrey, "The Effects of Social Media Consumption on Adolescent Psychological Well-Being," *J. Assoc. Consum. Res.*, vol. 9, no. 2, pp. 119–130, 2024, doi: 10.1086/728739.
- [19] N. A. J. Abd Rahim and K. S. Ku Johari, "The Impact of Social Media on Mental Health among Adolescents," *Int. J. Acad. Res. Bus. Soc. Sci.*, vol. 13, no. 12, 2023, doi: 10.6007/ijarbss/v13-i12/20297.
- [20] F. P. Hidayat, F. H. Lubis, S. Hardiyanto, F. R. Ananda, and I. Anfasa, *The Impact of Social Media Use on Adolescents*. Atlantis Press SARL, 2023. doi: 10.2991/978-2-494069-07-7.
- [21] A. M. Khalaf, A. A. Alubied, A. M. Khalaf, and A. A. Rifaey, "The Impact of Social Media on the Mental Health of Adolescents and Young Adults: A Systematic Review," *Cureus*, vol. 15, no. 8, 2023, doi: 10.7759/cureus.42990.
- [22] V. Phung, "The Impact Of Social Media On Adolescents," *Nurs. | Sr. Theses.*, 2023, [Online]. Available: <https://doi.org/10.33015/dominican.edu/2023.NURS.ST.21>
- [23] R. Tiwari and V. P. Singh, "Mental Health Effects of Social Media on Adolescents," *Int. J. Res. Appl. Sci. Eng. Technol.*, vol. 11, no. 12, 2023, doi: 10.53555/sfs.v10i1.1658.
- [24] B. Keles, N. McCrae, and A. Grealish, "A systematic review: the influence of social media on depression, anxiety and psychological distress in adolescents," *Int. J. Adolesc. Youth*, vol. 25, no. 1, pp. 79–93, 2020, doi: 10.1080/02673843.2019.1590851.

The Evolution of Digital Humanities: Challenges and Opportunities

Dr. Abinash Mohapatra^{1*}

¹*Assistant professor*

Abstract

One of the roots and main pillars of the digital humanities field, which aids in the development of solutions to handle enormous volumes of cultural heritage data—text being the primary data type—is the transition from studying a single book "on paper" to having the ability to browse numerous digital texts in this day and age. A survey of the literature on the prospects and problems in the field of digital humanities is presented in this article. This review reveals that digital humanities, while rich in interdisciplinary potential, face challenges including limited technical expertise among humanities scholars, inadequate theoretical grounding, and concerns over digital material authenticity and sustainability. Despite these issues, digital humanities enhance cultural preservation, access to knowledge, and collaborative global research. Libraries play a pivotal role, with changing librarian skill sets being central to implementation success. Gaps remain in exploring the roles of librarians in academic settings. Moving forward, research must focus on sustainability, training, and institutional support. Overall, digital humanities offer vast opportunities, provided challenges are actively addressed and managed collaboratively.

Keywords; Digital Humanities, Challenges and Opportunities, Humanities Scholars, Cultural Preservation, Text Encoding Initiative (TEI).

1 Introduction

In the context of academia and scholarly research, it is crucial to evaluate the impact of these advancements on the manner in which humans collect, exchange, and interpret information as

* ISBN No. 978-93-49028-92-0

technology continues to evolve. The 1940s saw the emergence of the discipline of Digital Humanities (DH), which has revolutionised the management, sharing, and presentation of knowledge [1]. A field of study at the nexus of the humanities and computers or digital technology is known as digital humanities (DH). In addition to the analysis of their application, it encompasses the systematic utilisation of digital resources in the humanities. New approaches to scholarship that include computationally involved, collaborative, and transdisciplinary research, teaching, and publication are known as DH [2]. The acknowledgement that the written word is no longer the primary medium for knowledge generation and dissemination leads to the introduction of digital tools and approaches into the study of the humanities. Through the development and deployment of new tools and methods, DH enables new forms of instruction while simultaneously examining and evaluating the effects on digital culture and cultural heritage [3]. DH is unique in that it fosters a reciprocal interaction between the digital and the humanities, using technology to further humanities study while also exposing technology to humanistic scrutiny and inquiry [4], [5].

A. Early Beginnings and the Rise of Digital Humanities

The emergence of computers and computer-based techniques for text processing and analysis are strongly related to the beginnings of digital humanities [6]. In the following section, we examine several significant early origins that facilitated the field's emergence:

- **1940s-1950s:** Early attempts at data processing and statistical techniques for biblical studies and language analysis. Father Roberto Busa's groundbreaking work emerged at this time, establishing the foundation for digital humanities by using IBM punch cards to interpret textual data.
- **1960s:** The establishment of the first humanities computer institutes and conferences encouraged global cooperation, dialogue, and creativity in the nascent sector.
- **1970s:** An important breakthrough in digital humanities studies was the creation of "databases, concordances, and bibliographies for literary and historical material".
- **1980s:** The digital humanities were cultivated by the emergence of hypertext theory and the creation of the personal computer, which gave rise to new opportunities and interest. The Text Encoding Initiative (TEI), which is still in use today, was founded in this decade with the goal of standardising electronic text markup.

B. Major Milestones in Digital Humanities Development

There were a number of pivotal events and turning points in the development of digital humanities that helped to define the field [7]. Among these significant discoveries are:

- **1990s:** The public launch of the World Wide Web sparked a surge in digital humanities activities, such as the development of online resources, academic endeavours, and the use of online, multimedia, and digital technology into humanities instruction.

- **2000s:** The area of digital humanities asserted a unique character with the release of seminal books and journal articles. The field saw the establishment of major conferences, as well as financing initiatives for research centres and projects in the digital humanities worldwide.
- **2010s:** As the academic world began to embrace digital humanities more widely, several international associations, journals, and projects were established to aid in the expansion and sharing of research in the area.

C. The role of Digital Humanities in preserving literary works

For the benefit of future generations, digital humanities are essential to the preservation of literature and cultural legacy. It is possible to digitise "rare books, manuscripts, and other" priceless items, guaranteeing their long-term preservation and making them available to a worldwide audience [8]. Important facets of digital humanities preservation include:

- **Digital imaging:** Accurate, detailed photographs of literary works and archive materials are produced using high-resolution scanning and photographic processes.
- **Metadata creation:** To facilitate discovery, access, and long-term preservation, comprehensive descriptive, structural, and technical information regarding the digital resources is generated and maintained.
- **Digital preservation:** In order to prevent the loss or deterioration of priceless literary works, strategies, guidelines, and best practices for the long-term preservation and storage of digital resources are put into place.
- **Open access:** The world's literary and cultural history is freely accessible via a number of digitisation initiatives, which facilitate the study, interaction, and appreciation of these priceless materials by academics, students, and the general public.

Literary studies can guarantee that unique and invaluable works remain relevant and accessible across cultural and temporal boundaries by adopting Digital Humanities preservation strategies [9].

D. Challenges in digital humanities

Among the many obstacles that digital research and digital humanities must overcome are the digital divide, technical know-how, sustainability, technological access, copyright and intellectual property concerns, preservation and archiving, diversity, and inclusion. Collaboration and creative initiatives may be hampered by the availability of digital tools and resources [10]. Scholars' capacity to work with programming, data analysis, and digital design is sometimes restricted by the need for technical skills in these areas. To fully realise the promise of digital research and digital humanities, academics must be aware of these issues and strive to solve them in their initiatives [11]. It might also be difficult to maintain over time since digital scholarship and digital humanities initiatives need constant financing and upkeep to guarantee long-term accessibility and functioning. These sectors may improve and change research across disciplines by fostering diversity, preservation, intellectual property rights, accessibility, technological skill, and sustainability [12].

E. Opportunities in digital humanities

In an effort to investigate, preserve, and disseminate knowledge in the arts and humanities, Digital Humanities encourages collaboration among academicians, technologists, librarians, and other professionals who collaborate on interdisciplinary projects [13]. Beyond institutional and geographic borders, these cooperative initiatives support a thriving and interwoven research environment. Digital Humanities initiatives offer a variety of collaborative opportunities, such as:

- **International partnerships:** Global exposure and knowledge exchange are facilitated by the collaboration of researchers from various countries, who share their expertise, resources, and perspectives in collaborative initiatives.
- **Interdisciplinary teams:** Using their varied backgrounds and specialties, academics from a range of disciplines—including computer science, linguistics, literature, and history—cooperate to tackle challenging research problems and provide original answers.
- **Community engagement:** Digital humanists can contribute to the objectives of public humanities by integrating local communities, which allows them to access a plethora of cultural insights and local knowledge. This fosters mutual understanding and appreciation.
- **Open-source resources and tools:** In order to foster cooperation and knowledge exchange among academics, digital humanities initiatives often provide open-source materials, instruments, and techniques that are simple for others to share, modify, and enhance.

A genuinely global, linked, and varied academic community is fostered by these collaboration possibilities in Digital Humanities initiatives, which also improve the general research environment in literary studies and provide researchers with chances for both professional and personal improvement [14].

2 Literature Review

(J. Jeffrin, 2023) [13] uses modern trends and advancements to examine the changing field of digital humanities with an emphasis on language and literature. Digital technology integration has had a big influence on human culture research, allowing academics to do more in-depth literary and linguistic examination. This study attempts to provide a thorough review of the present status of the discipline and its consequences for literary analysis by looking at the junction of language studies, literature, and Digital Humanities. In order to demonstrate how these tendencies might be used practically in a tangible literary setting, the selected work is used as a case study.

(Raslin et al., 2023) [15] Librarians that specialise in digital humanities (DH) assist scholars, students, and researchers in interacting with digital resources and cultural artefacts. There are some difficulties in this specialised function within librarianship. A thorough assessment of the literature has been conducted in order to identify the obstacles that must be overcome, including collaboration and the evaluation of digital scholarship. Only 28 percent of the 50 papers that were identified—or 14 publications—were eventually selected as suitable for the analysis stage. Finding the difficulties in putting Digital Humanities Librarianship into practice is the aim of this literature study.

(Strange et al., 2023) [10] It is customary in academia, especially in the humanities, to need to preserve data and results from research projects long after they were first supported by grants. Institutions must be prepared to provide researchers with the resources and platforms they need to comply with the growing demands for data transparency and the expanding timeframes and standards set by research funding organisations. One perspective on this issue is compliance; another is that organisations should be inspired by the research they do, as well as the ongoing academic advantages and influence that come from being housed and disseminated for as long as feasible. This article provides a useful overview of the strategies being used at the University of Oxford to help researchers (and anyone) studying digital humanities preserve their digital heritage for future generations.

(Yuting et al., 2023) [16] Examine the state of research on digital humanities theory, methods, and practice in Taiwan at the moment. According to the findings of the statistical analysis, there are the most practical articles, the most tools and procedures, and the fewest theoretical articles. In Taiwan, the main focused areas of digital humanities study are text tools and literary research. Further comparison with the state of digital humanities research in Mainland China is still necessary. In order to create its own distinctive research features, Taiwanese digital humanities emphasises the creation of instruments and methods, as well as the real-world applications of literature and history.

(Tucker, 2022) [17] Researchers in the humanities are becoming more and more concerned about the sustainability of digital materials in the long run. Digital editions, databases, and online research tools are now essential components of our work. As a result of "mass digitisation" initiatives being carried out by libraries and archives, our primary materials are now accessible online as digital pictures. For academics in the humanities, this article offers an overview of the current state of digital research as well as ideas for its future. It examines four dimensions of sustainability—technological, financial, environmental, and human—and provides a novel definition of digital sustainability within this context. This focusses on sustainability as a complex endeavour in which humanities academics may play a significant part, rather than only as a technological problem.

(De & Kr Kirtania, 2021) [18] Digital Humanities research trends in India are the focus of this investigation. This study has taken into account every kind of research output that has been published in India that is included in the Scopus database. The current quantitative analysis examines a number of these publications' various qualities, including their topic, citation, degree of cooperation, author pattern, year-by-year growth, and publishing source. The study examines 35 studies based on a number of criteria and concludes that research in the field of digital humanities is becoming more and more popular in India. Research trends with quality source journals are on the rise, as evidenced by the results of this investigation.

(Chouchene, 2019) [19] The possibilities and difficulties of using digital methods for historical research are discussed in this study. Online publications have included manuscripts, letters, pictures, magazines, novels, artefacts, diaries, travelogues, and newspapers. There is a growing concern among researchers that they may produce a decontextualised and invaluable analysis by relying on digitised fragments of archival material. The process of digitisation is not neutral as it involves selection. Archival material

transcriptions are often subpar and insufficient. In an ever-evolving digital age, there are also growing worries over the lifespan and validity of digitised archives, as well as disparities in access to sources. Part of the historian's craft is searching through dusty papers in archives, a process that is directly challenged by the growing dependence on digital technologies. There are still numerous historians who are not proficient in sophisticated digital search techniques.

3 Research Gap

Despite growing interest in digital humanities, significant research gaps remain in understanding its theoretical foundations, practical implementation, and long-term sustainability. Much of the existing literature emphasizes technological advancements, often neglecting the underlying humanities frameworks and the role of interdisciplinary collaboration. There is limited focus on the challenges faced by academic institutions, particularly libraries and educators, in adopting and supporting digital humanities initiatives. Furthermore, the roles of local communities and non-Western perspectives are underexplored. Addressing these gaps is essential to ensure inclusive, context-sensitive, and sustainable development in digital humanities, fostering both innovation and deeper cultural engagement across diverse academic environments.

4 Research Objective

- Study the challenges and opportunity in digital humanities.
- Study the digital humanities and its evolution.
- Review the various literature's study on challenges and opportunity in digital humanities.

5 Research Methodology

This review paper employs a qualitative research methodology, utilizing secondary data and an in-depth literature analysis to examine the evolution, challenges, and opportunities in digital humanities. The study draws from academic journals, scholarly articles, reports, and case studies published between 2014 and 2025 to ensure a comprehensive and current understanding of the field. By synthesizing insights from disciplines such as literature, history, linguistics, computer science, and library science, the paper critically explores the interdisciplinary nature of digital humanities. This approach enables the identification of key themes, gaps, and emerging trends, providing valuable insights for future research and implementation strategies.

6 Conclusion

This review highlights the interdisciplinary nature of digital humanities (DH), emphasizing both the opportunities and challenges faced in its evolution. While DH allows scholars to explore new knowledge, enhance access to cultural content, and foster global collaboration, it also exposes critical issues. Key benefits include increased accessibility to digitized historical sources and the promotion of cultural dissemination. However, concerns arise over the loss of contextual integrity, digital material quality, and

unequal access. Many humanities scholars lack technical expertise, and theoretical foundations in DH remain underdeveloped, potentially weakening its long-term impact. The implementation of DH faces challenges at multiple levels—individual, technological, organizational, and service-based. The changing role of librarians and inadequate training are particularly significant barriers. Additionally, issues of sustainability, especially regarding digital resource management, demand attention. A notable gap exists in studies focusing on the role of academic libraries and institutions in DH adoption. The future of DH depends on strengthening foundational theories, fostering interdisciplinary collaboration, and addressing skill gaps. By involving local communities and developing open-source tools, DH projects can expand their reach and impact. Ultimately, with strategic development and thoughtful implementation, DH holds immense potential to enrich cultural understanding and advance scholarly research across disciplines.

References

- [1] E. Bernasconi and S. Ferilli, “New frontiers in Digital Libraries: The trajectory of Digital Humanities through a computational lens,” *CEUR Workshop Proc.*, vol. 3865, pp. 1–13, 2024.
- [2] A. Rani and D. Kaur, “Digital Humanities and Regional Histories: Uncovering Local Voices,” *INTERNATIONAL J. FOOD Nutr. Sci.*, vol. 11, no. 13, 2022.
- [3] L. Jaillant, K. Aske, E. Goudarouli, and N. Kitcher, “Introduction: challenges and prospects of born-digital and digitized archives in the digital humanities,” *Arch. Sci.*, vol. 22, no. 3, pp. 285–291, 2022, doi: 10.1007/s10502-022-09396-1.
- [4] F. Windhager and E. Mayr, “Digital Humanities and Distributed Cognition: From a Lack of Theory to its Visual Augmentation,” *J. Cult. Anal.*, vol. 7, no. 4, pp. 1–34, 2024, doi: 10.22148/001c.121866.
- [5] D. A. Patel, “E-Reading an Observer’s View Across 3 Generations,” *Int. J. Innov. Sci. Eng. Manag.*, vol. 4, no. 2, 2025, doi: 10.69968/ijisem.2025v4i259-65.
- [6] J. Luhmann and M. Burghardt, “Digital humanities—A discipline in its own right? An analysis of the role and position of digital humanities in the academic landscape,” *J. Assoc. Inf. Sci. Technol.*, vol. 73, no. 2, pp. 148–171, 2022, doi: 10.1002/asi.24533.
- [7] P. N. Makwana and G. G. Gadhavi, “Literature Survey and Analysis of Digital Humanities and Libraries in Recent Years,” *DESIDOC J. Libr. Inf. Technol.*, vol. 43, no. 4, 2023, doi: 10.14429/djlit.43.4.19225.
- [8] I. Gregory, “Challenges and Opportunities for Digital History,” *Spec. Gd. Chall. Artic.*, 2014, doi: 10.1145/2595188.2595200.
- [9] E. Salerno, “Digital humanities: Mission accomplished? An analysis of scholarly literature,” *Cult. Sci.*, vol. 7, no. 1, pp. 34–48, 2024, doi: 10.1177/20966083241234379.
- [10] D. Strange, M. Gooch, and A. Collinson, “Equality, findability, sustainability: the challenges and rewards of open digital humanities data,” *Int. J. Perform. Arts Digit. Media*, vol. 19, no. 3, pp. 348–368, 2023, doi: 10.1080/14794713.2023.2206286.

- [11] C. A. Sula and H. V. Hill, "The early history of digital humanities: An analysis of Computers and the Humanities (1966–2004) and Literary and Linguistic Computing (1986–2004)," *Digit. Scholarsh. Humanit.*, vol. 34, pp. 190–206, 2019, doi: 10.1093/llc/fqz072.
- [12] R. Sharma, "Digital Humanities and Historical Research: New Frontiers and Methodologies," *Int. J. Nov. Res. Dev.*, vol. 9, no. 9, 2024.
- [13] J. Jeffrin, "Recent Trends in Digital Humanities: A Focus on Language and Literature," *Shanlax Int. J. English*, vol. 12, no. 1, 2023, doi: 10.34293/rtdh.v12is1-dec.125.
- [14] R. Shirazi, "Libraries and the Problem of Digital Humanities Discovery," *CUNY Acad. Work. Publ.*, 2022, doi: 10.5040/9781350232143.ch-31.
- [15] N. Raslin, M. K. J. A. Sani, and N. Shaifuddin, "Challenges in Digital Humanities Librarianship Implementations: A systematic literature review," *Int. Conf. Inf. Sci. Technol. Manag. Humanit. Bus.*, vol. 9, 2023.
- [16] P. Yuting, J. Yinfeng, and Z. Jingli, "Current status of digital humanities research in Taiwan," *Heliyon*, vol. 9, no. 5, p. e15851, 2023, doi: 10.1016/j.heliyon.2023.e15851.
- [17] J. Tucker, "Facing the challenge of digital sustainability as humanities researchers," *J. Br. Acad.*, vol. 10, 2022, doi: 10.5871/jba/010.093.
- [18] S. De and D. Kr Kirtania, "Research Trends on Digital Humanities in India: A Study," *Conf. Int. Semin. Digit. Humanit. Digit. Soc. Contemp. WorldAt Univ. Calcutta*, no. June, 2021.
- [19] A. M. Chouchene, "Historical Research in the Digital Age: Opportunities and Challenges," *Int. J. Hu,=manities Cult. Stud.*, vol. 6, no. 2, 2019, [Online]. Available: <http://help.nla.gov.au/trove/using-trove/digitised->

Interdisciplinary approaches in Humanities: A modern perspective

Dr. Amrapali Chawla Sapra^{1*}

¹Assistant Professor in English Prestige Institute of Management and Research, Gwalior.

Abstract

In the modern world that is becoming more globalised, the exchange of cultural knowledge (including ideas, concepts, imaginative forms, and techniques) is not only beneficial for creative interactions, but also for facilitating "cross-cultural tensions or misunderstandings". Interdisciplinary research that may bridge the cultural divide across disparate disciplines and areas of study is becoming more and more in demand as a result of the humanities' present research that promotes cross-cultural academic knowledge exchange. This article review examines the many studies on interdisciplinary methods in the humanities that have been conducted. This review highlights that interdisciplinary approaches in the humanities have evolved significantly with the integration of digital tools, big data, and artificial intelligence. Digital humanities education now emphasizes not only technical proficiency but also the fusion of diverse disciplinary knowledge and practical application. Courses across universities reflect this trend, offering training in text analysis, digital publishing, and spatial humanities. The convergence of traditional humanities with fields like data science and IT fosters broader perspectives and innovative solutions to complex social issues. By bridging disciplines such as philosophy, linguistics, and literature, interdisciplinary research enhances dialogue and expands the scope of humanistic inquiry.

Keywords: Interdisciplinary Approaches, Humanities, Philosophy, Linguistics, Literature, Interdisciplinary Research, Digital Tools, Big Data, and Artificial Intelligence.

* ISBN No. - 978-93-49028-92-0

1 Introduction

Interdisciplinary approaches, resources, and ideas from several disciplines are combined into a coherent framework, which acts as a major catalyst for the advancement of scientific knowledge. By combining several points of view and styles, this method offers a distinctive viewpoint that is very helpful in navigating the complex issues of the Information Age [1]. Interdisciplinary research becomes an essential tool for addressing the complexity of the contemporary world as information spreads across sectors and disciplines increasingly converge. Its efficacy has been demonstrated in the context of complex issues such as globalisation, healthcare, and climate change. Universities are creating graduate programs and interdisciplinary research centres that connect the social and scientific sciences because many believe that interdisciplinary studies are the way of the future [2].

The dissemination of cultural information (ideas, concepts, imaginative forms, and processes) may lead to both creative encounters and cross-cultural difficulties or misunderstandings in today's increasingly globalised society [3]. Interdisciplinary research that may bridge the cultural divide across disparate disciplines and areas of study is becoming more and more in demand as a result of the humanities' present research that promotes cross-cultural academic knowledge exchange. Therefore, it is difficult for the scholar to bridge the divide between the many disciplines and concerns based on culture and to delve into the sensitive subject of the terminological and cultural disparities between the various disciplines and cultural regions [4].

A. Interdisciplinary

The integration of many academic fields into a single endeavour (such as a research project) is known as interdisciplinarity or interdisciplinary studies. It incorporates information from a variety of disciplines, including economics, psychology, sociology, and anthropology. As new demands and professions arise, it is associated with an interdisciplinary field, also known as an interdiscipline, which is an organisational unit that transcends conventional boundaries among "academic disciplines or schools of thought" [5]. A power station, mobile phone, or other project necessitates the consolidation of numerous specialities, which is why large engineering teams are typically interdisciplinary. But sometimes, the phrase "interdisciplinary" is limited to academic contexts [6].

In the context of education and training pedagogies, the word "interdisciplinary" refers to research that incorporates ideas and techniques from many conventional areas of study or well-established disciplines. Interdisciplinarity is the process of establishing a connection and integrating multiple academic schools of thought, professions, or technologies, as well as their respective perspectives, in order to achieve a shared objective [7]. This is performed by researchers, students, and instructors. Complex issues necessitate comprehension of a variety of disciplines, such as "the epidemiology of HIV/AIDS or global warming". The term "interdisciplinary" may be employed in cases where the subject is perceived as having been overlooked or even misrepresented in the conventional disciplinary structure of research institutions. For instance, women's studies or ethnic area studies. Similarly, interdisciplinarity may be used to explain complicated topics that require integrating the viewpoints of two or more disciplines [8].

B. Humanities

The word "humanities" encompasses a broad variety of academic fields that investigate the many facets of human civilisation, including languages, literature, philosophy, history, art, and religion. The goal of humanities courses is to investigate the principles, convictions, concepts, and manifestations that influence and mirror the human condition. The goal of humanities education is to help students acquire critical thinking, communication, creativity, and empathy abilities that they may employ in any area of endeavour, rather than preparing them for a particular career [9].

Humanitas, which meaning "human nature" or "human quality," is the Latin term from which the word "humanities" is derived. During the ancient period, the humanities were regarded as essential for the education of a free and intelligent individual, including history, rhetoric, poetry, and grammar. They were contrasted with fields like engineering, medicine, and law that were helpful for real-world applications [10].

Sociology, anthropology, media studies, gender studies, and other modern and current topics that address the cultural and social aspects of human existence are now included in the definition of the humanities, in addition to the classical subjects. The interdisciplinary nature of the humanities stream encourages students to investigate the relationships and exchanges between many subjects of study [11].

C. Historical Development of Interdisciplinary Approaches

Similar to the development of disciplines, the conceptual foundations of interdisciplinarity are rooted in the Western academic tradition. There is evidence of knowledge categorisation efforts dating back to the oldest known eras, ranging from Pythagorean theory of the four types of knowledge to Eastern classifications like the Indian Darshanas [12]. Since it suggests that love is connected to all the desired purposes of human endeavour, the well-known apophthegm of Diotima in Plato's Symposium, which was produced within the framework of a different kind of classification, may be seen as both a classification and intrinsically interdisciplinary [13]. In Plato's Phaedo, the Socratic teaching of the universal of the Ionic thinker Anaxagoras is examined. Nevertheless, these early attempts evolved into a pursuit of a more exclusive methodology during the Socratic period, resulting in a division among cosmological theory based on demonstrative reasoning and the Socratic concern with what could be articulated in universal concepts [14]. The term "universitas" was adopted by educational institutions to represent the Greek concept of the organised divisions of human knowledge from the late Roman and early Christian thinkers onwards. The implicit concept was that unity is found in the vision of God, despite the exceptions, particularly among the scholastics and in Leonardo da Vinci's writing [15]. This concept became increasingly similar to the model of sectarian theological faculties ordained by the church. The emergence of the modern university in the Napoleonic universities was characterised by the development of specialised areas of religion, law, medicine, and the arts. Theologians, who sought to establish a system of cosmology that was independent of the world of the visible and had a transcendental foundation essentially based on revelation, were disinterested in this development [16]. This development continued from this period onwards.

D. The importance of interdisciplinary education in the 21st century

1. Encouraging critical thinking and problem solving

Interdisciplinary education encourages the development of critical thinking and problem-solving abilities. Students are compelled to consider alternative solutions and think beyond their own discipline when they are exposed to a variety of perspectives and approaches. This can result in a wider understanding of the intricacies of real-world problems, as well as more innovative and effective problem-solving.

2. Preparing students for the future job market

Students who get an interdisciplinary education are more prepared for the contemporary workforce. According to the World Economic Forum, the most sought-after talents in the labour market today are not exclusive to any one industry but rather call for a blend of abilities from many fields. For instance, businesses are increasingly seeking workers with soft skills like teamwork and communication in addition to technical talents. Students that participate in interdisciplinary programs get these desirable qualities by receiving a more well-rounded education.

3. Innovation

New discoveries and innovations are another essential characteristic of interdisciplinary education. Researchers from many disciplines might work together to address challenges that would otherwise be insurmountable by pooling their knowledge. For instance, advances in environmental science and bioengineering have been made possible via multidisciplinary study.

4. Fostering diversity and inclusion

By being exposed to a variety of perspectives and modes of thought, students are better prepared to comprehend and empathise with individuals from diverse backgrounds. People of various colours, genders, and cultures may feel appreciated and respected in a more inclusive community as a result.

2 Literature Review

(Boateng, 2025) [17] Contemporary approaches in the social sciences and humanities are a reflection of changing multidisciplinary frameworks and techniques that address current technical, social, and cultural issues. These disciplines, which have historically focused on the study of society, culture, and human behaviour, have included new methods and viewpoints from critical theory, digital technology, and globalised settings. Traditional research methodologies have been redefined by the emergence of computational methods, artificial intelligence, and big data, which have facilitated more intricate analyses of political dynamics, cultural production, and social patterns. Postmodern and decolonial theories, on the other hand, have moved their emphasis to challenging conventional wisdom, elevating under-represented voices, and stressing the malleability of identity and power dynamics. Humanities and social science research nowadays also places a strong emphasis on interdisciplinary cooperation, combining political science, sociology, anthropology, philosophy, and history to study topics like migration, inequality, and climate change.

(Rana et al., 2025) [18] In this review, the advantages, difficulties, and educational effects of multidisciplinary methods in PhD research are examined. The study included research articles that looked at multidisciplinary teamwork in doctorate studies, emphasising the advantages including research flexibility, professional preparedness, and skill versatility. Institutional silos, communication hurdles, and disparities in academic culture were among the difficulties that were mentioned. It was underlined how supervisors and academic institutions may promote collaborative settings and interdisciplinary research. According to the study, multidisciplinary methods may improve doctorate education and equip graduates to address global issues. Future approaches for promoting interdisciplinary cooperation in higher education are outlined, along with the need of better integrating interdisciplinary practices in doctorate research.

(Benlahcene et al., 2024) [19] The idea of interdisciplinarity is still quite contentious, despite the fact that it has recently grown popular in academic and scientific circles at universities and research facilities. Three primary interdisciplinarity-related issues serve as the basis for this study's engagement with interdisciplinary studies. Examining common misconceptions about interdisciplinarity research, the first inquiry explores its nature. In order to determine if a normative interdisciplinary model is emerging from the literature, the second inquiry investigates suggested models for interdisciplinary research and their criteria. In contrast, the third inquiry concentrates on the challenges and opportunities that interdisciplinary research encounters in academic settings. Several researchers from various fields contributed to the writing of this research paper in an effort to address these issues. They critically examined the body of existing literature on interdisciplinarity and offered a thorough theoretical review grounded in three levels of analysis.

(Jin, 2024) [20] The findings of the study demonstrate that curriculum designs and models for teaching digital humanities exhibit a variety of traits that represent the knowledge and application of digital humanities education across various academic institutions. In addition to expanding students' knowledge bases and offering fresh approaches to challenging social issues, the growth of digital humanities encourages the fusion of traditional humanities with contemporary scientific and technical fields. Universities and colleges should provide forums for collaboration and exchange, offer a variety of flexible course alternatives, improve their relationship with industry, and share their teaching resources and expertise. By means of ongoing research and practice, we will produce digital humanities professionals with creative skills and interdisciplinary literacy, therefore advancing the humanities and society.

(Novis-Deutsch et al., 2024) [21] In contrast to its STEM counterparts, K–12 interdisciplinary learning in the humanities (IL-Humanities) has received less attention in the research community up to this point. By (1) offering and operationalising an assessment tool for interdisciplinary competencies, (2) proving the value of IL-Humanities environments in cultivating these competencies, and (3) expanding our knowledge of students' involvement in transdisciplinary identity work and cross-disciplinary knowledge building, this study advances the field of interdisciplinary education research.

(Nowell et al., 2022) [22] In recent years, literature evaluations have earned a greater appreciation for their contribution to the advancement of knowledge and decision-making across various fields. In order to ensure that the study was methodologically rigorous, transparent, and useful, we discuss theoretical and practical aspects in this paper, as well as our experiences doing an interdisciplinary mixed-methods systematic review. Working on an interdisciplinary mixed-methods systematic review as a team of academics from the fields of education, medicine, nursing, and social work, we provide insights from our own experiences as an open example of how we accepted the difficulties of our project and overcame the bottlenecks that frequently arise in interdisciplinary research.

(Costa, 2019) [23] It is important to note that this prejudice against degrees in the humanities is indirect in character since it is mostly the consequence of the methodical advancement of other disciplines, such as business management. Nevertheless, in comparison to other fields, this pattern has led to a significant decline in the proportion of graduates in the humanities across a group of 30 OECD nations. Examples of international political guidelines that have contributed to this devaluation that were established by the World Bank and the OECD are discussed in this article. It evaluates the advantages and worth of studying the humanities while examining the effects of declining resources in academic departments both within and outside of universities. It is argued that a society predicated on information ought to be more open and receptive to the many and distinctive disciplines that generate it, giving each area of study equal and fair weight.

(Cymbalista & Kallaus, 2019) [24] Discussing the benefits of interdisciplinary study in the humanities is the aim of this essay. As the product of the research of Bulgarian, Polish, and Slovenian academics from the Bulgarian Academy of Sciences, the New Bulgarian University, the Polish Academy of Sciences, and the Slovenian Academy of Sciences and Arts, this multidisciplinary study is also cross-cultural in nature. Beyond the confines of particular study fields, this productive research approach creates a common basis for debate and opens the door for communication between the readers, the disciplines they represent, and the individual researchers. It also produces an overall image of the object.

(Mason & Merga, 2018) [25] There has been a growing push in recent years for Australian institutions to publish throughout the candidacy process for a variety of strategic objectives that are in line with the contemporary academic landscape. These objectives may be furthered by completing a thesis by publication (TBP). Although this method is not new, not much is known about how it is used in "the Humanities and Social Sciences (HSS)". Although the quantity and kind of papers included in TBPs vary greatly, on average, there are 4.5 papers included. The inclusion of academic publications that have not yet been published or in which the applicant is not the primary author is noteworthy. Traditional scholarly publications, such as conference proceedings and journal articles, seem to be heavily utilised.

3 Research Gap

Despite the growing emphasis on interdisciplinary approaches in humanities, several research gaps persist. Much existing literature focuses on theoretical benefits but lacks empirical evidence on the practical implementation and long-term impact of such integration in academic and research settings.

There is limited exploration of how digital tools are effectively used across disciplines and how students and educators adapt to interdisciplinary curricula. Moreover, the role of local cultures, non-Western perspectives, and community-driven research in interdisciplinary humanities remains underexplored. Addressing these gaps is essential to develop more inclusive, effective, and context-sensitive interdisciplinary models that truly enrich humanistic inquiry in the modern era.

4 Research Objective

- In this article study the Historical Development of Interdisciplinary Approaches.
- Study the importance of interdisciplinary education in the 21st century.
- Study the various literature on Interdisciplinary Approaches in humanities.

5 Research Methodology

This review paper adopts a qualitative research methodology, relying on secondary data and comprehensive literature analysis to explore the modern perspective on interdisciplinary approaches in humanities. The study examines academic journals, scholarly articles, reports, and case studies published between 2013 and 2025 to provide a well-rounded and up-to-date understanding of the subject. By synthesizing insights from diverse disciplines—including literature, history, linguistics, computer science, and library science—the paper critically investigates how interdisciplinary frameworks are being integrated and applied. This approach enables a nuanced analysis of the evolution, implementation, and impact of interdisciplinary practices within the humanities domain.

6 Conclusion

The review highlights that interdisciplinary approaches in the humanities have become essential in addressing complex questions in today's rapidly evolving academic and technological landscape. The integration of big data, artificial intelligence, and computational methods has revolutionized traditional research practices, allowing for more refined analyses of cultural, social, and political phenomena. Digital humanities education reflects this shift by offering diverse curricula that combine technical proficiency with deep humanistic inquiry. Courses in text analysis, spatial humanities, and digital publishing not only teach the use of digital tools but also foster the ability to apply them within humanistic contexts. This evolution encourages a fusion of disciplines such as literature, philosophy, linguistics, and history with fields like information technology and data science. As a result, students and scholars gain broader perspectives and develop innovative methodologies to tackle real-world challenges. Furthermore, interdisciplinary research fosters collaboration across academic boundaries, facilitating richer and more inclusive dialogues. It allows for a more comprehensive understanding of material culture, perception, and meaning by uniting insights from philosophy, semiotics, and literature. Ultimately, the interdisciplinary model enhances both academic inquiry and practical problem-solving, making it a vital and sustainable approach for the future of the humanities in a digitally connected world.

References

- [1] Y. R. Ho, B. Y. Chen, C. M. Li, and E. G. Y. Chai, "The distance between the humanities and medicine: Building a critical thinking mindset by interdisciplinary dialogue through mind mapping," *Think. Ski. Creat.*, vol. 50, no. November, 2023, doi: 10.1016/j.tsc.2023.101420.
- [2] C. M. Reiter, "21st Century Education: The Importance of the Humanities in Primary Education in the Age of STEM," *Sr. Theses*, p. 30, 2017, [Online]. Available: <https://scholar.dominican.edu/senior-theses/65>
- [3] D. Biswas and J. C. Ryan, *Environmental Humanities in India: An Interdisciplinary Approach*. 2025. doi: 10.1007/978-981-97-3933-2.
- [4] A. Bocking-welch, "The Parapostcolonial: Interdisciplinary Perspectives and New Approaches," *Postcolonial Text*, vol. 9, no. 4, 2014.
- [5] A. Liu, A. Droge, S. Kleinman, L. Thomas, D. C. Baciú, and J. Douglass, "What Everyone Says: Public Perceptions of the Humanities in the Media," *Creat. Commons Attrib. NonCommercial 4.0 Int.*, pp. 19–39, 2022.
- [6] Y. S. Kravtsov, M. P. Oleksiuk, I. M. Halahan, V. B. Lehin, and T. A. Balbus, "Development of humanities education in the context of interdisciplinary approach and informatization," *Linguist. Cult. Rev.*, vol. 5, no. S2, pp. 580–587, 2021, doi: 10.21744/lingcure.v5ns2.1392.
- [7] W. Condee, "the Interdisciplinary Turn in the Arts and Humanities," *Issues Interdiscip. Stud.*, vol. 29, no. 34, pp. 12–29, 2016.
- [8] R. Dorot and N. Davidovitch, "The Status of the Humanities in The 21st Century: A Case Study," *Eur. J. Educ. Sci.*, vol. 07, no. 03, pp. 141–159, 2020, doi: 10.19044/ejes.v7no3a9.
- [9] I. Hammar and H. Östh Gustafsson, "Futures of the History of the Humanities: An Introduction," *Hist. Humanit.*, vol. 8, no. 2, pp. 177–187, 2023, doi: 10.1086/726361.
- [10] R. Crossland, "Cultivating common ground: Interdisciplinary approaches to biological research," *New Phytol.*, vol. 197, no. 2, pp. 362–365, 2013, doi: 10.1111/nph.12040.
- [11] A. Manuja and N. J. Ashwani, "TOWARDS INTERDISCIPLINARY APPROACH: ESTABLISHING A COMMON GROUND FOR SCIENCE AND HUMANITIES .," *Ynernational Conf. Recent Innov. Eng. Sci. Humanit. Manag.*, 2017.
- [12] D. B. Pedersen, "Integrating social sciences and humanities in interdisciplinary research," *Palgrave Commun.*, vol. 2, no. May, 2016, doi: 10.1057/palcomms.2016.36.
- [13] K. Okamura, "Interdisciplinarity revisited: evidence for research impact and dynamism," *Palgrave Commun.*, vol. 5, no. 1, pp. 1–9, 2019, doi: 10.1057/s41599-019-0352-4.
- [14] A. Välikangas, "The Limited Role of Social Sciences and Humanities in Interdisciplinary Funding: What are Its Effects?," *Soc. Epistemol.*, vol. 38, no. 2, pp. 152–172, 2024, doi: 10.1080/02691728.2023.2245769.
- [15] I. van der Tuin and A. Pekal, "On Generative and Generational Interlinkages and Intersections: Interdisciplinarity in Humanities, Culture, and Art," *Qual. Inq.*, vol. 29, no. 1, pp. 45–54, 2023, doi: 10.1177/10778004221097628.

- [16] D. A. Patel, "E-Reading an Observer's View Across 3 Generations," *Int. J. Innov. Sci. Eng. Manag.*, vol. 4, no. 2, 2025, doi: 10.69968/ijisem.2025v4i259-65.
- [17] O. Boateng, "Modern Approaches in Humanities and Social Sciences," *Internaltional Conf. Mordern Approach Humanit. Soc. Sci.*, 2025.
- [18] K. Rana, S. J. Aitken, and R. Chimoriya, "Interdisciplinary Approaches in Doctoral and Higher Research Education: An Integrative Scoping Review," *Educ. Sci.*, vol. 15, no. 1, pp. 1–20, 2025, doi: 10.3390/educsci15010072.
- [19] B. Benlahcene, C. B. Chatti, H. M. N. Hoque, A. El Khal, and A. Bakir, "Interdisciplinary Studies: A Critical Review of the Concept, Paradigm, and Difficulties," *J. Islam. Thought Civiliz.*, vol. 14, no. 1, pp. 153–174, 2024, doi: 10.32350/jitc.141.10.
- [20] Z. Jin, "Interdisciplinary Digital Humanities: Multidimensional Research on the Course Outline of 'Introduction to Digital Humanities,'" *Int. Conf. Humanit. Soc. Sci. Res.*, 2024, doi: 10.2991/978-2-38476-277-4_172.
- [21] N. Novis-Deutsch *et al.*, "Interdisciplinary learning in the humanities: Knowledge building and identity work," *J. Learn. Sci.*, vol. 33, no. 2, pp. 284–322, 2024, doi: 10.1080/10508406.2024.2346915.
- [22] L. Nowell *et al.*, "Interdisciplinary mixed methods systematic reviews: Reflections on methodological best practices, theoretical considerations, and practical implications across disciplines," *Soc. Sci. Humanit. Open*, vol. 6, no. 1, p. 100295, 2022, doi: 10.1016/j.ssaho.2022.100295.
- [23] R. C. Costa, "The place of the humanities in today's knowledge society," *Palgrave Commun.*, vol. 5, no. 1, 2019, doi: 10.1057/s41599-019-0245-6.
- [24] P. Cymbalista and A. Kallaus, "Relevance of interdisciplinary approach in humanities: The Thing. Conceptual and Cultural Aspects (2018) as an example of cross-disciplinary and cross-cultural research," *Tekst I Dyskurs - Text Und Diskurs*, 2019, doi: 10.7311/tid.12.2019.16.
- [25] S. Mason and M. Merga, "A current view of the thesis by publication in the Humanities and Social Sciences," *Int. J. Dr. Stud.*, vol. 13, pp. 139–154, 2018, doi: 10.28945/3983.

Mental Health Challenges in the Post Pandemic Era

Ms. Pulkita Gupta^{1*}

¹Student, BA Honor Psychology.

Abstract

The impact of the COVID-19 epidemic on mental health has been well documented. But in the latter stages of the epidemic and after its formal conclusion, very few research looked into mental health. Furthermore, not much is known about the psychological toll that the pandemic and various post-pandemic global issues have had on individuals. This article reviews the many research that have been conducted on mental health concerns in the post-pandemic era. It came to the conclusion that a worldwide mental health crisis has been brought on by the COVID-19 pandemic, placing additional burden on already brittle support networks, especially in low- and middle-income (LMIC) nations. More stress is experienced by mental health professionals (MHPs), and treatment efforts are hampered by pervasive misinformation. People and families have been profoundly impacted by the loss of organised settings like businesses and schools, particularly women and young people. There are many people who have persistent symptoms of depression, anxiety, and panic. Psychological anguish is higher in vulnerable populations, such as individuals with metabolic diseases. Long-term mental health risks must be reduced, and post-pandemic psychological resilience must be promoted, by ensuring continuity of treatment via telepsychiatry, focused therapies, and comprehensive legislative changes.

Keywords: Mental Health, COVID-19, Post-Pandemic Era, Anxiety, Panic, Psychological Impact, World Health Organization (WHO).

* ISBN No. - 978-93-49028-92-0

1 Introduction

"The COVID-19 pandemic" had a significant worldwide effect and has several implications in many facets of society. In December 2019, Wuhan, China, reported many instances of atypical pneumonia brought on by the novel coronavirus SARS-CoV-2, which generates COVID-19 [1]. Due to the alarming increase of infections in many countries and continents, "the World Health Organisation (WHO)" decided to designate COVID-19 a pandemic in March 2020. The ramifications of this choice in several spheres of life, such as health, the economic, social, cultural, and educational, had a profound effect on society [2], [3].

People's mental health has been significantly impacted by COVID-19 and the stringent measures put in place to stop its spread. Pathological emotional reactions have often resulted from adverse psychosocial impacts that have been noted during and after the epidemic. According to reports, the frequency of a number of mental illnesses has increased as a consequence; however, these conditions are still often overlooked illnesses around the world [4]. Stress, sleeplessness, anxiety, despair, and post-traumatic stress disorders are among the most prevalent mental illnesses during the epidemic. Emotional problems have also been described, including apathy, irritation, wrath, and emotional tiredness. Substance misuse is intimately linked to certain mental illnesses, and suicidal thoughts have been noted in some instances [5], [6].

Instead of only being the absence of sickness or illness, "the World Health Organisation (WHO)" describes health as a condition that includes mental, social, and physical health. Mental health is a basic aspect of overall health, according to this conceptualisation [7]. People who are in excellent mental health are thus able to deal with challenging circumstances in life, work efficiently, and reach their full potential by making substantial contributions to society. Even if public health is interested in mental health, there are large gaps in treatment implementation, which prevent those with serious mental illness from getting care. These gaps are as high as 73.5% in adults and 82.2% in children and adolescents [8], [9].

A. Mental health challenges in adolescents, Children, and the young population in post-covid-19 pandemic era

According to research, this pandemic may continue to have more detrimental long-term impacts on children and adolescents than on adults. While in quarantine, several kids have reported significant behavioural and emotional changes. As well, children, including adolescents, are particularly susceptible to neglect and maltreatment during the pandemic [10]. During the continuing pandemic, one of the first studies found that children aged 3–6 were more likely than older children aged 6–18 to display indications of clinginess and concern over family members being sick. The older children, on the other hand, were more likely to be distracted and to constantly enquire about COVID-19. Regardless of age group, all children had severe psychological issues, such as elevated irritation, inattention, and clinging behaviour [11]. The findings indicate that children nowadays feel unsure, afraid, and alone. It was also shown that children who were separated had worry, agitation, inattentiveness, anorexia, nightmares, and difficulty sleeping. The present crisis also puts teenagers and young adults at risk, since these groups are

the ones that experience the bulk of mental health illnesses. Many young people's futures have been impacted. For example, there have been fewer job openings, no school closings, and no tests. Children and children who are exposed to restriction strategies, including extended closures of schools and recreation centres, may experience loneliness, anxiety, and uncertainty. These emotions may negatively affect their academic, psychological, and developmental results. They are vulnerable as a result of their compulsive use of online gaming and social media [12].

B. Challenges for mental health services in post-covid-19 pandemic era

1. Mental health professionals' (MHPs') burnout, lack of infrastructure, and lack of human resources

Many nations have repurposed "medical health professionals (MHPs)" to offer medical services at COVID-19 care facilities. Mental health issues are more prevalent among MHPs and physicians who work in COVID-19 services due to the stress of their occupations and the loss of patients and loved ones. MHPs may not be able to provide effective mental health therapy in the postpandemic period if their mental health is neglected. "In low- and middle-income countries (LMICs), where Mental health professionals" are few, this might further worsen the inequality in mental health treatment [13].

2. Assessing mental health issues

Due to the absence of particular diagnostic or screening methods, it may be challenging to identify mental disorders that are "aetiologically related to COVID-19" in the postpandemic era (e.g., anxiety caused by a cytokine storm). The underlying disorders may be over-reported or underreported in diagnostic interviews based on "the Statistical and Diagnostic Manual of Mental Disorders, Fifth Edition, or the International Classification of Diseases, 10th Revision/Eleventh Revision".

3. The impact of misinformation ('the infodemic')

There will continue to be waves of false information concerning COVID-19 in certain countries, especially LMICs, for a variety of reasons (e.g. religious and/or political convictions). The majority of nations are surprisingly ill-equipped to handle this infodemic. In addition to putting stress on the person's mental health, the inability to get reliable information might increase polarisation and the likelihood of hate crimes [14].

4. Access to mental healthcare services

Access to mental healthcare services will be restricted in the postpandemic period, especially in LMICs, due to increased mental health difficulties, overcrowded mental health services, "a lack of preparation, and interrupted mental health services". In order to administer COVID-19, several outpatient departments and mental hospitals are now being modified. Because they are afraid of being infected, persons with mental illnesses may not use these programs to get treatment [15]. It may be more difficult to produce psycho-pharmacological treatments now that many pharmaceutical companies are concentrating on creating COVID-19-related medications, vaccinations, and preventative kits

(sanitisers). Financial difficulties, unemployment, and perceived job uncertainty substantially impede access to mental healthcare, thereby elevating the risk of developing psychiatric diseases [16].

5. Psychotherapy

The COVID-19 pandemic's intricate and constantly shifting dynamics will make psychotherapy services difficult because of the absence of social and physical connections. Psychotherapy will be less accessible in LMICs due to a lack of telepsychiatric services [17].

6. Support systems

Families, kids, teens, and adults are all impacted when the structured assistance that is provided in physical businesses, daycare centres, and schools is lost. It'll be difficult to rebuild this extrafamilial structure.

7. Public health paradox and injustice

According to a substantial corpus of research, individuals who require mental health services particularly frequently have the least access to them. It will be intensified in the post-COVID-19 era as a result of economic recession, resource constraints, and unemployment [18].

2 Literature Review

(Cho et al., 2025) [19] Following the COVID-19 epidemic, little is known about newly diagnosed mental illnesses in individuals with metabolic issues. The objectives of our investigation were to determine the impact of the COVID-19 pandemic on mental health and the factors that contributed to the emergence of new mental disorders. In the aftermath of the COVID-19 pandemic, alterations in mental health scores, as well as new-onset anxiety, depressive disorders, and alcohol use disorder, were evaluated. They were also compared to exposures linked to sociodemographics, clinical conditions, and self-perceived emotional states. Preexisting metabolic disorders were associated with the substantial increase in "PHQ-9 and GAD-7 scores" that occurred subsequent to the pandemic. The prevalence of new-onset anxiety, melancholy, and alcohol use issues among adults with metabolic disorders has increased following the COVID-19 pandemic.

(Zrnić Novaković et al., 2025) [20] The initial goal of the study was to evaluate the general population's mental health results throughout the epidemic and ten months after it ended. The second goal was to investigate the psychological toll that the pandemic had on individuals in the post-pandemic period in contrast to "contemporary conflicts, climate issues, inflation, and ineffective government administration and/or corruption". The post-pandemic evaluation revealed some cross-country variances, with inflation and current conflicts being the biggest causes of psychological strain. Psychosocial care remains necessary after the pandemic, despite the fact that the general population's mental health disparities were not as severe as they were during the acute period. This is probably a result of other worldwide issues that negatively impact people's mental health.

(Badinlou et al., 2024) [21] A worldwide mental health catastrophe has been triggered by the COVID-19 epidemic. The long-term effects of a COVID-19 infection on mental health, however, are unknown. Investigating the paths of mental health changes in COVID-19-infected persons and identifying possible variables that could impact these changes were the goals of this prospective longitudinal research. Our study's results indicate that there is a dynamic pattern in the mental health consequences that accompany COVID-19 infection over time. The study provides valuable "information on the mental health trajectory after COVID-19 infection" and emphasises the need for ongoing assessment, support, and treatments tailored to this group's evolving mental health needs.

(Farfán-Latorre et al., 2023) [8] The current study examined stress, anxiety, and melancholy among university students in Peru after they resumed in-person educational sessions. The findings show that the kids' anxiety and despair levels were low. They did, however, exhibit moderate stress levels. The pupils were found to exhibit signs of tension, anxiety, and sadness. In order to improve future professionals' mental health and overall well-being, university administrators must put policies in place for the assessment and prevention of these symptoms as well as for the improvement of their quality of life.

(Jamshaid et al., 2023) [22] The likelihood of overseas students' mental health declining before and throughout the COVID-19 pandemic is high. The mental health of overseas students both before and after the COVID-19 epidemic was examined in this research. Data were gathered online for this longitudinal research both before and after the epidemic (N = 470 and N = 420). Prior to the pandemic, the data showed that foreign students' mental health was good. In the interim, it was determined that overseas pupils were more anxious and depressed during the epidemic. This research found that students' mental health issues are concerning, and as a result, the institution need to provide psychological assistance. It will need further research to address the long-term psychological impacts of the post-pandemic.

(Ladole & Takalkar, 2023) [23] It is a universal responsibility to provide long-term care for COVID-19 survivors, given that the COVID-19 pandemic has impacted millions of individuals worldwide. Since the systemic and local pathophysiological results of other coronavirus-related diseases (like "Severe Acute Respiratory Syndrome Coronavirus 2, or SARS-CoV-2, and Middle East Respiratory Syndrome, or MERS") have been well documented, it is imperative to investigate the short-term (post-COVID) and long-term effects of COVID-19. To measure mental health, four psychological measuring measures were used: post-traumatic stress disorder, sadness, general anxiety, and dread of COVID-19. The globe is experiencing its "worst recession since the Great Depression" as a consequence of social and economic upheaval. "The Stress, Depression, and Anxiety Scale and the Event Scale-Revised" may be used to evaluate the psychological impact and mental health condition. Stress biology and infection's impact on the brain are among the major topics. Adversity can induce functional and anatomical modifications in the brain.

(Xiong et al., 2020) [24] One of the largest viral epidemics of the 21st century, "the COVID-19 pandemic", has put mental health at previously unheard-of danger worldwide. The general public's mental health also need a lot of attention, even while patients and medical professionals are getting

psychological assistance. The objective of this systematic review is to compile the literature regarding the impact of COVID-19 on the health outcomes and risk factors of individuals. Psychological distress levels linked to the COVID-19 pandemic are quite considerable and often would qualify as clinically relevant. Priority one for global public health is reducing the harmful impacts of COVID-19 on mental health.

3 Research Gap

In spite of the expanding body of research on the psychological consequences of the COVID-19 pandemic, there are substantial voids in our comprehension of "the long-term mental health outcomes" that have emerged in the post-pandemic era. Because existing research sometimes lacks longitudinal data, the pandemic's long-term effects on different demographic groups are not fully understood. There is limited focus on vulnerable populations, such as individuals with pre-existing mental and metabolic conditions, or those in low-income and rural settings. Additionally, research on the effectiveness of telepsychiatry and digital interventions across diverse regions remains inconclusive. More interdisciplinary and culturally contextual studies are needed to develop sustainable, inclusive, and adaptive mental health frameworks for future crises.

4 Research Objective

- In this article study the mental health challenges in children, adolescents, and the young population in post-covid-19 pandemic era.
- Study the Challenges for mental health services in post-covid-19 pandemic era.
- Study the various literature study in mental health Challenges in post-covid-19 pandemic era.

5 Research Methodology

This review paper employs a qualitative research methodology, utilizing secondary data and an extensive literature review to investigate the mental health challenges in the post-pandemic era. The study analyzes academic journals, scholarly articles, official reports, and case studies published between 2020 and 2025 to offer a comprehensive and current understanding of the evolving mental health landscape. By synthesizing findings from interdisciplinary sources, the research identifies emerging psychological trends, systemic healthcare gaps, and potential interventions. This methodological approach allows for a critical examination of the pandemic's long-term psychological impact across diverse populations and regions, particularly within "low- and middle-income countries (LMICs)".

6 Conclusion

Global mental health systems are very vulnerable, as the COVID-19 epidemic has shown, particularly in "low- and middle-income countries (LMICs)". Mental health professionals (MHPs) have been redeployed to COVID-19 care, increasing their stress and emotional burden. The widespread emotional impact—especially grief, anxiety, and trauma from the loss of loved ones—has significantly raised

mental health concerns globally. In LMICs, misinformation and inadequate preparedness have exacerbated the crisis. Many psychiatric and outpatient services have been disrupted or repurposed, limiting access to care. Children, teenagers, and families have been most negatively impacted by the breakdown of conventional support networks like schools and workplaces. The psychological impact is particularly pronounced among women, individuals aged 16–25, and those with pre-existing metabolic disorders, who exhibited heightened levels of depression, anxiety, and stress. Common symptoms include persistent sadness, panic, and difficulty relaxing. The sustained psychological toll—driven by ongoing socioeconomic crises such as inflation and conflict—highlights the urgency for long-term solutions. Interventions must include telepsychiatry, digital psychosocial therapies, and policy reforms to ensure continuity of care. Addressing major depressive disorder, PTSD, and suicidal ideation must be central to post-pandemic strategies. In the post-pandemic era, it is essential to establish "psychological resilience and mental health recovery" through a well-funded, coordinated, and inclusive approach.

References

- [1] S. Le Vigouroux, B. Chevrier, L. Montalescot, and E. Charbonnier, "Post-pandemic student mental health and coping strategies: A time trajectory study," *J. Affect. Disord.*, vol. 376, no. August 2024, pp. 260–268, 2025, doi: 10.1016/j.jad.2025.02.007.
- [2] J. Prakash, P. Ghosh, S. Chaudhury, and K. Srivastava, "Nurturing mental health in the postpandemic era," *Ind. Psychiatry J.*, vol. 33, 2024, doi: 10.4103/ipj.ipj_139_24.
- [3] P. F. L. Iraís, P. T. M. Edén, and R. T. Erika, "Post-pandemic depression, anxiety, and stress: A look at the mental health of medical and administrative staff," *Acta Psychol. (Amst.)*, vol. 253, 2025, doi: 10.1016/j.actpsy.2025.104706.
- [4] A. C. D. S. Costa *et al.*, "Mental health in the post COVID-19 era: future perspectives," *Einstein (Sao Paulo)*, vol. 20, no. 3, p. eCE6760, 2022, doi: 10.31744/einstein_journal/2022CE6760.
- [5] N. Kathirvel, "Post COVID-19 pandemic mental health challenges," *Asian J. Psychiatr.*, vol. 53, p. 102430, 2020, doi: 10.1016/j.ajp.2020.102430.
- [6] D. S. Singh, N. Parveen, D. R. Tiwari, and M. V. K. Tiwari, "Study on the Role of HR Managers in Risk Revolving Around COVID-19," *Int. J. Innov. Sci. Eng. Manag. Study*, vol. 3, no. 2, 2024, doi: 10.69968/ijisem.2024v3si2301-305.
- [7] V. Bollettino *et al.*, "COVID-19-related mental health challenges and opportunities perceived by mental health providers in the Philippines," *Asian J. Psychiatr.*, vol. 84, no. April, p. 103578, 2023, doi: 10.1016/j.ajp.2023.103578.
- [8] M. Farfán-Latorre *et al.*, "Mental Health in the Post-Pandemic Period: Depression, Anxiety, and Stress in Peruvian University Students upon Return to Face-to-Face Classes," *Sustain.*, vol. 15, 2023, doi: 10.3390/su151511924.
- [9] D. B. B. Kotikalapudi and D. S. Sheibani, "Analysis of Depression in Married Women: A Quantitative Exploration of PHQ-9 Responses on Neuropathogenesis," *Int. J. Innov. Sci. Eng. Manag.*, vol. 4, no. 1, 2025, doi: 10.69968/ijisem.2025v4i1234-240.

- [10] R. Vadivel *et al.*, “Mental health in the post-COVID-19 era: Challenges and the way forward,” *Gen. Psychiatry*, vol. 34, no. 1, 2021, doi: 10.1136/gpsych-2020-100424.
- [11] G. Thangaswamy, J. Arulappan, S. Anumanthan, and S. Jayapal, “Trends and Determinants of Mental Health during COVID-19 Pandemic: Implications and Strategies to Overcome the Mental Health Issues-A Rapid Review from 2019-2020,” *Int. J. Nutr. Pharmacol. Neurol. Dis.*, vol. 11, no. 1, pp. 1–6, 2021, doi: 10.4103/ijnpnd.ijnpnd-86-20.
- [12] O. Kiviruusu *et al.*, “Mental health after the COVID-19 pandemic among Finnish youth: a repeated, cross-sectional, population-based study,” *The Lancet Psychiatry*, vol. 11, no. 6, pp. 451–460, 2024, doi: 10.1016/S2215-0366(24)00108-1.
- [13] D. T. L. Shek, “Do Student Mental Health Problems Disappear Over Night in the Postpandemic Era?,” *J. Adolesc. Heal.*, vol. 74, no. 6, pp. 1066–1067, 2024, doi: 10.1016/j.jadohealth.2024.01.037.
- [14] N. K. Magorokosho, A. Heraclides, E. Papaleontiou-Louca, and M. Prodromou, “Evaluation of Resilience and Mental Health in the ‘Post-Pandemic Era’ among University Students: Protocol for a Mixed-Methods Study,” *Int. J. Environ. Res. Public Health*, vol. 21, no. 7, 2024, doi: 10.3390/ijerph21070825.
- [15] X. Ning, X. Luo, and S. Guo, “Researching into Chinese university students’ mental health in the post-pandemic era – problems and causes,” *Front. Psychol.*, vol. 15, no. June, 2024, doi: 10.3389/fpsyg.2024.1393603.
- [16] C. Chen, G. Nibbio, and Y. Kotozaki, “Editorial: Cognitive and mental health improvement under- and post-COVID-19,” *Front. Psychol.*, vol. 16, 2025, doi: 10.3389/fpsyg.2025.1565941.
- [17] Z. Yang, “Rising Adolescent Mental Health Challenges in Post-Pandemic Era: A Comparative Analysis of Its Influential Factors in China and the U.S.,” *Int. Conf. Humanit. Educ. Soc. Sci.*, no. Ichess, 2024, doi: 10.2991/978-2-38476-323-8.
- [18] M. Reutter *et al.*, “Mental health improvement after the COVID-19 pandemic in individuals with psychological distress,” *Sci. Rep.*, vol. 14, no. 1, pp. 1–11, 2024, doi: 10.1038/s41598-024-55839-3.
- [19] J. M. Cho *et al.*, “New-onset mental disorders increase among patients with metabolic diseases after the COVID-19 pandemic,” *Sci. Rep.*, vol. 15, no. 1, pp. 1–14, 2025, doi: 10.1038/s41598-025-99280-6.
- [20] I. Zrnić Novaković *et al.*, “Mental health during and after the COVID-19 pandemic—a longitudinal study over 42 months in five European countries,” *Eur. J. Psychotraumatol.*, vol. 16, no. 1, pp. 1–14, 2025, doi: 10.1080/20008066.2025.2488700.
- [21] F. Badinlou, F. Rahimian, M. Hedman-Lagerlöf, T. Lundgren, T. Abzhandadze, and M. Jansson-Fröjmark, “Trajectories of mental health outcomes following COVID-19 infection: a prospective longitudinal study,” *BMC Public Health*, vol. 24, no. 1, pp. 1–11, 2024, doi: 10.1186/s12889-024-17997-x.

- [22] S. Jamshaid *et al.*, “Pre-and Post-Pandemic (COVID-19) Mental Health of International Students: Data from a Longitudinal Study,” *Psychol. Res. Behav. Manag.*, vol. 16, pp. 431–446, 2023, doi: 10.2147/PRBM.S395035.
- [23] C. A. Ladole and K. S. Takalkar, “The Impact of the COVID-19 Pandemic on Mental Health Among the General Population: A Narrative Review,” *J. Clin. Diagnostic Res.*, vol. 17, no. 9, 2023, doi: 10.7860/jcdr/2023/60409.18428.
- [24] J. Xiong *et al.*, “Impact of COVID-19 pandemic on mental health in the general population: A systematic review,” *J. Affect. Disord. J.*, vol. 277, no. January, 2020.

Neuroscience and Psychology: Bridging the Gap between Mind and Brain

Ms. Pulkita Gupta^{1*}

¹Student, BA Honor Psychology.

Abstract

One issue with the mind-brain divide is the intricate interplay between the fields of neuroscience, clinical psychology and psychiatry, and philosophy of science. Positioning with reference to certain conceptual/philosophical factors is necessary for research in clinical psychiatry and neuroscience. The purpose of this article is to review the diverse literature on the topic of bridging the gap between the mind and the brain. This review highlights the growing precision of theories in behavioural neuroscience, driven by advanced methods of measuring brain activity. Computational models linking neural networks to cognition provide promising insights into brain-mind dynamics and enable prediction of behavioural outcomes. A major challenge remains in constructing comprehensive brain-behaviour models across domains like memory, attention, and mental health. Evidence suggests that the brain functions as a self-regulating system, with self-control networks playing a key role in integrative health. Targeting brain-body imbalances rather than isolated symptoms offers a holistic approach. Though complete solutions remain elusive, emerging findings indicate significant progress in bridging neuroscience and psychology.

Keywords: Neuroscience, Psychology, Bridging Gap, Mind and Brain, Neuropsychiatry, Brain-Mind, Psychiatric, Neurology, Mental Disorders.

1 Introduction

The multidisciplinary discipline of neuropsychiatry is dedicated to the investigation of the connection between mental illnesses and brain function. The objective is to investigate the physiological and biological foundations of mental disorder in order to close the gap between psychiatry and neuroscience

* ISBN No. - 978-93-49028-92-0

[1]. Neurology and psychiatry were formerly distinct academic disciplines, with neurology concentrating on the research of nervous system problems and psychiatry on the study of mental disorders. As a result of the emergence of neuropsychiatry, the investigation and management of mental illness have become more comprehensive. The anatomy and function of the brain in live people may now be studied because to developments in brain imaging technology. The result has been a more comprehensive comprehension of the biological underpinnings of mental illness, which has also facilitated the exploration of novel treatment options [2].

All things considered, the area of neuropsychiatry is expanding quickly and has the potential to completely change how we perceive and handle mental disease. Neuropsychiatry can help us create more effective therapies and enhance the lives of people with mental illness by bridging the gap between the brain and the mind [3]. Neuropsychiatry is distinguished by its interdisciplinary approach, wherein experts from many disciplines collaborate to enhance our knowledge of the brain and how it relates to mental illnesses. Neuropsychologists, psychologists, psychiatrists, neurologists, and other experts may be among these professions [4]. The capacity to pinpoint certain brain areas that can be connected to particular mental illnesses is one of the main advantages of neuropsychiatry. For instance, research indicates that depression is linked to abnormalities in the hippocampus, amygdala, and prefrontal cortex. Neuropsychiatrists can create interventions that are more precisely targeted and that target the specific regions of the brain that are affected by comprehending the neural basis of these disorders [5]. Understanding the genetics of mental illnesses has also been aided by neuropsychiatry. A higher risk of schizophrenia, for instance, has been linked to certain genetic abnormalities, according to research. Personalised treatment plans that consider the unique genetic profile of each patient can be developed by neuropsychiatrists through the identification of these genetic markers [6], [7].

A. Neuroscience

The scientific study of nervous system problems and functioning, including the spinal cord, brain, and peripheral nervous system, is known as neuroscience. It is a multidisciplinary field of study that integrates "physiology, anatomy, molecular biology, developmental biology, cytology, psychology, physics, computer science, chemistry, medicine, statistics, and mathematical modelling" to analyse the fundamental and emergent properties of neurones, glia, and neural circuits [8]. Eric Kandel has referred to the comprehension of the biological foundations of learning, memory, behaviour, perception, and consciousness as the "epic challenge" of the biological sciences. As time has progressed, the field of neuroscience has expanded to include many methodologies for investigating the nervous system at various sizes. From studying individual neurones at the molecular and cellular level to visualising the brain's sensory, motor, and cognitive functions, neuroscientists' methods have greatly advanced [9], [10].

B. Importance of Neuroscience

Besides the production of thoughts, emotions, and behaviour, the nervous system also regulates critical bodily functions, such as respiration. The brain is hardwired with neural connections, just as computers are hardwired with electrical connections. These connections facilitate the exchange of information

between the brain's message centres and its numerous lobes, as well as motor output and sensory input. Actually, figuring out how this circuitry works and what occurs when it is broken is one of the main goals of neuroscience training [11].

Furthermore, although neuroscience influences many human activities, it also advances our knowledge of a broad variety of common illnesses, including immune system disorders, Parkinson's disease, Down syndrome, addiction, schizophrenia, autism spectrum disorders, ADHD, and brain tumours. Over the last 50 years, a deeper comprehension of the cellular and molecular mechanisms underlying thinking, desire, and behaviour has been made possible by the development of tools like membrane clamp electrophysiology, PCR, and genome sequencing. In the next fifty years, scientists anticipate increased conceptual agreement and higher technology advancements [12].

C. Psychology

The study of the mind, behaviour, and human experience is known as psychology. Including our decisions, personality, and social relationships, this encompasses the mental processes we undergo, from our transient thoughts and visions to our sense of consciousness. It examines the biological elements that impact our thoughts, behaviours, and emotions, including genetic predispositions and brain chemistry, as well as the environmental and social impacts [13]. It encompasses a wide variety of topics, including the development and learning of children, the treatment of mental illness, the manner in which we make decisions, the behaviour of individuals in groups, and much more. Psychologists research the difficulties and distinctions that make each individual unique in addition to the common patterns of behaviour. Learning more about psychology may help us better understand others and get insight into our own behaviour [9].

D. Importance of psychology

In its capacity to elucidate and comprehend human behaviour, psychology is of great value. This academic discipline aims to comprehend human cognition, emotion, and conduct as well as the ways in which biology, culture, and environment impact people. Consequently, psychology is of great importance because it facilitates our comprehension of both ourselves and others [14].

Furthermore, psychology may be applied to a variety of real-world problems and situations. For example, psychology may help us understand why certain people are more likely to experience worry or depression, or why other people are more inclined to engage in risky or hazardous behaviours.

Because psychology makes it easier for us to comprehend and address mental health issues, it is important. Mental health conditions including substance abuse, depression, and anxiety may have a major impact on a person's overall wellbeing and quality of life. Studying psychology may help us understand the origins of mental health problems as well as practical management and treatment techniques. One popular psychologically based treatment strategy that has shown promise in treating a range of mental health conditions is cognitive-behavioral therapy [15].

Psychology is important because it may help us better understand and manage social connections. Researching human contact, communication, and relationship creation may help us better understand the elements of effective relationships and how to improve them.

E. Bridging Brain and Mind

The goal of behavioural neuroscience theories is to clarify how the brain supports conduct and thought. Our ideas about the brain and mind are becoming more accurate as new techniques for monitoring brain activity are developed. These theories explain how networks of billions of nerve cells or neurones produce complex mental processes. There are instances when models are "computational," meaning that brain processes are mathematically described to provide novel behavioural predictions [16].

This method offers a lot of promise to further our knowledge of the relationship between the mind and the brain. Rehabilitation and therapy may be greatly impacted by a thorough grasp of how brain-based illnesses affect cognition. The creation of comprehensive brain-behavior models in the areas of neurodevelopment, hearing, memory, attention, executive control, and mental health is a common Grand Challenge across many Unit programs [17].

2 Literature Review

(Tang & Tang, 2024) [18] This opinion article addresses a number of important research concerns in the emerging multidisciplinary subject of health neuroscience, which examines how the body and brain interact to influence our health behaviour, including health outcomes, decision-making, behaviours, and attitudes throughout life. We suggest that instead of treating each symptom or disorder separately through different treatment approaches, the prevention and treatment of diseases should focus on the underlying causes—the dysfunction and imbalance of brain-body biomarkers—through evidence-based body-mind interventions like Tai Chi and mindfulness meditation. This will help to achieve physical, mental, and cognitive health as well as encourage changes in health-related behaviours.

(Thomas & O’Riordan, 2024) [19] Through brain-based research, the human condition has been exaggerated in recent decades, as the focus has been on the brain. Investigating consciousness entails examining our identities, subjective experiences, and relationships with the outside world and other people. Assuming that the brains are the producers of consciousness, materialist approaches predominate in normal and child development research. While challenging conventional constructionist, realist, and materialist philosophies, qualitative research may include children in consciousness studies. The use of innovative research techniques to investigate elements of phenomenal consciousness, including self and mind, with primary school students in the United Kingdom is covered in this article. We discuss our discoveries regarding the manner in which children comprehend consciousness, the impact of consciousness on their selves, and the manner in which children perceive and experience the mind/body.

(Masi, 2023) [20] There has long been discussion in the fields of psychology, neuroscience, and philosophy of mind over the causal link between phenomenal awareness, mentation, and brain states. Material monism asserts that the mind and consciousness are purely brain-based phenomena. The

ineffable, undefinable, and seemingly unphysical nature of our subjective qualitative experiences and their associated mental dimension, on the other hand, is the focus of dualism or idealism (in one form or another), which views consciousness and mind as something other than the exclusive result of cerebral activity. This article reviews a number of neuroscientific studies that cast doubt on the notion that phenomenal experience is an emergent characteristic of brain activity and contend that the foundation of material monism is an error in logical correlation and causation. Although these findings, which have been largely disregarded, could theoretically be reinterpreted as a physicalist paradigm when viewed in isolation, they equally substantiate an ontology that regards consciousness and mind as primordial phenomena when viewed in conjunction.

(Blanken et al., 2021) [21] Understanding the connection between the brain and behaviour is one of the most important topics of our day, and merging various network applications holds the potential of providing a unified framework to address it. By integrating rules in both domains, emphasising commonalities, and developing a shared vocabulary that facilitates the use of synergies, we close this gap in the present overview. We include examples of research on autism because it is a good representation of avenues of inquiry in both psychological and network neuroscience. In order to integrate brain and behaviour both conceptually and practically, we provide three methodological approaches that enable the fusion of behavioural and brain data networks. Therefore, the present article provides a first step towards the integration of brain and behaviour and the subsequent development of multi-modal networks.

(Cieri & Esposito, 2019) [16] The Project for a Scientific Psychology, which Freud initiated in 1895, sought to establish a neuroscientific psychology by integrating psychology and neurology. The psychodynamic neuroscience's examination of the mind-brain system is now being viewed in a new light as a result of the free energy principle and the discovery of neural networks, which resulted from years of research and clinical work from the last century. The key advancements in psychodynamic neuroscience are outlined in this narrative review, with special attention to the free energy principle, resting state networks, and the Default Mode Network in relation to the Self. Lastly, we propose a discussion by attempting to speculate about the relationship between neuroscience and the concept of Alpha Function, which was put forth by psychoanalyst Wilfred Ruprecht Bion.

(Telles-Correia, 2018) [17] The intricate interplay between the fields of neuroscience, clinical psychiatry and psychology, and philosophy of science is one issue that underlies the mind-brain divide. Positioning with reference to certain conceptual/philosophical factors is necessary for research in clinical psychiatry and neuroscience. Psychiatric explanatory techniques, models of the brain-mind interaction, and conceptual challenges like dimensionality vs categories, symptoms versus disorders, and neurobiological correlates versus clinical diagnosis of mental disease are all connected to these. We endeavour to resolve several of these concerns in this article, which, if addressed, could potentially diminish the disparity between neuroscientists and psychiatrists and increase the profitability of research in this field.

(Leeuwen, 2015) [22] Look at the argument and come to the conclusion that the neurosciences don't have strong empirical, methodological, ontological, or theoretical arguments against the idea of free will.

The conflict between pre-science ideas about mind and scientific ideas about the brain is the root of the issue. As a result, I suggest using psychophysics to examine mind-brain interactions from a more reliable and uncontroversial scientific standpoint. I go over two examples where the dynamics and substance of a psychophysical experience match those of the brain. The relationship is a one-to-one type-identity in one instance, and a radical multiple instantiation in another, where the identical perceptual dynamics are produced by a number of drastically different forms of brain activity. Consequently, it is more probable that mind-brain relationships will be resolved individually rather than in a cohesive manner.

3 Research Gap

Despite significant advancements in neuroscience and psychology, a critical research gap remains in fully understanding the complex interaction between neural mechanisms and cognitive processes. Existing literature often treats brain and mind as separate domains, lacking cohesive frameworks that integrate biological, psychological, and computational models. Many studies focus on isolated brain functions without exploring how these functions collectively give rise to mental states or behavior. Moreover, there is limited research on how interdisciplinary methods, such as computational modeling and systems neuroscience, can be harmonized with psychological theories. Bridging this gap requires deeper exploration of brain-behavior relationships and more unified, cross-disciplinary approaches.

4 Research Objective

- This article study the concept of Neuroscience, Psychology and its importance.
- Study the gap between mind and brain.
- Study the various literature work on Neuroscience and Psychology and Bridging the Gap between Mind and Brain.

5 Research Methodology

This review paper employs a qualitative research methodology, utilizing secondary data and an extensive literature review to investigate the intersection of neuroscience and psychology, with a focus on bridging the gap between mind and brain. The study critically examines academic journals, scholarly articles, official reports, and case studies published between 2013 and 2025 to provide a comprehensive and up-to-date understanding of this evolving field. By synthesizing insights from behavioral neuroscience, cognitive psychology, and computational modeling, the paper explores how neural mechanisms underpin cognitive functions and mental health, highlighting emerging approaches that aim to integrate biological and psychological perspectives.

6 Conclusion

The review paper highlights the evolving theoretical landscape in behavioural neuroscience aimed at explaining how neural mechanisms give rise to cognition and behavior. With advances in neuroimaging and brain activity measurement, theories linking brain function to mental processes have grown

increasingly precise, facilitating the development of computational models capable of predicting behaviour. These models provide critical insight into how networks of billions of neurons underpin complex cognitive functions. A major interdisciplinary challenge is the formulation of detailed brain-behavior models across areas such as neurodevelopment, attention, memory, hearing, executive control, and mental health. Understanding how brain-based disorders impact cognition is vital for developing effective rehabilitation and treatment strategies. The paper also introduces a systems-based perspective, proposing that humans function as self-regulating and self-organizing entities. Rather than treating symptoms in isolation, targeting the underlying imbalance in brain-body biomarkers may yield more sustainable health outcomes. Evidence-based mind-body interventions—such as those enhancing the self-control network—support this integrative health approach. Ultimately, while fully resolving the mind-brain problem remains elusive, existing piecewise solutions offer promising progress. By moving beyond conventional information processing models, a convergence of neuroscience and psychology may soon offer a unified understanding of mental and neural phenomena.

References

- [1] G. Northoff and B. Ventura, “Bridging the gap of brain and experience – Converging Neurophenomenology with Spatiotemporal Neuroscience,” *Neurosci. Biobehav. Rev.*, vol. 173, no. January, p. 106139, 2025, doi: 10.1016/j.neubiorev.2025.106139.
- [2] M. Di Luca, F. Destrebecq, and S. Kramer, “Future of the aging brain: Bridging the gap between research and policy,” *Aging Brain*, vol. 1, p. 100002, 2021, doi: 10.1016/j.nbas.2020.100002.
- [3] Y. Zhou, “Dissecting Neuromyths – Bridging the Gap between Education and Neuroscience in EFL Pedagogy,” *English Lang. Teach.*, vol. 17, no. 9, p. 1, 2024, doi: 10.5539/elt.v17n9p1.
- [4] V. Sharma, T. K. Vashishth, B. Kumar, K. K. Sharma, R. Panwar, and S. Chaudhary, “Brain-Computer Interface: Bridging the Gap Between Human Brain and Computing Systems,” *Int. Conf. Res. Methodol. Knowl. Manag. Artif. Intell. Telecommun. Eng.*, 2023, doi: 10.1109/RMKMATE59243.2023.10369702.
- [5] J. Meng, “Bridging the gap between consciousness and matter: recurrent out-of-body projection of visual awareness revealed by the law of non-identity,” *Integr. Psychol. Behav. Sci.*, vol. 58, no. 1, pp. 178–203, 2024, doi: 10.1007/s12124-023-09775-y.
- [6] D. J. Correa, J. T. Jordan, and R. R. Said, “Bridging the Gap Between Brain Health Guidelines and Real-world Implementation,” *Am. Acad. Neurol.*, 2025.
- [7] D. B. B. Kotikalapudi and D. S. Sheibani, “Analysis of Depression in Married Women: A Quantitative Exploration of PHQ-9 Responses on Neuropathogenesis,” *Int. J. Innov. Sci. Eng. Manag.*, vol. 4, no. 1, 2025, doi: 10.69968/ijisem.2025v4i1234-240.
- [8] M. Abrams and J. D. Van Horn, “Bridging the Gap: How Neuroinformatics is Preparing the Next Generation of Neuroscience Researchers,” *Neuroinformatics*, pp. 619–622, 2024, doi: 10.1007/s12021-024-09693-3.

- [9] J. Stien, "Exploring the Intersection of Neuroscience and Psychology: Neuropsychiatry as a Pathway to Understanding the Brain-Mind Connection," *J. Depress. Anxiety*, 2023, doi: 10.35248/2167-1044.23.12.502.Citation.
- [10] D. Basso and M. Cottini, "Cognitive Neuroscience and Education: Not a Gap to Be Bridged but a Common Field to Be Cultivated," *Sustain.*, vol. 15, no. 2, pp. 1–13, 2023, doi: 10.3390/su15021628.
- [11] M. G. Di Bono, K. Priftis, and C. Umiltà, "Bridging the Gap between Brain Activity and Cognition: Beyond the Different Tales of fMRI Data Analysis," *Front. Neurosci.*, vol. 11, no. JAN, pp. 11–14, 2017, doi: 10.3389/fnins.2017.00031.
- [12] M. E. Lavoie, J. Leclerc, and K. P. O'Connor, "Bridging neuroscience and clinical psychology: cognitive behavioral and psychophysiological models in the evaluation and treatment of Gilles de la Tourette syndrome," *Neuropsychiatry (London)*, vol. 3, no. 1, pp. 75–87, 2013, doi: 10.2217/npv.12.70.
- [13] A. Othman, "Bridging Minds and Machines: The Rise of Brain Wave Technology," *Researchgate*, no. November, 2020, doi: 10.13140/RG.2.2.18885.56807.
- [14] E. Manjarrez, G. Curia, K. Stecina, and A. Lopez Valdes, "Editorial: Bridging the gap between integrative neuroscience and translational neuroscience," *Front. Integr. Neurosci.*, vol. 17, 2023, doi: 10.3389/fnint.2023.1296701.
- [15] Navitha.S.Nair, "Bridging The Gap Between Education And Cognitive Neuropsychology," *Int. J. Creat. Res. Thoughts*, vol. 10, no. 1, 2022, doi: 10.61504/COJE8576.
- [16] F. Cieri and R. Esposito, "Psychoanalysis and neuroscience: The bridge between mind and brain," *Front. Psychol.*, vol. 10, no. JULY, 2019, doi: 10.3389/fpsyg.2019.01983.
- [17] D. Telles-Correia, "The mind-brain gap and the neuroscience-psychiatry gap," *J. Eval. Clin. Pract.*, vol. 24, no. 4, pp. 797–802, 2018, doi: 10.1111/jep.12891.
- [18] Y. Y. Tang and R. Tang, "Health Neuroscience—How the Brain/Mind and Body Affect our Health Behavior and Outcomes," *J. Integr. Neurosci.*, vol. 23, no. 4, 2024, doi: 10.31083/j.jin2304069.
- [19] D. M. Thomas and Z. O'Riordan, "'My mind is not in my brain': exploring consciousness with children using creative research methods," *Qual. Res. Psychol.*, vol. 22, no. 2, pp. 346–377, 2024, doi: 10.1080/14780887.2024.2354338.
- [20] M. Masi, "An evidence-based critical review of the mind-brain identity theory," *Front. Psychol.*, vol. 14, no. October, pp. 1–15, 2023, doi: 10.3389/fpsyg.2023.1150605.
- [21] T. F. Blanken, J. Bathelt, M. K. Deserno, L. Voge, D. Borsboom, and L. Douw, "Connecting brain and behavior in clinical neuroscience: A network approach," *Neurosci. Biobehav. Rev.*, vol. 130, no. April, pp. 81–90, 2021, doi: 10.1016/j.neubiorev.2021.07.027.
- [22] C. van Leeuwen, "Brain and mind," *Bonn Handb. Glob.*, 2015, doi: 10.1007/978-3-319-90377-4_8.

The Role of Emotional Intelligence in Leadership and Decision-Making

Dr. Sakshi Gupta^{1*}, Ms. Taranpreet Kaur^{2*}

¹*Assistant Professor*

²*Assistant professor*

Abstract

Emotional intelligence (EI) has become essential for building effective leadership and decision-making abilities in today's dynamic and complex organisational context. The article examines the many studies on the subject of emotional intelligence's function in decision-making and leadership. This review emphasises how important emotional intelligence (EI) is for improving decision-making and leadership efficacy. Emotionally intelligent leaders, as demonstrated in the Infosys case study, foster positive organizational culture, employee engagement, and improved team performance. Emotional intelligence (EI) enhances leadership qualities including empathy, self-awareness, self-control, and social skills—all of which are essential for resolving conflicts, working with others, and being resilient. Training in EI can significantly improve managerial decision-making, productivity, and business outcomes. The findings emphasize the importance of tailoring interventions to specific EI domains, as understanding emotions enhances decision-making, while perceiving emotions supports interpersonal effectiveness, making EI a critical asset for sustainable organizational success.

Keywords: Emotional Intelligence, Leadership, Decision-Making, Self-Awareness, Empathy, Self-Control, Social Skills, Productivity, and Business Outcomes.

1 Introduction

The effectiveness and sustainability of an organisation are largely determined by leadership and decision-making in the fast-paced, constantly-evolving commercial sector. In the past, leadership

* ISBN No. - 978-93-49028-92-0

efficacy has been linked to qualities such as technical expertise, strategic vision, and charisma [1]. Recent research and real-world experiences, however, have demonstrated that emotional intelligence (EI) is equally, if not more, critical for "effective leadership and decision-making". The capacity to recognise and control one's own and others' emotions is known as emotional intelligence, and it plays a crucial role in how leaders engage with their teams, handle conflict, settle disagreements, and navigate intricate organisational dynamics [2]. The term "emotional intelligence" was introduced by Daniel Goleman's research, which consists of five essential components: "awareness of oneself, self-regulation, inspiration, compassion, and social skills" [3]. As the cornerstone of emotionally intelligent leadership, these elements support the creation of a healthy work environment, the growth of solid relationships, and the adaptive reaction to obstacles. For instance, a highly self-aware leader may recognise their emotional cues and respond thoughtfully rather than rashly to challenging situations [4].

A. Emotional intelligence and its Importance

The capacity for more adept emotion management is a sign of emotional intelligence. Additionally, emotional intelligence empowers us to resolve intricate emotional obstacles, much like mathematical intelligence permits us to resolve intricate numerical puzzles [5]. An essential element of this approach is the ability to recognise, comprehend, and react to emotions in a clear and meaningful manner. This approach utilises emotions as data. Being too sentimental or maintaining composure is not the point. It involves learning how to harness one's understanding of how emotions affect choices, relationships, and performance to live a more productive and satisfying life [6].

In the rapidly evolving world of today, emotional intelligence is not merely a desirable trait; it is an essential skill for effectively leading, navigating complexity, and constructing a meaningful life. Consistently, research indicates that enhanced performance, improved relationships, and increased well-being are associated with high emotional intelligence [7]. However, success on an individual basis is not enough. Emotionally intelligent companies report more employee engagement, lower employee churn, and better team performance. Furthermore, the demand is only increasing. Emotional intelligence provides a crucial road ahead from the rise in professional burnout to the worldwide mental health issues [8]. The exponential growth of artificial intelligence is hastening the transformation of various sectors by automating routine tasks and elevating the value of human qualities such as "empathy, connection, and purpose-driven leadership" [9]. At the same time, individuals are experiencing more emotional detachment and overload than before. The biggest research of emotional intelligence in the world, State of the Heart, reports that EQ scores have decreased over the last four years. The level of wellbeing has never been lower. In most industries, burnout is on the rise. Being compassionate isn't enough in this setting; emotional intelligence also involves being resilient, purposeful, and capable of handling adversity [10], [11].

B. Importance of Emotional Intelligence in Leadership

Building good connections in leadership roles, fostering cooperation, and creating a healthy work environment all depend on emotional intelligence (EI). Strong emotional intelligence enables leaders to

resolve problems, inspire and motivate their staff, and adjust to change [12]. Following are the ways in which emotional intelligence assists leaders in improving:

- **Effective Communication:** As a supervisor, it is imperative to possess effective communication skills. It is essential for leaders to be able to clearly and simply convey their vision, objectives, and demands to their team members. They must also be able to actively listen to and comprehend the opinions of their colleagues. Effective communication with team members is more probable among leaders who are emotionally intelligent, as they can modify their communication style to accommodate the audience. Additionally, they have the ability to read their coworkers' emotions and modify their communication style appropriately, which might result in more fruitful and satisfying exchanges [13].
- **Building Strong Relationships:** Effective leadership requires fostering close bonds with team members. Through their awareness of their team members' emotions and requirements, leaders who possess exceptional emotional intelligence may establish rapport and trust. Furthermore, they may create a constructive and encouraging work atmosphere that makes team members feel valued and appreciated. Increased motivation and productivity as well as more engagement and work satisfaction may follow from this [14].
- **Conflict Management:** In any organisation, effective leaders must exercise constructive and constructive conflict management. High emotional intelligence leaders are able to defuse heated circumstances by being serene and empathetic towards their team members at the same time. They could also discover win-win solutions that meet the demands of all parties involved by using their emotional intelligence. Stronger bonds and improved cooperation may arise from this [15].
- **Decision Making:** Successful leadership necessitates making sensible decisions. Emotional intelligence is a capacity that enables leaders to identify and comprehend their own emotions, thereby enabling them to make more informed and deliberate decisions. Using their emotional empathy, they may also take into account the needs and opinions of their team members while making decisions. It has the potential to result in more informed decisions that are better in alignment with the organization's fundamental values and objectives.
- **Motivating and Inspiring Team Members:** Team members may be inspired and motivated to accomplish their objectives by leaders who possess strong emotional intelligence. They may foster a pleasant and encouraging work atmosphere by using their capacity to identify and comprehend the emotions of their team members. Additionally, they may inspire their team members to go above and beyond in their professional activities by using their ability to build trusting connections and communicate clearly. Improved productivity, job satisfaction, and performance may result from this this [16].

C. Key Attributes of Emotional Intelligence for Decision Making

Effective decision-making that contributes to organisational success is facilitated by the emotional intelligence of an executive leader [17]. Here is a summary of the essential EQ qualities that help leaders make wise choices.

- **Self-Awareness:** Leaders who are self-aware are similar to self-experts. They have a thorough awareness of who they are, what they excel in, and where they may need assistance. They are also aware of when their own habits or beliefs may affect the choices they make. Leaders may improve their decision-making by better knowing themselves. In addition to improving their shortcomings, they may play to their strengths. Additionally, if they begin to base their judgements on their own prejudices, they may catch themselves [18].
- **Self-Regulation:** Leaders are not exempt from emotions, which are an indisputable aspect of the human experience. Self-regulation is not the act of suppressing emotions; rather, it involves the productive channelling of them, maintaining a balanced and focused perspective, even in the face of adversity. Making decisions in the C-suite requires the capacity to control emotions and impulses [19].
- **Motivation:** It is essential to maintain motivation when making intricate decisions. Throughout the decision-making process, leaders with high emotional intelligence (EQ) maintain their concentration and determination due to an internal drive. Motivation is the fuel that propels the voyage of leaders who possess a strong emotional intelligence (EQ). It gives individuals a feeling of purpose and direction by enabling them to establish specific objectives for both themselves and their teams. They are prepared to put in the work required to overcome challenges and succeed because they recognise the value of tenacity.
- **Empathy:** The influence of choices extends beyond the bottom line, as great leaders understand. Imagine being able to comprehend the impacts of a decision on the lives of employees, customers, and stakeholders, in addition to its financial implications. Here's when empathy is useful. In order to assess diverse perspectives and confront obstacles in an inclusive and empathetic manner, empathy is a valuable tool for C-suite executives. Companies that cultivate robust cultures of empathy experience decreased employee turnover rates, as indicated by a study conducted by Deloitte. A more engaging and gratifying work environment can be created by leaders who are adept at comprehending the perspectives of their employees.
- **Social Skills:** It is unusual for a C-suite executive to make effective decisions alone. Socially adept leaders are able to encourage candid dialogue within their groups, actively hear other points of view, and work well with others to achieve a consensus. At its core, social skills assist executives in the establishment of a collaborative and optimistic environment, in which all perspectives are considered in the pursuit of optimal business decisions.

2 Literature Review

(Riyaz & Prajapati, 2025)[20] The investigation pertains to the impact of empathy, “awareness of oneself, self-regulation, motivation, and social skills”—the fundamental components of emotional intelligence (EI)—on critical leadership elements, including conflict resolution, collaboration, decision-making, and employee engagement. According to research, executives with higher EI are more adept at handling difficult interpersonal situations, fostering favourable company cultures, and managing stress at work. The findings also indicate that contextual elements including organisational structure, cultural diversity, and challenges unique to a certain sector attenuate “the relationship between EI and leadership effectiveness”. There are still challenges in the development of standardised metrics for “emotional

intelligence (EI)" and the understanding of its function in a variety of organisational settings, despite the widespread recognition of the benefits of EI in leadership.

(Sambol et al., 2025) [21] Making good decisions is crucial for getting by in everyday life, and understanding the emotional and cognitive aspects that drive affective decision-making is crucial. In this investigation, emotional intelligence and affective decision-making are not only reflections of general cognitive abilities; they also serve a distinctive function in "strategic decision-making in emotionally charged environments". Emotional intelligence and BART performance, however, did not substantially correlate. These results underline how crucial it is to comprehend emotions while making strategic decisions and provide opportunities for further study to see if developing emotional intelligence might enhance affective decision-making tasks and provide significant advantages in practical settings.

(Kour & Ansari, 2024) [22] Emotional intelligence (EI) and its relationship to leadership effectiveness and organisational behaviour are the main goals of this research. The study's findings indicate that emotional intelligence plays a critical role in organisational behaviour and successful leadership. The results highlight how emotional intelligence improves several facets of employee happiness and organisational behaviour. The study also identifies areas for further investigation, such as intercultural differences, longitudinal questions, investigating moderating and intervening variables, creating treatments, and doing comparative analyses.

(Singh et al., 2024) [4] This article examines how emotional intelligence might enhance leadership effectiveness and facilitate informed decision-making. This study investigates how "social skills, empathy, self-awareness, and emotional control" are enhanced by emotional intelligence, which in turn promotes better leadership performance. It also explores how emotionally intelligent leaders tend to make more thorough and well-informed judgements that benefit the company. In a variety of organisational contexts, this article will underscore the importance of emotional intelligence as a critical capability for "effective leadership and decision-making", utilising research findings and real-world examples.

(Bahshwan, 2023) [23] This article concentrates on the fundamental components of emotional intelligence, which include "self-awareness, empathy, self-regulation, motivation, and social skills". The focus on emotional intelligence was essential for long-term leadership success since the regression analysis's tests revealed that social awareness was a strong predictor of the amount of years spent in a leadership role. Overall, the findings supported the development of emotional competences as a crucial step for current and future leaders, despite the fact that such connections between the variables were not expected. The research urges that emotional intelligence be included into leadership development and training programs and offers fresh perspectives on how emotional intelligence might be applied to leadership practice.

(Khalisah, 2023) [24] Examining the relationship between EQ and management performance in Malaysia was the aim of this study. 150 managers were surveyed about their effectiveness at work, personality type, and EQ. For Malaysian companies and their executives, the study's findings have

important ramifications. The results suggest that increasing administrators' emotional intelligence may lead to improved productivity and decision-making. This could potentially lead to enhanced organisational outcomes, such as increased productivity and profitability. However, the current study has several limitations, such as the use of self-report measures and a sample that only includes managers in Malaysia. According to the findings, managers may benefit greatly from having emotional intelligence, and companies would be wise to support their staff in developing these proficiencies.

(Rouissi, 2023) [25] The role of emotional intelligence (EI) adoption in career decision-making issues is examined in this article together with "the Bar-On Emotional Intelligence and Professional Decision-Making". Project managers at industries firms are given a survey as part of our quantitative approach. Many writers distinguish between mixed models, which view emotional intelligence (EI) as a complex concept that includes elements of motivation and personality as well as the ability to perceive, absorb, understand, and control emotions, and mental skill models, which focus on the ability to process affective information. According to the article's findings, emotional intelligence influences corporations' workers' or employers' decision-making process in a good way.

3 Research Gap

Despite extensive research on emotional intelligence (EI) in organizational settings, significant gaps remain in understanding its precise role in leadership and decision-making. The majority of the material currently in publication focusses on broad correlations rather than thoroughly examining the ways in which particular EI traits—like empathy, self-awareness, and emotional regulation—directly affect intricate decision-making processes under various leadership philosophies. Furthermore, most studies are context-specific, with limited cross-cultural or industry-diverse perspectives. Additionally, nothing is known about how Emotional Intelligence affects moral judgement and crisis management. Addressing these gaps is essential for developing more effective leadership models that integrate emotional intelligence as a core component of strategic decision-making.

4 Research Objective

- In this article study Emotional Intelligence and its importance.
- Study the Importance of Emotional Intelligence in Leadership.
- Study the various literature's work on role of emotional intelligence in leadership and decision-making.

5 Research Methodology

This review paper adopts a qualitative research methodology, utilizing secondary data and a comprehensive literature review to explore the role of emotional intelligence in leadership and decision-making. The study analyzes academic journals, scholarly articles, official reports, and case studies published between 2020 and 2025 to ensure a current and in-depth understanding of the subject. By synthesizing insights from organizational psychology, management studies, and leadership theory, the

paper critically examines how key components of emotional intelligence—such as self-awareness, empathy, and emotional regulation—affect leadership effectiveness and decision-making processes across diverse organizational and cultural contexts.

6 Conclusion

In this assessment, the critical role of emotional intelligence (EI) in the improvement of decision-making processes and the enhancement of leadership effectiveness is underscored. Enhancing employee engagement, promoting cooperation and resilience, and creating a good organisational culture are all greatly aided by the integration of emotional intelligence (EI) into leadership techniques. The Infosys case study serves as an illustration of how emotionally intelligent leadership can support long-term organisational success and catalyse meaningful transformation. Results indicate that critical EI competencies—including “self-awareness, self-regulation, empathy, motivation, and social skills”—are essential for enhancing team dynamics, facilitating productive communication, and resolving conflicts. Training managers in emotional intelligence has been shown to improve decision-making quality, resulting in increased productivity and business performance. Furthermore, the review underscores the importance of recognizing the distinct contributions of various EI domains. For instance, enhancing the ability to understand emotions may improve affective decision-making, while strengthening the ability to perceive emotions may support interpersonal relationships and team cohesion. As organizations navigate complex and evolving challenges, emotionally intelligent leadership emerges as a critical factor for achieving sustainable growth, adaptability, and competitive advantage. Tailored EI interventions and development programs should therefore be a strategic priority, enabling leaders to cultivate trust, promote psychological safety, and inspire high performance within their teams and broader organizational systems.

References

- [1] R. Ellis, “Emotional Intelligence and Decision-Making in Higher Education Administrators in Post-Secondary Institutions in Eastern Tennessee,” *Electron. Theses Diss.*, 2020.
- [2] Y. N. Nkup, O. N. Jide, H. Magit, M. A. Tijjani, and R. Bentu, “The Role of Emotional Intelligence in Leadership Effectiveness During Organizational Crisis among Secondary Schools on the Plateau,” *Int. J. Res. Innov. Soc. Sci.*, vol. 8, no. 11, 2024, doi: 10.47772/IJRISS.
- [3] C. G. Navaneedhan and T. J. Kamalanabhan, “Emotional Intelligence Vs Decision Making; Are They Complementary? If Yes, How They Are Related?,” *Eur. J. Educ. Stud.*, vol. 7, no. 12, 2020, doi: 10.46827/ejes.v7i12.3429.
- [4] D. K. Singh, D. R. Prakash, H. S. Rajpoot, D. P. Satapathy, D. R. Ambavale, and S. S. Parida, “The Role of Emotional Intelligence in Effective Leadership and Decision- Making,” *Libr. Prog. Int.*, vol. 44, no. 3, 2024.
- [5] D. F. C. Abe, “Emotional Intelligence in Decision-Making among School Administrators in Pagadian City: Pathways to Sustainable Quality Management,” *Int. J. Res. Innov. Soc. Sci.*, vol. 9, no. 5, 2025, doi: 10.47772/IJRISS.

- [6] I. Coronado-Maldonado and M. D. Benítez-Márquez, "Emotional intelligence, leadership, and work teams: A hybrid literature review," *Heliyon*, vol. 9, no. 10, 2023, doi: 10.1016/j.heliyon.2023.e20356.
- [7] A. S. Bhatt, "The role of emotional intelligence in leadership development: A multiIndustry analysis of performance outcomes," *Environ. Soc. Psychol.*, vol. 9, no. 10, pp. 1–18, 2024, doi: 10.59429/esp.v9i10.3117.
- [8] A. N. Aloqaily, "The Effect of Emotional Intelligence on the Decision-Making Quality by Financial Institution Employees in Jordan," *J. Posit. Sch. Psychol.*, vol. 6, no. 5, 2022, [Online]. Available: <http://journalppw.com>
- [9] H. M. Alzoubi and R. Aziz, "Does emotional intelligence contribute to quality of strategic decisions? The mediating role of open innovation," *J. Open Innov. Technol. Mark. Complex.*, vol. 7, no. 2, p. 130, 2021, doi: 10.3390/joitmc7020130.
- [10] G. Kankam and I. T. Charnor, "Emotional intelligence and consumer decision-making styles: the mediating role of brand trust and brand loyalty," *Futur. Bus. J.*, vol. 9, no. 1, pp. 1–11, 2023, doi: 10.1186/s43093-023-00239-8.
- [11] J. Gupta and P. Agrawa, "AI-Driven Innovations and Their Role in Transforming Indian Industries," *Int. J. Innov. Sci. Eng. Manag.*, vol. 3, no. 2, 2024, doi: 10.69968/ijisem.2024v3si247-51.
- [12] D. R. Ramasamy, D. P. Kumar, D. S. Ariyaputhiri, and D. A. David, "ROLE OF LEADER'S EMOTIONAL INTELLIGENCE ON EMPLOYEE'S PERFORMANCE – A SYSTEMATIC REVIEW OF LITERATURE," *Vidyabharati Int. Interdiscip. Res. J.*, pp. 28–29, 2021.
- [13] K. Ghorse, "Role of Emotional Intelligence in Leadership Effectiveness: A Study of Corporate Executives," *Int. J. Indian Psychol.*, vol. 13, no. 2, 2025, doi: 10.25215/1302.044.
- [14] D. Aimee, "Role of Emotional Intelligence in Leadership Effectiveness in Rwanda," *Am. J. Leadersh. Gov.*, vol. 9, no. 3, 2024, doi: 10.55041/ajsrem28783.
- [15] E. C. Mhango and G. M. Shaju, "The Role of Emotional Intelligence in Enhancing Leadership Effectiveness in Marketing Teams," *Int. J. Res. Publ. Rev.*, vol. 6, no. 6, 2025.
- [16] M. N. O. Sadiku, O. D. Olaleye, and S. M. Musa, "Emotional Intelligence in Leadership," *Int. J. Trend Res. Dev.*, vol. 7, no. 1, pp. 133–138, 2020, doi: 10.19062/2247-3173.2017.19.2.18.
- [17] E. Kovács, "Role of emotional intelligence in leader's decision-making," 2022.
- [18] K. Gerhardt, R. Bauwens, and M. Van Woerkom, "Emotional Intelligence and Leader Outcomes: A Comprehensive Review and Roadmap for Future Inquiry," *Hum. Resour. Dev. Rev.*, vol. 0, no. 0, pp. 1–51, 2025, doi: 10.1177/15344843251342689.
- [19] G. S. Khanvri, "Impact of Emotional Intelligence on Managerial Decision Making Process," *Int. J. Multidiscip. Res. Publ.*, vol. 6, no. 9, pp. 99–103, 2024.
- [20] Riyaz and A. K. Prajapati, "THE ROLE OF EMOTIONAL INTELLIGENCE IN LEADERSHIP EFFECTIVENESS A SYSTEMATIC REVIEW," *Arch. J. Br. Rec. Assoc.*, 2025, doi: 10.25215/9389476941.07.

- [21] S. Sambol, E. Suleyman, and M. Ball, “The roles of ability emotional intelligence in predicting affective decision-making,” *BMC Psychol.*, vol. 13, no. 1, 2025, doi: 10.1186/s40359-025-02779-w.
- [22] K. Kour and S. A. Ansari, “the Role of Emotional Intelligence in Leadership Effectiveness and Organisational Behavior,” *Rev. Gest. Soc. e Ambient.*, vol. 18, no. 2, pp. 1–14, 2024, doi: 10.24857/rgsa.v18n2-121.
- [23] A. F. Bahshwan, “The Role of Emotional Intelligence in Effective Leadership,” *Int. J. Eng. Res. Technol.*, vol. 3, no. 1, pp. 17–21, 2023, doi: 10.55885/jmap.v3i1.220.
- [24] N. Khalisah, “The Role of Emotional Intelligence in Effective Decision-Making,” *J. Manag. Adm. Provis.*, vol. 3, no. 1, pp. 17–21, 2023, doi: 10.55885/jmap.v3i1.220.
- [25] C. Rouissi, “The Role of Emotional Intelligence in the Career Decision-Making Case study: Project Manager and Project Consulting on Industries Corporates Jeddah Saudi Arabia,” *J. Manag. Econ. Stud.*, vol. 5, no. 3, pp. 165–175, 2023, doi: 10.26677/tr1010.2023.1350.

Understanding Human Behavior: A Review of Psychological Theories and Their Applications

Dr. Rajeshwari Garg^{1*}

¹*Assistant Professor.*

Abstract

Psychology is a scientific discipline that concentrates on the mind and behaviour, having initially dissociated from philosophy and medicine. It has experienced a lengthy process of acceptance as a separate science. Examine the many works of literature on psychological ideas, human conduct, and its applications in this article. This review highlights the value of diverse psychological theories in understanding and influencing human behavior. Models such as the ARCS model, self-determination theory, expectation-value theory, and goal-orientation theory offer insights into motivation, decision-making, and behavioral maintenance. These theories have practical applications across education, health, and organizational settings—particularly in sustaining behaviors like physical activity, weight loss, and smoking cessation. Understanding cognitive, emotional, and social influences enhances decision-making and promotes healthier behaviors. Emphasizing behavioral maintenance over initiation is vital for long-term outcomes. Overall, integrating these theories provides a strategic framework for developing interventions that support personal growth and societal well-being.

Keywords: Self-Determination Theory, Human Behavior, Psychological Theories, Education, Health, Organizational Settings, and Behavioral Theories.

1 Introduction

In today's environment, understanding human behaviour is crucial since workers and people are the reason a business exists. Working in a company is very challenging if you don't understand human behaviour. It is important to examine how human vision has evolved throughout time in order to comprehend human conduct. Individuals with varying personalities, attitudes, beliefs, perceptions,

* ISBN No. - 978-93-49028-92-0

motivations, goals, and talents make up any organisation [1]. People vary from one another, which is the primary reason to explain conduct. No two people are alike. According to early research, scientific management was founded on the similarities rather than the differences among employees, and ideas of organisation and administration handled individuals as if they were all the same. On the other hand, contemporary theories of human conduct are predicated on individual variations and how those differences may impact the organisation. There are various individual distinctions, such as the fact that some workers are driven to work while others are not [2].

The many mental processes, feelings, motives, and beliefs that impact our thoughts, feelings, and behaviours are all included in the psychological components of human behaviour. How we react to others and to ourselves is greatly influenced by these underlying psychological components [3]. From a critical and competency-based educational methodology, the course "Psychological Aspects of Human Behaviour" equips social science professionals with the knowledge and skills necessary to understand the basic principles of human behaviour (psychobiological, emotional, behavioural, and cognitive) and the practical application of some of these concepts in everyday social contexts. This successfully and cogently guides the particular tactics and proficiencies of every profession from a pluralistic and complexity-based standpoint [4], [5].

A. Human behaviour

Throughout the various phases of human existence, human behaviour encompasses the manifested and potential capacity for "mental, social, and physical activity". Like other animal species, humans have several developmental phases throughout their typical life cycle, each of which is characterised by a distinct set of morphological, physiological, and behavioural characteristics. These phases include pregnancy, childhood, youth, middle age, old age, and infancy. From birth to old age, the study of human development—also referred to as developmental psychology—seeks to explain and clarify how "human cognitive, emotional, and behavioural abilities" and functioning change over time [6].

The time period between birth and early adolescence has been the primary focus of scientific research on human development due to the rapidity and severity of the psychological changes that occur throughout those stages, which culminate in the most advanced mental functioning of early adulthood. One of the primary motivations for numerous researchers in this field has been the desire to comprehend the final stages of maturation. Consequently, the primary emphasis of this article will be on the development of humans during the first twelve years of existence [7].

B. Psychological theories

Theories of psychology are concepts that can elucidate specific aspects of human emotions, behaviours, and beliefs. Psychologists create these theories in order to predict possible future human actions or events that could occur in the case that certain behaviours are seen. While formulating strategies to enhance employee motivation, productivity, and behaviours, these theories are advantageous in the workplace. The applications of psychological theories are many [8]. They may help determine what habits and

behaviours can improve an organization's performance in the workplace. Additional justifications for the significance of psychological theories are as follows:

- Theories can assist in the identification of information that is beneficial for the development of new strategies.
- Understanding which techniques encourage certain habits or behaviours may be aided by them.
- They are able to describe certain actions and what drives workers to succeed at work.

C. Type of psychological theories

Some of psychology's most well-known ideas have been influenced by the perspectives of many subfields. Each represents a unique viewpoint on the mentality and behaviour of individuals [9]. This suggests that no theory is correct or better than any other. It only shows that there are several approaches to understanding, explaining, and predicting human conduct and cognition.

- **Behavioral Theories:** The idea that all actions are taught via conditioning is the foundation of behavioural psychology, often known as behaviourism, as a theory of learning. This approach totally disregards internal mental processes. Rather, it underscores the potential of associations, incentives, and consequences, as well as interacting with the environment, to influence and develop behaviour [10].
- **Cognitive Theories:** Theories of cognitive psychology place a strong focus on internal states, such as problem-solving, motivation, reasoning, attention, and decision-making. Some of the mental processes that these theories attempt to explain include how the mind processes information and how our ideas affect our moods and behaviours. Cognitive psychology theories suggest that our thoughts impact how we see and respond to the world around us. According to certain beliefs, the human mind functions similarly to a computer in terms of processing, storing, retrieving, and using information [11].
- **Humanistic Theories:** The ideas of humanistic psychology began to acquire momentum in the 1950s. Humanist theories like as Carl Rogers and Abraham Maslow were among the most influential. The basic goodness of humans was given greater weight in humanist conceptions of conduct than in earlier perspectives, which often focused on abnormal behaviour and mental health problems. These beliefs emphasise free choice and the intrinsic drive that each person has to grow and reach their greatest potential [7].
- **Psychodynamic Theories:** Psychodynamic theories investigate the unconscious concepts that shape our emotions, attitudes, and personalities. Finding the fundamental causes of unconscious conduct is the aim of psychodynamic approaches. The unconscious is the collection of memories, emotions, impulses, and thoughts that are not aware of our conscious mind. Although we are not aware of it, psychodynamic theorists contend that the unconscious nonetheless influences our behaviour. These opinions are intimately linked to Sigmund Freud and his supporters. Many Freudian concepts are instances of the psychodynamic approach, such as the notion that the ego, superego, and id are the three elements of the personality and that our adult actions are a result of our early experiences [10].

- **Developmental Theories:** Development theories provide us a framework for thinking about human learning, growth, and development. If you've ever wondered what motivates people's thoughts and actions, knowing these concepts may help you better comprehend humanity. Developmental theories provide an assortment of concepts and tenets that describe and explain human development. "Kohlberg's theory of moral development" is one of the developmental theories that focusses on the development of a certain attribute [2].
- **Grand Theories:** Prominent thinkers like Sigmund Freud, Erik Erikson, and Jean Piaget often proposed grand theories, which are comprehensive ideas. Learning theory, cognitive theory, and psychoanalytic theory are examples of grand theories of development. In light of recent studies, these theories—which aim to explain a large portion of human behavior—are often seen as antiquated and lacking. While broad theories are often used as a foundation for investigation, psychologists and researchers also take into account more current studies and smaller hypotheses [12].
- **Mini-Theories:** Mini-theories are devoted to the examination of a small, highly specific aspect of development. A mini-theory might explain smaller actions, including early socialisation or the growth of self-esteem. The notions presented by big theories are often the foundation of these theories, which do not seek to describe and explain every facet of human activity and evolution [13].
- **Emergent Theories:** Theories that have been developed relatively recently are known as emergent theories. They are often produced by carefully combining several mini-theories. Although these theories do include ideas and research from a variety of domains, they are not yet as extensive or far-reaching as large theories. A good example of a new theory of development is Lev Vygotsky's sociocultural theory [14].

D. Application of psychological theories

- **Motivation:** The most critical factor that is crucial to reaching our objectives is motivation. You cannot put your best effort on any work you do in your everyday life if you lack sufficient motivation.
- **Health:** Even though everyone knows that smoking, drinking, and using other substances may be harmful to their health, many nonetheless fall victim to these addictions. These toxins are very tough for them to get rid of. Psychology may help in this situation.
- **Sports:** The holistic development of a sportsperson is also influenced by psychology, which is considered crucial for mental as well as physical wellness.
- **Relationships:** Relationships are another area in which psychology is used practically. A comprehension of human behavior's psychology can enhance the quality of relationships.
- **Leadership:** Regardless of whether you are a volunteer in a local group or a manager at a company, you must have recognised the significance of leadership skills. Although some individuals possess these leadership traits from birth, others may still develop into effective leaders.

2 Literature Review

(Bandhu et al., 2024)[15] "The ARCS model, self-determination theory, expectancy-value theory, goal-orientation theory, arousal theory, incentive theory, intrinsic theory, extrinsic theory, and instinct theory" are among the motivational theories that are examined in this research. According to the expectation-value theory, people's actions are impacted by their estimations of their own chances of success and the importance they attach to the job. Teachers, coaches, managers, and people may examine what motivates behaviour and how to use it to accomplish their objectives by knowing these many theories of motivation. To put it simply, having a thorough understanding of these different motivation theories provides individuals from diverse backgrounds with a tactical toolkit to navigate the complex landscape of human behaviour, resulting in a deeper understanding of what drives behaviour and how to use these insights to accomplish more significant goals.

(Mehrad et al., 2023) [16] An examination and deconstruction of the scope of social psychology are conducted to comprehend the constituent components of the subject. The researchers' primary focus in this study article is on the several moving components that make up social psychology, including "behaviour, social influence, happiness, peer pressure, social media, social proof, prejudice and discrimination, inclusion, belonging and love", and so on. The field of social psychology encompasses many other areas. Consequently, these discoveries and investigations from prior research will be beneficial to future researchers and individuals who are interested in social psychology and seeking to acquire a deeper understanding of its significance and focus, which are derived from the social behaviour and communication of individuals in a variety of cultures and societies.

(Soares, 2023) [17] The scientific study of mind and behaviour, psychology, first separated from medicine and philosophy and has since undergone a protracted process of being recognised as a separate science, will be discussed in this work. Leading pioneers from the 19th century include John Dewey, William James, Wilhelm Wundt, and Edward Titchener, as well as the well-known Thorndike. Thorndike found a principle that has influenced psychology and is relevant to a wide range of human behaviours: if an organism is rewarded for a certain reaction, the stimulus will likely cause that response over time. One of this text's objectives is to present psychology as a discipline serving mankind in the twenty-first century. It will consider the significance of constructivist narratives and paradigms as well as the idea that psychotherapy is a multiverse.

(Vergara et al., 2023) [14] In this class note, the topics and divisions of study that were developed in the Psychological Aspects of Human Behaviour course are presented. From a critical and competency-based educational methodology, the document provides professionals in the social sciences with tools to understand the basic principles of human behaviour (psychobiological, emotional, behavioural, and cognitive) and the practical application of some of these concepts in everyday social contexts. It also briefly describes the theorists and authors that students should take into consideration to better understand the concepts being studied.

(Zammit & Willard, 2019) [18] This article describes how a curriculum was developed to offer developmental psychology to distant "learners pursuing a two-year, part-time MSc Psychology (Conversion) degree" accredited by the BPS. This asynchronous online program was delivered using psychological concepts. Our objectives for this module were to: (1) provide interesting and educational material; (2) foster critical thinking in the students; and (3) enhance their capacity to apply developmental psychology theory in practical contexts. Our module design was based on five fundamental principles: Collaborative teaching, scaffolding, lowering cognitive load, a naturalistic or friendly delivery style, and stimulating exercises to improve learning. The purpose of this essay is to stimulate discussion among other practitioners involved in remote delivery about their experiences acclimating to a remote learning environment.

(Joseph et al., 2016) [19] This review's objectives were to assess the body of existing research and identify key behavioural health theories that are used in intervention studies to encourage the maintenance of healthy behaviours. We reviewed the theories used in intervention studies to assess the maintenance of weight reduction, physical activity, and smoking cessation over the long term (≥ 6 months postintervention). Thirty-four papers in the research referenced five important theories of behaviour: "the social cognitive theory, the transtheoretical model, the theory of planned conduct, the self-determination theory, and the social ecological model". These ideas are described, and examples of their applicability are given. Future research implications are highlighted.

3 Research Gap

Despite extensive research on psychological theories explaining human behavior, significant gaps remain in understanding their real-world applicability across diverse cultural, social, and technological contexts. Much of the existing literature emphasizes classical theories without integrating emerging perspectives from neuroscience, behavioral economics, and digital psychology. Additionally, the dynamic influence of modern factors such as social media, virtual environments, and AI-driven interactions on human behavior is underexplored. There is also limited interdisciplinary analysis connecting theoretical frameworks to practical interventions in areas like education, healthcare, and organizational behavior. Addressing these gaps is essential to enhance the relevance and effectiveness of psychological theories in contemporary society.

4 Research Objective

- In this article study various research's work on human behavior, psychological theories and their applications.
- Study the concept of human behavior, psychological theories and its type.

5 Research Methodology

This review paper adopts a qualitative research methodology, utilizing secondary data and a comprehensive literature review to explore the human behavior, psychological theories and their

applications. The study analyzes academic journals, scholarly articles, official reports, and case studies published between 2015 and 2025 to ensure a current and in-depth understanding of the subject. By synthesizing insights from various psychological frameworks—such as cognitive, behavioral, psychodynamic, and humanistic theories—the review investigates how these models explain human behavior and are applied in fields such as education, healthcare, organizational development, and social policy to address contemporary challenges.

6 Conclusion

This review emphasises how important different psychological theories are for comprehending and influencing human behaviour in social, health, and educational situations. Important frameworks for examining what motivates people to behave and how motivation may be maintained are offered by important theories of motivation, such as "the ARCS model, Self-Determination Theory, Expectation-Value Theory, and Goal-Oriented Theory". These models emphasize critical components such as autonomy, competence, relevance, and goal alignment, all of which are essential for behavioral engagement and long-term success. In health psychology, the application of behavioral theories has proven particularly effective in maintaining positive health behaviors such as physical activity, weight loss, and smoking cessation—factors crucial for chronic disease prevention. Unlike initiation, behavioral maintenance is key to achieving lasting health outcomes. Additionally, understanding the interplay of cognition, emotions, decision-making, and social influences allows for a more comprehensive grasp of how individuals behave and interact within society. Recognizing cognitive and emotional biases enhances decision-making, while exploring the impact of social relationships and pressures informs the design of effective mental health interventions. Overall, the integration of psychological theories offers a powerful, interdisciplinary approach to decoding complex human behaviors and supports the development of targeted strategies that improve well-being, productivity, and social cohesion.

References

- [1] H. Mathews, "Understanding human behavior," *Prep. Prot. Safer Behav. Lab. Clin. Contain. Settings*, pp. 64–75, 2020, doi: 10.1128/9781683670179.ch6.
- [2] R. Davis, R. Campbell, Z. Hildon, L. Hobbs, and S. Michie, "Theories of behaviour and behaviour change across the social and behavioural sciences: a scoping review," *Health Psychol. Rev.*, vol. 9, no. 3, pp. 323–344, 2015, doi: 10.1080/17437199.2014.941722.
- [3] I. Kopsov, "A New Theory of Human Behavior and Motivation," *Adv. Soc. Sci. Res. J.*, vol. 8, no. 10, pp. 365–364, 2021, doi: 10.14738/assrj.810.11088.
- [4] A. M. Borghi and C. Fini, "Theories and explanations in psychology," *Front. Psychol.*, vol. 10, no. APR, pp. 1–3, 2019, doi: 10.3389/fpsyg.2019.00958.
- [5] M. A. Gupta and V. Pareek, "Leveraging Artificial Intelligence and Life Skills For Sustainable Success In Mergers And Acquisitions : The Critical Role Of Human Behavior," *Int. J. Innov. Sci. Eng. Manag.*, vol. 3, no. 2, 2024, doi: 10.69968/ijisem.2024v3si2177-183.
- [6] M. Bosnjak, I. Ajzen, and P. Schmidt, "The theory of planned behavior: Selected recent

- advances and applications,” *Eur. J. Psychol.*, vol. 16, no. 3, pp. 352–356, 2020, doi: 10.5964/ejop.v16i3.3107.
- [7] F. Kabwe and J. Phiri, “Investigating the Effects of Some Key Psychological and Behavioral Theories Across a Spectrum of Research Disciplines,” *Curr. Res. Psychol. Orig.*, vol. 11, 2025, doi: 10.3844/crpsp.2025.1.15.
- [8] K. L. Alfrey, K. M. Waters, M. Condie, and A. L. Rebar, “The Role of Identity in Human Behavior Research: A Systematic Scoping Review,” *Identity*, vol. 23, no. 3, pp. 208–223, 2023, doi: 10.1080/15283488.2023.2209586.
- [9] E. Gutierrez, W. Karwowski, K. Fiok, M. R. Davahli, T. Liciaga, and T. Ahram, “Analysis of human behavior by mining textual data: Current research topics and analytical techniques,” *Symmetry (Basel)*, vol. 13, no. 7, pp. 1–22, 2021, doi: 10.3390/sym13071276.
- [10] Y. Luo, X. Yang, X. Li, Z. Chen, and F. Liu, “Human emergency behaviour and psychological stress characteristic mining based on large-scale emergencies,” *Comput. Math. Organ. Theory*, vol. 30, no. 4, pp. 293–320, 2024, doi: 10.1007/s10588-024-09384-z.
- [11] A. Mehrad *et al.*, “Theories and approaches of social psychology,” *Int. Rev. Soc. Sci. Res.*, vol. 4, no. 2, 2024, doi: 10.53378/353066.
- [12] F. Mao and J. Li, “Social psychology theories and applications by Sibnath Deb, Anjali Gireesan, Pooja Prabhavalkar, and Shayana Deb, New York: Routledge, 2024, 477 pp., US\$45.63 (ebk), ISBN 978-1-003-46043-5,” *Appl. Psychol. Res.*, vol. 3, no. 1, 2024, doi: 10.59400/apr.v3i1.1120.
- [13] A. Najmi, T. Waller, M. Memarpour, D. Nair, and T. H. Rashidi, “A human behaviour model and its implications in the transport context,” *Transp. Res. Interdiscip. Perspect.*, vol. 18, 2023, doi: 10.1016/j.trip.2023.100800.
- [14] T. P. Vergara, E. C. U. Mestra, and D. J. H. Hoyos, “PSYCHOLOGICAL ASPECTS OF HUMAN BEHAVIOR,” *Apropiación Soc. del Conoc.*, 2023.
- [15] D. Bandhu, M. M. Mohan, N. A. P. Nittala, P. Jadhav, A. Bhadauria, and K. K. Saxena, “Theories of motivation: A comprehensive analysis of human behavior drivers,” *Acta Psychol. (Amst)*, vol. 244, 2024, doi: 10.1016/j.actpsy.2024.104177.
- [16] A. Mehrad, J. Da Veiga, J. Kasparian, M. Cardoso, and I. Hernandez, “Understanding and Exploring Social Psychology in the Context of Human Behavior,” *Open Sci. J.*, vol. 8, no. 2, 2023, [Online]. Available: <https://www.researchgate.net/publication/372658778>
- [17] L. Soares, “Psychology: The science of human behavior – a historical perspective,” *Divers. J.*, vol. 8, no. 3, pp. 2526–2537, 2023, doi: 10.48017/dj.v8i3.2567.
- [18] M. Zammit and E. Willard, “The application of psychological theory to enrich the experience of online learners on a developmental psychology module?,” *Psychol. Teach. Rev.*, vol. 25, no. 1, 2019, doi: 10.53841/bpsptr.2019.25.1.54.
- [19] R. P. Joseph, C. L. Daniel, H. Thind, T. J. Benitez, and D. Pekmezi, “Applying Psychological Theories to Promote Long-Term Maintenance of Health Behaviors,” *Am. J. Lifestyle Med.*, vol. 10, no. 6, pp. 356–368, 2016, doi: 10.1177/1559827614554594.

Changing Family Structures in the 21st Century: Trends and Impacts

Dr. Chitkala venkareddy^{1*}

¹Assistant professor, Dept of Social work, Central University of Karnataka.

Abstract

Every society has a family, which is a social organisation that brings individuals together in cooperative groupings to manage childbearing and upbringing. Kinship is another name for family relationships, which are social bonds formed by marriage, adoption, or blood. The fundamental unit of society is the family. This article examines the numerous works of literature on how family arrangements are evolving in the twenty-first century. This review highlights significant shifts in family structures in the 21st century, with a growing transition from joint to nuclear families and a steady rise in non-traditional forms such as single-parent, cohabiting, and LGBT families. Despite structural changes, all families seek care, support, and emotional connection. These changes influence individual behavior, parenting roles, and child development. The rise in divorce, delayed marriages, and reduced fertility reflect evolving social values. Increased independence in nuclear families may challenge long-term family stability, with potential shifts toward live-in relationships. Understanding these trends is crucial for shaping responsive policies and sustaining healthy family environments.

Keywords: Changing Family Structures, Social Institution, Society, Single-Parent, Cohabiting, LGBT Families, Parenting Roles, Fertility and Childcare.

1 Introduction

Every culture in the globe has institution after institution, starting with the family. Basic knowledge regarding a variety of responsibilities, such as economic support and emotional satisfaction, would be implemented. Numerous sociologists and human investigators have attempted to comprehend the

* ISBN No. - 978-93-49028-92-0

intricacy of the family as the cornerstone of all other social structures [1]. People are sociable creatures by nature. The need of doing division tasks arises from living in a community. Examples include the fundamental needs for reproduction, hunger fulfilment, social regulation, and protection from natural calamities. The institution most suited to fulfil all of these needs is the family. However, in contrast to other institutions, the family is also proven to be the primary source of emotional needs being met. The family institution, as a social structure, is universal and important, yet it is discovered to be regulated by many laws and their modified parameter values that fit the community in which it is situated and still see others as superior or inferior [2]. In the reproduction of different socioeconomic classes, culture seems to be a key institution that tinkers with the "right" means of controlling reproduction and the corresponding sociocultural channels. This unrest has been exacerbated by the modernisation process, which has served as the foundation for developments such as industrialisation, educational expansion, and rural-urban migration [3].

In most countries of the globe, especially India, the family has been a fundamental institution of society. The term "family" refers to a group of people who live together at significant stages of their lives and are connected by biological, social, and psychological ties. It comes from the Latin word "familia," which means "household establishment" [4]. The fundamental unit of society is the family. Families come in a variety of shapes and sizes, and they are vital to both society and the individual members' survival and well-being. The family is the individual's main group and acts as a barrier between their needs and societal expectations and demands [5]. The family has been changing as a social institution. Changes have occurred in both its structure and functions. The family has been the main source of support for family members as well as the hub of economic and social life in India and many other traditional civilisations. Over time, India's family structure has seen substantial changes that reflect the complex interplay between tradition, modernisation, socioeconomic considerations, and cultural shifts. This change reflects broader structural changes in Indian society brought about by urbanisation, globalisation, educational attainment, shifting gender roles, and technological advancements [6], [7].

A. Family Structures in Modern-Day Society

Over time, the forms of families have evolved to reflect changes in how contemporary societies tolerate structural changes. According to Love to Know, there are four common family structure types. Importantly, this text stresses that there is no better or worse kind of family structure [8]. Among these constructions are:

- **Nuclear families:** At least one kid and two parents make up a nuclear family. Married parents with their biological or adopted children living together in a family home is what you think of as a conventional family structure. They are also known as "elementary" families, and while their numbers have begun to decline recently, they are still among the most prevalent kinds. Under one structure, parents nurture their children together. This is the fundamental concept of nuclear families.
- **Single-parent families:** In single-parent households, one parent is responsible for the upbringing of one or more kids. Although they may also receive assistance from extended

family, the family unit frequently comprises a mother and her children, a father and his children, or an individual and their children. Due to an increase in divorce rates and the number of children born outside of marriage, single-parent households are becoming more and more prevalent.

- **Extended families:** Many extended family members living together make up extended families. Parents, along with their children and other relatives (whether by blood or marriage), reside under a single roof in an extended family. This includes aunts, uncles, cousins, and grandparents. This organisation is also seen as very conventional, second only to nuclear families. Families often do this in order to raise their children together and provide mutual support.
- **Families without kids:** Couples in serious relationships often make up families without children. To put it simply, some couples are not a family even when they are unable to have children or decide not to have any. To be precise, the number of families without children is increasing as an increasing number of couples today determine that they do not wish to have children. To the contrary, numerous childless households prioritise the care of their pets or the assistance of their nieces and nephews.

B. Changes in family structure

Following the modifications made to India's family structure

- **Change in fertility:** The size of families is declining in India. Due to the successful implementation of family planning programs and the substantial socioeconomic progress attained over the last 20 years, fertility has decreased. The rising expense of raising children has made it unfeasible for many individuals to have big families. The shifting perspective on the importance of children is a key, growing aspect of the contemporary family. More children were favoured over fewer in previous civilisations because human effort was a source of wealth for the family [9].
- **Change in family system:** nuclearisation of families and the near-complete extinction of the conventional joint family structure. The percentage of families led by women is increasing, notwithstanding the patriarchal structure of the system.
- **Change in age at marriage:** Significant drops in fertility are occurring in India; decreases in the number of single persons have often followed or coincided with drops in marital fertility. The steady rise in the average age at marriage is a significant factor in the rise in the percentage of young people who have never married. A decrease in fecundity is indicated by an increase in the average age of first birth. Females who put off marriage had a delay in childbirth, which led to a smaller household. Additionally, rising rates of divorce and separation. a decrease in arranged weddings, an increase in love marriages, and a move towards people choosing their own partners. Declining rates of child marriage and rising average marriage age [10].
- **Change in mortality:** Everywhere, the drop in fertility was preceded by a reduction in mortality, especially newborn mortality. As a result of increased child survival rates, women were increasingly able to have the full family size they had envisioned by the time they were 30. In the past, a much higher number of births was needed to reach the target total family size. In India, infant mortality has drastically decreased over the last three decades, and this trend surely contributed to the drop in fertility. Decreases in mortality and fertility changed both the population's age distribution and the makeup of individual households [11].

- **Change in family size:** Economic challenges, low incomes, high living expenses, the cost of children's education, and the desire to maintain a higher standard of living—which is best accomplished within the more affordable smaller family—could all be contributing factors to the decline in family size in India. Therefore, the traditional extended family, which typically consists of three generations, was quickly displaced by the nuclear family, which consists of parents and children [12].
- **Change in decision making and conflicts:** Kinship bonds are eroding, and parents and children confer often on family issues before making choices. Husbands and wives, parents and sons, and siblings are experiencing increased tension and conflict.
- **Change in fertility and childcare:** During 2019–21, the overall fertility rate fell to around 2. putting off family planning and the first pregnancy. The duties associated with childcare are increasingly falling within the purview of professional caregiving. The family is no longer as important as it once was in helping kids socialise.
- **Change in gender roles:** The acceptability of girls in the household is growing. The role of women in economic activities outside the household and decision-making within the household are both increasing, which is reflected in the increased participation of women in education.

C. Impact of changing family structure

1. Impact on women

- **Increased Autonomy:** Women now often have more autonomy and agency as a consequence of the shift from conventional joint families to nuclear or non-traditional family arrangements. However, there are differences in women's autonomy depending on factors including religion, geography, caste, and economic standing. Richer joint homes, for example, provide women greater flexibility to make decisions inside the family but less freedom to go outside of it [13].
- **Dual responsibility:** Nuclear families are increasingly dual-income homes as more women enter the workforce, forcing women to balance job obligations with customarily assigned caregiving and housekeeping tasks. This may induce feelings of exhaustion, fatigue, tension, and health complications [14].
- **Economic Opportunities:** Women now have greater access to resources for pursuing higher education and skill development, which has resulted in improved employment prospects and financial independence, as a result of the evolving nature of authority in families.
- **Redefined Gender Roles:** Due to their involvement in home decision-making and economic activity, women in nuclear or non-traditional family configurations often defy conventional gender standards. Additionally, they are sharing more and more household duties with their partners.
- **Socialization:** Women's social networks and support systems have been harmed by the breakdown of the joint family structure. This issue is further complicated by the growing prevalence of non-traditional family structures, particularly those headed by single mothers.

- **Burden of care:** The major burden of caring for the elderly and children falls on women in nuclear households. This will remain an important concern as Indian culture ages and family structures change.

2. Impact on Children

- **Identity formation:** While children in joint homes grow closer to their extended family's history and customs, children in nuclear households often acquire a strong feeling of individual identity and autonomy [15].
- **Social Support:** Children's social and emotional development is hampered in small families by the absence of extended family interactions [16].
- **Single-parent households:** Growing rates of divorce and separation lead to single-parent households, which affects children's wellbeing.
- **Cultural identity:** In contemporary family structures, children often get disconnected from their cultural background.

2 Literature Review

(H, 2025) [17] The study looks at the main causes of these changes, including economic shifts, urbanisation, industrialisation, technical developments, governmental regulations, and cultural dynamics. It also looks at the difficulties that contemporary families face, the psychological effects of family changes, and the influence of economic inequality. This study offers a scholarly perspective and empirical data analysis to investigate the adaptability and resilience of family institutions in the face of societal transformations. Although the family structure is still changing, the results indicate that it still plays a vital role in socialisation, financial stability, and emotional support. In order to handle the complexity of modern family life, the research emphasises the need of inclusive policies and flexible approaches.

(Arvind, 2024) [18] Modern factors, including urbanisation, globalisation, and legal reforms, have changed the dynamics and structures of families. The acceptance of LGBTQ rights, modifications to the rules governing marriage and divorce, and the advancement of women's rights via legal safeguards and economic possibilities are some of the major developments. In addition to changing intergenerational ties and causing the emergence of nuclear families, technological improvements and increasing individualism have also changed family arrangements. All things considered, the constant change in family structures is a reflection of larger cultural shifts and emphasises the need of continued adaptation and legislative reform to meet modern demands and goals.

(Kleinschlömer et al., 2024) [19] A decline in the wellbeing of children is linked to changes in family structure, such as the separation of parents or the creation of a stepfamily. We use data from the German Health Interview and Examination Survey for Children and Adolescents research (2003–2006 and 2014–2017) to examine how changes in family structure affect children's stress levels. C-reactive protein (CRP), a biomarker obtained from blood samples and associated with psychological discomfort, is our outcome variable. According to our research, kids' stress levels are much higher when they move to a

single-parent household than when they move to a stepfamily. These findings are significant as childhood stress may have a detrimental impact on wellbeing in later life.

(Tang et al., 2024) [20] The manner that the family environment affects teenagers' development is largely determined by the structure of the family home. Teenagers' emotional stability, conscientiousness, and agreeableness are all much improved by three-generation co-residence families as compared to two-parent co-residence homes, according to the research. On the other hand, teenagers from skip-generation coresidence families show much worse emotional stability and agreeableness. An additional examination of the underlying mechanisms demonstrates that the non-cognitive abilities of adolescents are positively impacted by the family socioeconomic status and parental involvement in three-generation co-residence families. This research promotes policy suggestions aimed at improving non-cognitive skills in teenagers from skip-generation co-residence households and emphasises the need of taking into account grandparents' influence in adolescent development.

(Luminita & Mirela, 2023) [21] In that all other institutions are influenced by the family, it is the fundamental instrumental nucleus of the broader social structure. Often considered to be the cornerstone of society, the family subsequently contributes to societal stability by establishing the tone it sets in regard to society and by influencing its stability. Children's development is complicatedly influenced by their families, and study can identify how certain traits of parents affect children's acquisition of certain traits. A kid or adolescent's development and education are greatly influenced by the home environment, which is also a significant factor in determining educational effects.

(Charan, 2021) [22] The onset of globalisation and industrialisation has caused a transformation in the Indian family structure. Particularly in metropolitan areas, what was once a small and cohesive framework is now reduced to a nuclear formation. The New Indian Family is manifestly progressive, tolerant, and contemporary; it permits its women to pursue a college education and pursue employment after marriage. Women in the urban family also include single parents, highly qualified spouses, and working moms. Gender roles, gender identities, women's autonomy, and women's status within the contemporary family structure are all examined in the following article.

(Johnston & Shannon E. Cavanagh, 2020) [23] The time of young people's entrance into cohabitation, a shift that may have consequences for future relationship instability throughout adulthood, was compared to the family structure trajectories of children from childhood through adolescence. Early entrance into cohabitation was linked to the timing of changes in family structure as well as the kind of changes (e.g., early moving into a stepfamily household). Notably, there were differences in the relationships between family structure trajectories and the date of cohabitation by gender and race/ethnicity (White, African-American, and Latinx). For example, women who entered stepfamily structures early were more likely to enter cohabitation. White young adults and Latinx young adults, regardless of gender, were more likely to move in together if they had grown up in a stepfamily.

(Sanner et al., 2024) [24] Many Americans think that the growth in single-parent households and the dissolution of the "traditional" two-married-parent family are to blame for the ongoing inequalities in

families. In order to counteract the stagnating theorising in the study of family structure, we re-examine long-held beliefs on the superiority of the heteropatriarchal two-married-parent family using both historical and modern data. We contend that in order to advance science, family researchers need to dedicate themselves to theoretical stances that shift us from traditional family viewpoints to critical viewpoints that direct more complex, comprehensive, and contextualised analyses of the real ways in which family structure functions in people's lives.

3 Research Gap

Despite extensive studies on family structures, notable research gaps remain in understanding the evolving dynamics of families in the 21st century. Much existing literature focuses on nuclear and traditional family models, often overlooking emerging forms such as single-parent households, same-sex families, cohabiting partners, and multigenerational living. There is limited cross-cultural and longitudinal research that examines how socio-economic, technological, and policy changes influence these evolving structures. Additionally, the psychological, developmental, and social impacts on children and family members within non-traditional family units remain underexplored. Addressing these gaps is crucial for shaping inclusive policies and support systems that reflect contemporary family realities.

4 Research Objective

- In this article study the various literature's work on changing family structures in the 21st century.
- Study the trends and impact of changing family structures.

5 Research Methodology

This review paper adopts a qualitative research methodology, utilizing secondary data and a comprehensive literature review to examine the changing family structures in the 21st century, along with impact on women and children. The study analyzes academic journals, scholarly articles, official reports, and case studies published between 2015 and 2025 to ensure a current and in-depth understanding of the subject. By synthesizing interdisciplinary insights from sociology, psychology, and demography, the paper explores emerging trends such as single-parent families, same-sex parenting, cohabitation, and multigenerational households, offering a holistic view of how evolving family forms affect individuals and communities.

6 Conclusion

This review highlights the significant transformations in family structures in the 21st century, emphasizing that no single family type is inherently superior, as all seek love, care, and emotional support. While traditional joint families still exist, nuclear families have become more prevalent due to lifestyle changes and a desire for independence. Non-traditional forms, such as single-parent households, cohabiting couples, and LGBT families, are increasingly visible, reflecting broader societal shifts. These structural changes have profound implications for individual behavior, roles, and functions within the

family unit. The evolving nature of family also impacts child development, education, and emotional well-being, as family climate and parental roles significantly influence youth outcomes. A growing trend toward delayed marriage, increased separation and divorce rates, and reduced fertility due to delayed childbearing has emerged, especially among urban populations. Furthermore, the rise in “live-in relationships” indicates a possible redefinition of family and marriage norms in the future. As families become more diverse, the sustainability of traditional structures, particularly the nuclear family, may be challenged. Overall, the review underscores the need for adaptive policies and support systems that acknowledge and respond to the changing realities of modern families across cultures and generations.

References

- [1] Juna Muça, Alda Isaraj, Elton Kazanxhi, Laura Longhi, Drilona Abazaj, and Edvaldo Begotaraj, “The evolution of family and its impact on the increase of marriage age: Analysis of needs for psychosocial services,” *Int. J. Sci. Res. Arch.*, vol. 12, no. 1, pp. 2361–2371, 2024, doi: 10.30574/ijrsra.2024.12.1.1032.
- [2] A. Lipowicz, M. N. Bugdol, W. Umławska, and A. W. Mitas, “The long-lasting effect of early life family structure on social position, well-being, and biological condition in adulthood,” *Aging Male*, vol. 26, no. 1, p., 2023, doi: 10.1080/13685538.2023.2239896.
- [3] D. S. T. Badruddin, “CHANGING FAMILY STRUCTURE OF MODERN INDIA,” *Knowl. Reson.*.
- [4] L. Grüning Parache, M. Vogel, C. Meigen, W. Kiess, and T. Poulain, “Family structure, socioeconomic status, and mental health in childhood,” *Eur. Child Adolesc. Psychiatry*, vol. 33, no. 7, pp. 2377–2386, 2024, doi: 10.1007/s00787-023-02329-y.
- [5] R. MICHA, “Family Change in Global Perspective: How and Why Family Systems Change,” *HHS Public Access*, vol. 68, no. 3, 2019, doi: 10.1177/0022146515594631.Marriage.
- [6] S. L. Brown, W. D. Manning, and J. B. Stykes, “Family Structure and Child Well-Being: Integrating Family Complexity,” *NIH-PA Author Manuscr.*, vol. 77, no. 1, 2015, doi: 10.1111/jomf.12145.Family.
- [7] A. Giri, “Schematic Review of Work Life Balance: Components & Tips,” *Int. J. Innov. Sci. Eng. Manag. Schematic*, vol. 1, no. 1, 2022.
- [8] A. Putniņa, “Meeting the challenges of the 21st century: Social change and the family,” *Soc. Work Soc. Sci. Rev.*, vol. 21, no. 2, pp. 46–57, 2020, doi: 10.1921/SWSSR.V21I2.1419.
- [9] [9] K. Gopalakrishnan, “Changing Scenario of Family System in India: An Analysis Against the Backdrop of Changing Social Values,” *Int. J. Soc. Sci.*, vol. 10, no. 1, pp. 51–62, 2021, doi: 10.46852/2249-6637.01.2021.7.
- [10] G. Slivšek, K. Vitale, and K. Lončarek, “How Do Changes in the Family Structure and Dynamics Reflect on Health: The Socio-Ecological Model of Health in the Family,” *Med. Flum.*, vol. 60, no. 1, pp. 62–77, 2024, doi: 10.21860/medflum2024_313693.
- [11] M. Meçe, “Impact of family structure changes on child wellbeing,” *Balk. Soc. Sci. Rev.*, vol. 6, 2015.

- [12] U. Saleem and V. Lahore, "The Evolution of Family Structures in the 21st Century: A SocioCultural Perspective," *Lib. J. Lang. Lit. Rev.*, vol. 1, no. 2, pp. 64–71, 2023.
- [13] G. Bhoje, "The Changing Trends in Family Structure," *Int. J. Res. Econ. Soc. Sci.*, vol. 6, no. 2, pp. 343–353, 2016, [Online]. Available: <http://www.euroasiapub.org>
- [14] G. Andersson, E. Thomson, and A. Duntava, "Life-table representations of family dynamics in the 21st century," *Demogr. Res.*, vol. 37, no. 35, 2017, doi: 10.4054/DemRes.2017.37.35.
- [15] Himani Bhasin, "Change in Family Structure in the Modern Times," *Int. J. Indian Psychol.*, vol. 3, no. 4, 2016, doi: 10.25215/0304.169.
- [16] B. Hünteler, "A new perspective on the generational structures of families – Generational placements over the life course," *Adv. Life Course Res.*, vol. 51, 2022, doi: 10.1016/j.alcr.2021.100450.
- [17] K. N. H, "The Dynamics of Family Structures in Modern Society," *EURASIAN Exp. J. Humanit. Soc. Sci.*, vol. 7, no. 1, 2025.
- [18] S. P. Arvind, "Family and it's Changing Patterns," *Int. J. Nov. Res. Dev.*, vol. 9, no. 8, 2024.
- [19] P. Kleinschlömer, M. Kühn, L. Bister, T. C. Vogt, and S. Krapf, "Analyzing the Impact of Family Structure Changes on Children's Stress Levels Using a Stress Biomarker," *J. Health Soc. Behav.*, vol. 65, no. 3, 2024, doi: 10.1177/00221465231223953.
- [20] B. Tang, S. Xiao, Y. Zhang, S. Liu, X. Lin, and H. Liu, "The impact of family residence structure on adolescents' non-cognitive abilities: evidence from China," *Front. Psychol.*, vol. 15, no. April, 2024, doi: 10.3389/fpsyg.2024.1367308.
- [21] S. M. Luminita and I. S. Mirela, "The family of the 21st century and the influence on the child's school performance," *Tech. Soc. Sci. J.*, vol. 48, 2023.
- [22] S. Charan, "The changing pattern of the Indian family structure: A review of the position of women," *Int. J. Multidiscip. Trends*, vol. 3, no. 2, pp. 21–26, 2021.
- [23] C. A. Johnston and R. C. Shannon E. Cavanagh, "Family Structure Patterns from Childhood through Adolescence and the Timing of Cohabitation among Diverse Groups of Young Adult Women and Men," *HHS Public Access*, vol. 56, no. 1, 2020, doi: 10.1177/0022146515594631.Marriage.
- [24] C. Sanner, D. T. Williams, S. Mitchell, T. M. Jensen, L. T. Russell, and A. Garnett-Deakin, "Reimagining stagnant perspectives of family structure: Advancing a critical theoretical research agenda," *J. Fam. Theory Rev.*, no. October 2023, pp. 761–786, 2024, doi: 10.1111/jftr.12587.

Urbanization and Its Effects on Social Relationships

Dr. Ravindra Sahare^{1*}

¹Associate Professor

Abstract

Given the ongoing rise in urbanisation, it is crucial to comprehend how social structure, urbanisation, and environmental sustainability interact in order to promote sustainable urban development. The impact of urbanisation on social relationships is the subject of this article. This review reveals that rapid urbanization, driven by population growth, improved infrastructure, and economic opportunities, significantly alters social relationships. Urban life fosters individualism, reduced household size, and weakened community ties due to congestion, privacy needs, and lifestyle changes. While urban areas offer improved services, they also face challenges like crime, pollution, and social fragmentation. Urbanization affects social cohesion through shifts in employment, environmental conditions, and cultural dynamics. Technology, though beneficial, may hinder meaningful social interactions if overused. Inclusive planning, community engagement, and sustainable development strategies are essential to mitigate negative impacts and strengthen social bonds in rapidly urbanizing societies.

Keywords: Urbanization, Social Relationships, Sustainable Development Strategies, Cultural, Employment, Economic.

1 Introduction

Recent decades have seen a major global phenomena known as urbanisation, which has had a broad range of complicated effects on the social and environmental systems of cities all over the globe. Significant shifts in human migration patterns towards cities have led to fast population expansion and increasing strain on natural resources and urban infrastructure [1]. Because of this unchecked urban

* ISBN No. - 978-93-49028-92-0

expansion, there are now significant obstacles to environmental sustainability, including a decline in the quality of the air and water, a loss of natural habitat, and a rise in greenhouse gas emissions. The complex character of urban expansion, which encompasses economic, environmental, and social problems, is often linked to the detrimental effects of urbanisation on environmental sustainability, giving rise to a wide variety of views about urban development [2].

With predictions showing strong increase in urban areas into the 21st century, urbanisation has been a major worldwide phenomena. Urban heat islands and greenhouse gas emissions are predicted to worsen as a result of this expansion's significant effects on land use, climate, and population trends. Urbanisation in emerging nations affects conventional rural industries, employment patterns, and consumption patterns by causing social, economic, and physical changes [3]. Additionally, with a focus on maintaining social and cultural authenticity, urban regeneration initiatives are essential to intellectual capital and sustainable growth. Future performance improvement and policy formulation will benefit greatly from the lessons learnt from such programs, especially in poor nations where they are crucial for identifying obstacles and reasons for progress [4]. Additionally, the physical, social, and economic facets of cities and their customs are profoundly impacted by the changing of urban landscapes via project-based urban redevelopment. With an emphasis on important urban infrastructures and their interconnection, resilience, and mitigation and adaptation techniques, a blueprint for climate-resilient cities has been developed to meet the difficulties faced by urbanisation [5], [6].

A. Urbanization

Urbanisation, also known as urbanisation in British English, is the process by which people move from rural to urban regions, the number of people living in rural areas declines, and how societies adjust to this transition. In addition, it may indicate population expansion in urban regions rather than rural ones. As more people start to live and work in central locations, it is primarily the process by which towns and cities are created and grow in size [7].

B. Social Changes due to urbanization

Urbanisation is linked to profound social transformations that alter how people live, engage, and connect to one other. Among the major societal shifts are:

1. Shifts in Family Structures and Relationships

Relationships and family structures often alter as a result of urbanisation. A more nuclear family structure may result from individuals leaving behind traditional family networks and support systems when they relocate to urban areas. This may lead to a decrease in conventional family values and an increased focus on individuality [8].

2. Emergence of New Social Movements and Activism

Additionally, new activity and social movements may arise as a result of urbanisation. New social networks and relationships may be formed when individuals from different origins congregate in urban

areas, giving rise to social movements centred on topics like labour rights, housing rights, and environmental justice [9].

3. Changes in Community Dynamics and Social Cohesion

Social cohesiveness and community dynamics may also be impacted by urbanisation. Social cohesiveness may suffer as a result of individuals feeling cut off from their old villages when they relocate to urban areas. But, especially in areas with robust social networks, cities may also help inhabitants feel more connected to one another and to their community [10].

C. Economic Changes due to urbanization

Significant economic shifts linked to urbanisation also impact employment, labour markets, and income inequality. Among the most significant economic shifts are:

1. Impact of Urbanization on Labor Markets and Employment

Work and labour markets may shift as a result of urbanisation, as cities often provide a greater variety of work options and better salaries. However, exploitation, inequality, and insecure employment are also characteristics of metropolitan labour markets [11].

2. Effects on Income Inequality and Poverty

Poverty and economic disparity may also be impacted by urbanisation. In addition to providing chances for economic mobility, cities may also be marked by severe poverty and income disparity, especially in slums and informal settlements [3].

3. Role of Urbanization in Economic Development

Urbanisation may have a big impact on economic growth since cities are often centres of entrepreneurship, innovation, and economic expansion. Cities may facilitate company operations and people's access to services and facilities by offering economies of scale and agglomeration [12].

D. Cultural Changes due to urbanization

Significant cultural shifts linked to urbanisation also impact traditional customs, cultural identity, and cultural expression. The following are some significant cultural shifts:

1. Influence of Urbanization on Cultural Identity and Expression

Because individuals from different origins congregate in cities, urbanisation may result in changes to cultural identity and expression. Traditional cultures may mingle together and new types of culture may emerge as a consequence [13].

2. Development of Urban Subcultures and their Significance

The emergence of urban subcultures as a result of urbanisation may also provide city dwellers a feeling of identity and community. These subcultures have the power to shape art, music, and fashion while offering a forum for individuality and inventiveness [14].

3. Impact on Traditional Cultural Practices and Values

Traditional cultural values and practices may also be impacted by urbanisation as individuals adjust to new urban settings. As a consequence, traditional practices may experience a decline and be replaced by new cultural norms and values [15].

2 Literature Review

(Ali & Rahman, 2024) [16] With an emphasis on its causes, impacts, and sustainability, this study looks at urbanisation trends. Urban expansion is influenced by social, economic, and policy issues. It evaluates the beneficial effects on infrastructure and livelihoods as well as the negative effects, such as overcrowding and environmental deterioration. The essay offers a review of recent data and trends with a focus on sustainable urban development. In order to ensure fair development and environmental preservation, it ends with suggestions for legislators and community involvement in fostering balanced and sustainable urban expansion. The study endeavours to contribute to the conversation regarding the successful management of urbanisation in a manner that is beneficial to both communities and the environment by addressing these critical issues.

(Nicholas & Prudence, 2024) [11] The social fabric and dynamics within communities have been significantly altered by the rapid pace of urbanisation in Kampala, Uganda's capital city and largest urban centre, over the past few decades. Consequently, it is necessary to closely examine the impact of these transformations on the social connections among residents. Bivariate analyses with logistic regression models and chi-square tests that controlled for socio-demographic factors revealed that urbanisation had a marginally negative association with the frequency of social interactions; however, this relationship was not statistically significant ($p=0.737$). In addition, no substantial relationships were observed between housing typologies, specifically the proportion of individuals residing in formal versus informal settlements ($p=0.941$), or the impact of basic services such as electricity, water, and transportation on a community's social support networks ($p=0.889$). The results of this study suggest that urbanisation may not be the primary factor influencing social ties among Kampala District people.

(Adam et al., 2023) [17] The goal of this research is to evaluate how urbanisation has affected the Tamale Metropolis' sociospatial structure. The study's findings demonstrated a significant transition from the extended family structure to the nuclear family system. With the built-up area rising from 12% to 24%, the changes in social structure have resulted in a significant urban growth. Sub-CBDs have been established in response to the spatial structure changes that have resulted from the urbanisation process. Thus, this study comes to the conclusion that the social structure and the geographical structure of the Tamale Metropolis are directly related, which has implications for sustainable urban administration.

(Sakketa, 2023) [18] The theoretical pathways by which urbanisation impacts social cohesiveness are examined in this paper, together with actual data demonstrating their interdependence. The study demonstrates a negative correlation between urbanisation and the three characteristics of social cohesion—trust, inclusive identity, and cooperation for the common good—by combining a new national panel data set on social cohesion from the Afro barometer with urbanisation and other socioeconomic

data from global development indicators. Even after adjusting for year-fixed effects and national socioeconomic circumstances, these relationships remain. The primary factors influencing social cohesiveness are changes brought about by urbanisation in the economic and environmental framework, including pollution, infrastructure, and jobs. All things considered, the results highlight the need of inclusive urban development and policies aimed at reducing the social division brought on by Africa's fast urbanisation.

(Singh, 2023) [19] Social institutions are directly affected by social change in terms of their fundamental structure and functions. The state, property, marriage, morality, religion, and family institutions have all changed. The family life has undergone some drastic alterations as a consequence. Even while we have benefited much from technology, there are still a lot of ways that it negatively affects marriage and family life. The rapid growth of cities and the development of technology have taken over many household responsibilities. Additionally, the social sphere will be significantly affected by technological advancements. They end up neglecting their family time because they are too occupied experimenting with the latest devices or apps on the market or keeping up with the latest social media trends. They sometimes give their gadgets more attention than their loved ones. These days, the institution of marriage is likewise changing from a religious one to a social contract. Without a doubt, technology has improved the social standing of women in the home, which is why divorces and separations are on the rise.

(Raju et al., 2021) [20] Following the industrial revolution, environmental conditions have been deteriorating at an accelerated pace on a global scale. The primary factors contributing to the degradation of environmental quality are urbanisation and industrialisation. In order to evaluate the environmental impact of urbanisation and industrialisation on Visakhapatnam city, data on population, rainfall, temperature, air quality, and land use/land cover from the CPO's office of the Visakhapatnam district were collated over a 30-year period. The analysis revealed that the environmental factors are deteriorating decade by decade. The ecology of Visakhapatnam City should be protected by plans or actions.

3 Research Gap

Despite growing research on urbanization, significant gaps remain in understanding its nuanced effects on social relationships. Most existing studies focus on economic and infrastructural aspects, often overlooking the psychological and emotional dimensions of urban life. There is limited exploration of how urban density, mobility, and anonymity impact interpersonal bonds, community engagement, and social cohesion. Additionally, cross-cultural and longitudinal studies are scarce, making it difficult to generalize findings across diverse urban settings. The effects of digital communication in mitigating or exacerbating social isolation in urban areas also remain underexplored. Addressing these gaps is vital to fostering socially sustainable urban environments.

4 Research Objective

- In this article study the concept of urbanization.

- Study the effect of urbanization on social, economic and cultural.
- Study the various literature's work on effect of urbanization on social relationships.

5 Research Methodology

This review paper adopts a qualitative research methodology, utilizing secondary data and an extensive literature review to examine the effects of urbanization on social relationships. The study analyzes academic journals, scholarly articles, official reports, and case studies published between 2015 and 2025 to ensure a comprehensive and current understanding of the topic. By synthesizing interdisciplinary insights from sociology, urban studies, psychology, and public policy, the paper explores how rapid urban growth influences interpersonal connections, community engagement, and social cohesion. This approach enables a critical evaluation of both the positive and negative impacts of urbanization on the dynamics of modern social relationships.

6 Conclusion

The study reveals that urbanization is marked by rapid population growth, a rise in the number of households, and evolving economic structures. Factors such as increased privacy preferences, improved financial status, family dynamics, and urban congestion contribute to smaller household sizes and greater individual living arrangements. Urban migration is largely driven by the availability of services, infrastructure, and job opportunities. However, this shift often results in overcrowding, pollution, increased crime, and socio-economic disparities. Urbanization also significantly affects social cohesion, altering interpersonal relationships and weakening traditional community bonds due to lifestyle changes, economic pressures, and environmental challenges. Additionally, technology, while enhancing communication, has disrupted face-to-face interactions and can negatively influence social development, particularly among youth. Sustainable urban planning, green technologies, community involvement, and inclusive policies are critical to counteract these effects. Participation from residents in planning and implementation is essential for successful development projects. Furthermore, the impact of urbanization on environmental sustainability—such as land use, waste management, and biodiversity—must be managed with integrated approaches. Ultimately, while urbanization offers economic growth and modernization, its social costs demand careful attention. Balancing technological advancement and community wellbeing is essential to preserve meaningful social relationships in an increasingly urbanized world.

References

- [1] M. Buchecker and J. Frick, "The implications of urbanization for inhabitants' relationship to their residential environment," *Sustain.*, vol. 12, no. 4, 2020, doi: 10.3390/su12041624.
- [2] A. Bandile, "The Effect of Urbanization on Community Social Networks and Support Systems," *Int. J. Humanit. Soc. Sci.*, vol. 3, no. 3, pp. 46–59, 2024, doi: 10.47941/ijhss.2084.
- [3] R. Liu, X. Dong, X. chao Wang, P. Zhang, M. Liu, and Y. Zhang, "Study on the relationship among the urbanization process, ecosystem services and human well-being in an arid region in

- the context of carbon flow: Taking the Manas river basin as an example,” *Ecol. Indic.*, vol. 132, 2021, doi: 10.1016/j.ecolind.2021.108248.
- [4] H. H. Ali, Y. N. Al-Betawi, and H. S. Al-Qudah, “Effects of urban form on social sustainability—A case study of Irbid, Jordan,” *Int. J. Urban Sustain. Dev.*, vol. 11, no. 2, pp. 203–222, 2019, doi: 10.1080/19463138.2019.1590367.
- [5] A. Alvi, “Effects of Urbanization on Community Cohesion in Major Cities of Pakistan,” *Eur. J. Sociol.*, vol. 7, no. 1, pp. 21–31, 2023, [Online]. Available: <https://doi.org/10.47672/ejs.2091>
- [6] K. Gupta and H. Ahmad, “Analysis of the Tourism Industry: A Case Study of Lucknow,” *Int. J. Innov. Sci. Eng. Manag.*, vol. 3, no. 2, 2024.
- [7] Shakunthala, “URBANIZATION AND SOCIAL CHANGE: UNDERSTANDING THE CHALLENGES AND OPPORTUNITIES,” *Int. J. Res. Anal. Rev.*, vol. 4, no. 1, 2017.
- [8] M. Hussain and I. Imtiyaz, “Social Effects of Urban Living: A Study,” *Int. J. Res. Econ. Soc. Sci.*, vol. 8, no. 3, 2018, [Online]. Available: <http://www.euroasiapub.orghttp://www.euroasiapub.org>
- [9] D. Ochnik, B. Buława, P. Nagel, M. Gachowski, and M. Budziński, “Urbanization, loneliness and mental health model - A cross- sectional network analysis with a representative sample,” *Sci. Rep.*, vol. 14, no. 1, pp. 1–16, 2024, doi: 10.1038/s41598-024-76813-z.
- [10] J. Qi, S. Mazumdar, and A. C. Vasconcelos, *Understanding the Relationship between Urban Public Space and Social Cohesion: A Systematic Review*, vol. 7, no. 2. Springer International Publishing, 2024. doi: 10.1007/s42413-024-00204-5.
- [11] K. Nicholas and K. Prudence, “Influence Of Urbanization On Social Connections: A Case Study Of Residents In Kampala District,” *Metrop. J. Soc. Educ. Res.*, vol. 3, no. 9, 2024.
- [12] Y. Sato and Y. Zenou, “How urbanization affect employment and social interactions,” *Eur. Econ. Rev.*, vol. 75, no. 7914, pp. 131–155, 2015, doi: 10.1016/j.euroecorev.2015.01.011.
- [13] A. Nawaz, D. S. Saeed, A. Rasool, S. Khan, H. U. Rahman, and M. Khan, “Socio-Cultural Impact Of Urbanization On Rural Students’ Academic Performance: Empirical Evidence From Quaid-I- Azam University, Islamabad, Pakistan,” *Migr. Lett.*, vol. 21, no. s11, pp. 1267–1283, 2024.
- [14] M. Hussain, “Social Effects of Urban Living: A Study,” *IJRESS) Int. J. Res. Econ. Soc. Sci.*, vol. 8, no. March 2018, 2018, [Online]. Available: <http://www.euroasiapub.orghttp://www.euroasiapub.org>
- [15] T. Nhu and T. Nguyen, “Urbanization and its Impact on the Cultural Values in the Life Cycle Rituals of the K’Ho Ethnic Group in Lam Dong Province, Vietnam,” *Int. Soc. Study Vernac. Settl.*, vol. 11, no. 05, pp. 142–159, 2024, [Online]. Available: <https://doi.org/10.61275/ISVSej-2024-11-05-10>
- [16] I. Ali and A. Rahman, “Urbanization: An Overview of Causes , Effects and Sustainability,” *Quest Journals J. Res. Humanit. Soc. Sci.*, vol. 12, no. 5, pp. 153–157, 2024.

- [17] A. R. Adam, S. A. Takyi, O. Amponsah, and K. O. B. Kyei, "Rethinking sustainable urban management: Effects of urbanization on the socio-spatial structure of the Tamale Metropolis," *Urban Gov.*, vol. 3, no. 4, pp. 292–303, 2023, doi: 10.1016/j.ugj.2023.06.003.
- [18] T. Sakketa, *Urbanisation and social cohesion: Theory and empirical evidence from Africa*. 2023.
- [19] D. S. Singh, "Urbanization and Its Effect on Family and Marriage life in context to usage of Information Technology: A Sociological Study," *Int. J. Nov. Res. Dev.*, vol. 8, no. 7, pp. 160–163, 2023.
- [20] A. Raju, S. R. Krishna, D. T. Ramesh, and Prof.T.V.Krishna, "Urbanization and Industrialization and Its Impact on Environment: A Case Study of Visakhapatnam City," 2021.

Cognitive Behavioral Therapy: Recent Advances and Effectiveness

Prof. (Dr.) Roopali Sharma^{1*}

¹*Professor, Amity Institute of Psychology and Allied Sciences, Amity University, Noida, UP.*

Abstract

All throughout the world, people use cognitive behaviour therapy (CBT), an evidence-based treatment, with similar behavioural and cognitive integrity. A diverse array of emotional challenges and mental health conditions can be effectively addressed and managed through cognitive behavioural therapy. Throughout this article, we will examine a variety of literature that has investigated the efficacy and recent advancements of cognitive behavioural therapy. This review highlights that Cognitive Behavioral Therapy (CBT), including its third-wave approaches emphasizing mindfulness and acceptance, is effective in reducing psychological distress, anxiety, and depressive symptoms across diverse populations. Group-based CBT shows strong outcomes for anxiety reduction, while CBT-ED demonstrates promise for treating eating disorders, particularly in youth. The integration of digital and traditional CBT delivery models enhances accessibility and patient comfort but must ensure treatment fidelity. Though benefits are statistically significant, they often reflect modest effect sizes, emphasizing the need for individualized treatment dosing and sustained practice. Long-term efficacy and booster sessions warrant further investigation for lasting outcomes.

Keywords: Cognitive Behavior Therapy (CBT), Cognitive and Behavioral Fidelity, Psychological Distress, Anxiety, Depression, Psychiatric Disorders.

1 Introduction

A organised, scientific, and evidence-based psychotherapy, cognitive behaviour therapy (CBT) aims to change dysfunctional (inaccurate/unhelpful) thought and behaviour that is a feature of some mental

* ISBN No. - 978-93-49028-92-0

illnesses. CBT is not exclusively cognitive modification, despite the fact that the term "cognitive" implies that the treatment is heavily reliant on thought processes. Effective cognitive behavioural therapy must address all facets of an emotional problem, including maladaptive behaviours, the experience side of emotions, and the intellectual side of cognitions [1]. CBT refers to a family of treatments for anxiety and depression that share the fundamental elements of the CBT paradigm, which emphasises the importance of thought processes and behaviour in regulating emotions. Using depression as a model, cognitive behavioural therapy's general therapeutic process is divided into several stages, emphasising different therapeutic mechanisms (i.e., building a therapeutic relationship, engaging in collaborative empiricism, and managing maladaptive thoughts and behaviours) [2].

A cognitive behavioural therapy case formulation serves as the foundation for every therapy session and gives direction for the treatment plan. The initial stages in any typical therapy session are to set an agenda (current difficulties) and then cognitively recreate maladaptive cognitions (bad automatic thoughts, ideas, and framework) [3]. A summary and homework assignment are prepared at the conclusion of the session to help the patient apply the specific concepts and abilities gained to their own real-life challenges [4]. All therapeutic steps are transparent and well-reasoned. The topics covered in therapy sessions go from automatic, surface-level thinking to more profound beliefs and schemas. Prior to cognitive therapies, behavioural activation techniques are used if the patient has significant psychomotor retardation. Didactic or Socratic methods are used to teach cognitive restructuring techniques. The therapist uses the didactic technique to explain the idea of cognitive distortion, talk about the many kinds of distortions, and then apply those concepts to real-world situations [5], [6].

A. Cognitive Behavioral Therapy

Cognitive behavioural therapy (CBT) is a kind of psychological treatment that has shown promise in treating a number of conditions, including eating disorders, severe mental illness, drug and alcohol misuse, anxiety disorders, depressive disorders, and marital problems. A significant improvement in quality of life and functioning is demonstrated by a multiplicity of research studies that support cognitive behavioural therapy (CBT). Numerous investigations have demonstrated that "cognitive behavioural therapy (CBT)" is equally or more effective than psychiatric medications or other forms of psychological treatment [7].

It is important to emphasise that research and clinical practice have both aided in the development of CBT. In actuality, a large body of scientific evidence demonstrates the efficacy of CBT and the developed techniques. In this regard, CBT differs from a lot of other forms of psychological treatment [8]. One of the fundamental concepts upon which CBT is based is:

- Ineffective or faulty cognitive processes are among the underlying causes of psychological problems.
- An important contributing element to psychological problems is learnt patterns of destructive conduct.

- The development of more effective coping techniques may help persons with psychiatric disorders manage their symptoms and become more productive in life.

B. Advances in CBT

In recent years, there have been significant advancements in cognitive behavioural therapy (CBT), such as the introduction of novel treatment methods that have become collectively referred to as "third wave therapies."

Behaviours are the focus of the initial wave of cognitive behavioural therapy therapies. In order to lessen anxiety, exposure therapies enable patients to mindfully, safely, and usually progressively face the things that make them feel afraid. People may boost their mood by engaging in behaviours that enhance their feeling of enjoyment, achievement, and social connection thanks to behavioural activation [9].

People's attitudes and beliefs are prioritised in the second wave of cognitive behavioural therapy (CBT) interventions. Helping individuals think more positively and realistically may enhance their quality of life and lessen symptoms, as shown by the groundbreaking work of Albert Ellis, Aaron Beck, and others [10].

In order to enhance people's emotions and quality of life, the third wave of cognitive behavioural therapy places a strong focus on the importance of emotion as well as the use of acceptance and mindfulness. "Dialectical Behaviour Therapy (DBT) and Acceptance and Commitment Therapy (ACT)" are two of the most important Third Wave treatments.

Recent studies have shown the value of methods from all three of CBT's "waves" in symptom reduction and quality of life enhancement. It is impossible for any single technique to be more effective than another in regards to all issues. Additionally, there is some evidence that the most favourable long-term outcome may be achieved by integrating techniques from various phases of CBT [9].

C. "Third wave" cognitive behavioral therapies

Behaviourism (i.e., classical conditioning, operant conditioning) defined the "first wave" of behavioural treatments. Albert Ellis and Aaron Beck contributed to the development of the second wave of behavioural treatments by incorporating a person's ideas and beliefs in order to comprehend and alter emotion and behaviour, such as depression, through cognitive behavioural therapy (CBT) [11].

Traditional cognitive behavioural treatment methods have evolved and expanded into a new class of psychotherapy known as "third wave" cognitive behavioural treatments. Reducing or eliminating emotional and psychological issues is often a byproduct, but third wave therapies prioritise the whole improvement of behavioural and psychological processes associated with health and wellbeing [9]. Ideas like acceptance, mindfulness, metacognition, spirituality, and personal values are often integrated into what would be seen as conventional behavioural therapies. Third wave behavioural therapists are more interested in the context, processes, and goals of an individual's reactions to internal experiences (i.e., ideas, wants, and emotions) than in the content of that individual's thoughts and internal experiences [12]. "Behavioural activation and systematic desensitisation (e.g., exposure therapy)" are among the

numerous strategies and interventions that third-wave cognitive behavioural therapies adopt to supplement traditional cognitive behavioural interventions [13].

D. Effectiveness of Cognitive Behavioral Therapy

"Cognitive behavioural therapy (CBT)" was developed in the 1960s by psychiatrist Aaron Beck, who saw that certain thought patterns were associated with emotional problems. Through this, Beck developed the cognitive therapy method and came up with the phrase "automatic negative thoughts" [14]. While prior behaviour therapies have mostly focused on connections, incentives, and punishments to alter conduct, the cognitive approach looks at how thoughts and emotions impact behaviour. Currently, one of the most studied therapies is cognitive behavioural therapy. It has been shown to be effective in treating a wide range of mental conditions, including "depression, eating disorders, insomnia, anxiety, obsessive-compulsive disorder, panic disorder, post-traumatic stress disorder, and drug use disorder" [15].

- Studies show that cognitive behavioural therapy is the most successful treatment for eating problems.
- Cognitive behavioural therapy (CBT) has shown effectiveness in treating mood disorders like depression and physical illnesses like pain that interfere with sleep.
- Children and teens with signs of anxiety and sadness may benefit from cognitive behavioural therapy, according to research.
- Cognitive behavioural therapy provides a solid scientific basis for treating drug use disorders. It helps people with these conditions acquire coping mechanisms for daily stressors, avoid triggers, and become more self-controllable.
- Part of the reason CBT is one of the most studied forms of therapy is because it focusses on very defined objectives and outcomes are easy to assess.

2 Literature Review

(Gkintoni et al., 2025) [16] In order to increase accessibility, improve treatment adherence, and maximise therapeutic results for depression, this systematic review attempts to provide the most recent advancements in next-generation cognitive behavioural therapy treatments, including digital support systems, teletherapies, and customised treatment modules. Results show that NG-CBT therapies preserve clinical efficacy while increasing treatment accessibility and participation. Teletherapy systems provide scalable and affordable substitutes for conventional therapy, while personalised digital tools improve adherence. With new, easily available, and high-quality treatment techniques, these advancements hold considerable potential for improving quality of life and reducing the worldwide burden of depression.

(Velten et al., 2025) [17] In controlled trials, practice-based evidence has become a significant supplementary paradigm. The results of the KODAP initiative, a major research-practice network at German university outpatient clinics, are presented in this paper. All clinics used standardised diagnostic clinical interviews to obtain clinical diagnoses, which covered a broad spectrum of psychopathology.

Throughout therapy, 3.4% of patients reported no change, "while only 1.9% of patients reported worsening symptoms", as indicated by direct evaluations of change. Overall, the results show that multi-site naturalistic research initiatives are feasible, and specifically that outpatient cognitive behavioural treatment is effective in German university outpatient clinics.

(De Silva et al., 2024) [18] This study aimed to determine the efficacy of "a universal school-based intervention" in reducing anxiety among Grade 9 pupils. A qualified instructor provided a CBT-based universal intervention program to a randomly selected Grade 9 class in each study arm school on a weekly basis "for eight weeks, followed by a month of self-practice". Regular care was given to the control arm. At the end of the intervention and three months later, the generalised estimation equation (GEE) was employed to compare the anxiety and self-esteem ratings of the two arms, as well as their depression status, to account for confounding and clustering. This investigation demonstrated that adolescents' anxiety levels and self-esteem metrics are enhanced by the universal bundle, which is founded on cognitive behavioural therapy (CBT).

(Krause et al., 2024) [19] This study examined the effectiveness of cognitive behavioural therapy (CBT) in the long-term (≤ 2 years after therapy stopped) routine care of "adolescents with primary anxiety disorder (AD) (mean age: 11.95 years; SD = 3.04 years)". In the "Kids Beating Anxiety (KibA)" clinical study, 210 children with any main diagnosis of AD and any comorbidity were given evidence-based cognitive behavioural therapy. For children with ADs, using treatment manuals assessed in randomised controlled trials produced consistent, long-term effects of "KibA" CBT that mirrored results from efficacy studies conducted in a typical practice setting. These results are noteworthy since the patient group under study was in the age range that is most at risk of acquiring additional mental illnesses. The long research period would thus be expected to see an increase in "new-onset anxiety and other mental illnesses".

(Murphy et al., 2024) [20] As part of that trial, we present our collaboration with a client who completed a 12-week CBT-SE course. Although homework is an essential component of CBT, it is even more crucial in CBT-SE due to the increased focus on skill development. This client's treatment plan demonstrates the potential benefits of giving skill development top priority and using focused homework assignments to encourage mastery and ongoing use of CBT procedures. This client's experience demonstrates methods for promoting skill development and reaffirms the need of concentrating on CBT skills. Given the data demonstrating the therapeutic effectiveness of CBT skills and the shown benefits of homework assignments, we encourage the adoption of skill-enhancing strategies, such as in-session protocols and assignments that help clients build and sustain ongoing skill use.

(Waller & Beard, 2024) [21] More effective treatments are needed for eating disorders than what is now offered. Although the most evidence supports the usefulness of "cognitive behavioural treatment for eating disorders (CBT-ED)", it still needs significant development to increase its reach, improve its results, and lower relapse rates. The main developments noted here are: increased applicability to younger patients throughout eating disorder durations; new techniques; and enhancements in "the effectiveness and accessibility of CBT-ED". The discipline of CBT-ED has made significant recent

progress. Future research and therapeutic paths are suggested, however it is crucial to emphasise that there are still gaps in our body of knowledge and clinical expertise.

(O'Donnell et al., 2022) [22] This succinct paper outlines the difficulties faced by mental health professionals when incorporating technology advancements in cognitive behavioural therapy (CBT) into their work with a varied clientele and offers solutions. The authors list the following five major obstacles to using technology-driven cognitive behavioural therapy: building a therapeutic alliance; being a good fit for clients from marginalised and culturally diverse backgrounds; access issues related to geography and economics; ethical and legal issues; and having the necessary skills for CBT practice, training, and supervision. More people from underprivileged neighbourhoods may be treated by clinicians thanks to technological advancements in cognitive behavioural therapy. Current challenges compel therapists across the board to ensure that their work is consistent with the ethics, beliefs, and research of cognitive behavioural therapy (CBT) and that the most effective CBT intervention can be integrated into all aspects of mental health treatment.

(Mohammad Kianbakht & Khan, 2019) [23] Some early studies have focused on cognitive behavioural treatment for anxiety disorders. The research used a quasi-experimental design with two groups and a pre-post test as well as a three-month follow-up period. Cognitive behavioural therapy was administered to every patient. Across three time periods, there was a substantial difference in the intensity of apprehension ($p < 0.05$). The study came to the conclusion that cognitive behavioural therapy was an effective way to help clients feel less anxious. For those seeking therapy for anxiety in primary care settings, these results may help guide personalised care and add to the larger body of research on treatment heterogeneity.

(Selvapandiyan, 2019) [24] Cognitive behaviour therapy (CBT) is an evidence-based treatment that practitioners throughout the globe share in terms of cognitive and behavioural integrity. The state of "cognitive behavioural therapy (CBT)" in India is the main topic of this study, which is based on an examination of published Indian CBT research. There is a dearth of publications on CBT among Indians. The detected practice flaws throughout the published studies may jeopardise the overall effectiveness of the internationally validated CBT therapies. In order to oversee the use of CBT in India, quality control procedures had to be implemented.

3 Research Gap

There are still a number of study gaps despite the overwhelming evidence that Cognitive Behavioural Therapy (CBT) is beneficial. There is a dearth of research on the prevention of relapse and the long-term efficacy of treatments, as the majority of studies concentrate on short-term results. Additionally, third-wave CBT techniques like Mindfulness-Based "CBT and Acceptance and Commitment Therapy (ACT)" lack standardised methods, especially when it comes to varied groups. The integration of digital and remote CBT services shows promise but requires further evaluation regarding therapist fidelity, user engagement, and clinical outcomes. Additionally, comparative studies assessing CBT's effectiveness

against other therapeutic modalities in specific mental health conditions remain insufficient, highlighting a need for broader, inclusive research.

4 Research Objective

- In this article study the recent advances and effectiveness cognitive behavioral therapy.
- Study the “third wave” cognitive behavioral therapy.
- Study the various literature’s work on recent advances and effectiveness cognitive behavioral therapy.

5 Research Methodology

This review paper adopts a qualitative research methodology, utilizing secondary data and an extensive literature review to examine recent advances and the effectiveness of Cognitive Behavioral Therapy (CBT). The study critically analyzes academic journals, scholarly articles, official reports, and case studies published between 2013 and 2025 to provide a comprehensive and up-to-date understanding of the subject. Emphasis is placed on evaluating both traditional and third-wave CBT approaches, their clinical outcomes across various mental health conditions, and the integration of digital delivery methods. This methodology enables an in-depth exploration of CBT’s evolving practices, therapeutic impacts, and implications for mental health care systems.

6 Conclusion

The "third wave" techniques that stress acceptance, emotion control, and mindfulness are among the notable developments in Cognitive Behavioural Therapy (CBT) that are highlighted in this article. Together with conventional CBT procedures, these approaches have shown efficacy in lowering anxiety, depressive symptoms, and psychological discomfort in a variety of mental health disorders. Group-based CBT has shown notable success in anxiety management, with patients reporting significant improvements in both emotional and functional outcomes. CBT for eating disorders (CBT-ED) demonstrates promise, but challenges such as clinician adherence to protocols and the need for comparative research with family-based therapy (FBT) remain. The integration of CBT into healthcare systems and psychological clinics is strongly recommended, especially for addressing anxiety and depression. Moreover, the increasing role of digital and teletherapy-based CBT services has expanded access to care, though they should complement rather than replace traditional face-to-face therapy. The review underscores the significance of personalised treatment plans, which may include long-term efficacy enhancement sessions and dosage adjustments. While the observed effects are statistically significant, they are modest, indicating variability in individual outcomes and underscoring the need for continued reinforcement of CBT skills. Ongoing research is necessary to ensure sustainability and improve clinical effectiveness across diverse populations.

References

- [1] H. D. H. Kariri and A. Almubaddel, "From theory to practice: Revealing the real-world impact of cognitive behavioral therapy in psychological disorders through a dynamic bibliometric and survey study," *Heliyon*, vol. 10, no. 18, 2025, doi: 10.1016/j.heliyon.2025.e43392.
- [2] S. Bhattacharya, C. Goicoechea, S. Heshmati, J. K. Carpenter, and S. G. Hofmann, "Efficacy of Cognitive Behavioral Therapy for Anxiety-Related Disorders: A Meta-Analysis of Recent Literature," *Curr. Psychiatry Rep.*, vol. 25, no. 1, pp. 19–30, 2023, doi: 10.1007/s11920-022-01402-8.
- [3] A. E. Arianti, "Effectiveness of cognitive behavioral therapy (CBT) in increasing academic resilience in students: Literature review," *Cypriot J. Educ. Sci.*, vol. 19, no. 1, 2024, doi: 10.18844/cjes.v19i1.9248.
- [4] S. Nambiar, M. Munivenkatappa, and S. S. Arumugham, "Efficacy of brief cognitive behavior therapy in improving symptoms, functioning, and adherence to treatment in patients with bipolar disorder in remission: A randomized control study," *Indian J. Psychiatry*, vol. 66, no. 11, pp. 1050–1058, 2024, doi: 10.4103/indianjpsychiatry.indianjpsychiatry_445_24.
- [5] V. AVSAR and S. A. SEVİM, "The Effectiveness of Cognitive Behavioral Therapy Including Updating the Early Life Experiences and Images with the Empty Chair Technique on Social Anxiety," *Int. J. Assess. Tools Educ.*, vol. 9, no. 1, pp. 181–202, 2022, doi: 10.21449/ijate.1062613.
- [6] D. B. B. Kotikalapudi and D. S. Sheibani, "Analysis of Depression in Married Women: A Quantitative Exploration of PHQ-9 Responses on Neuropathogenesis," *Int. J. Innov. Sci. Eng. Manag.*, vol. 4, no. 1, 2025, doi: 10.69968/ijisem.2025v4i1234-240.
- [7] D. David, I. Cristea, and S. G. Hofmann, "Why cognitive behavioral therapy is the current gold standard of psychotherapy," *Front. Psychiatry*, vol. 9, no. JAN, pp. 6–8, 2018, doi: 10.3389/fpsyt.2018.00004.
- [8] N. G. K. A. and G. S., "The Effectiveness of Cognitive Behavioral Therapy (CBT) on Students' Test Anxiety," *Sci. Publ. LLC., | Forecast*, vol. 4, no. 2, p. 1027, 2021, [Online]. Available: <https://scienceforecastoa.com/>
- [9] M. Mehta, "New advances in cognitive behavioral therapy," *J. Indian Assoc. Child Adolesc. Ment. Heal.*, vol. 14, no. 2, pp. 12–30, 2018, doi: 10.1177/0973134220180202.
- [10] S. Mulken and G. Waller, "New developments in cognitive-behavioural therapy for eating disorders (CBT-ED)," *Curr. Opin. Psychiatry*, vol. 34, no. 6, pp. 576–583, 2021, doi: 10.1097/YCO.0000000000000745.
- [11] S. G. Hofmann, A. Asnaani, I. J. J. Vonk, A. T. Sawyer, and A. Fang, "The Efficacy of Cognitive Behavioral Therapy: A Review of Meta- analyses," *NIH Public Access*, 2013, doi: 10.1007/s10608-012-9476-1.The.
- [12] S. Pegg, K. Hill, A. Argiros, B. O. Olatunji, and A. Kujawa, "Cognitive Behavioral Therapy for Anxiety Disorders in Youth: Efficacy, Moderators, and New Advances in Predicting Outcomes," *Curr. Psychiatry Rep.*, vol. 24, no. 12, pp. 853–859, 2022, doi: 10.1007/s11920-022-01384-7.

- [13] E. A. Selby, "Looking to the Future with a Cognitive-Behavioral Lens: The Inaugural Edition of the International Journal of Cognitive Behavioral Therapy," *Int. J. Cogn. Behav. Ther.*, vol. 18, no. 1, pp. 1–8, 2025, doi: 10.1007/s41811-025-00248-1.
- [14] S. R. Romita and L. Gietzen, "The Effectiveness of Cognitive Behavioral Therapy (CBT) and Medication for Treating Major Depressive Disorder in Adults 18-45 and Factors Contributing to Treatment Resistance : A Case Series," *Pacific J. Heal. Vol.*, vol. 8, no. 1, 2024.
- [15] M. Nakao, K. Shiotsuki, and N. Sugaya, "Cognitive-behavioral therapy for management of mental health and stress-related disorders: Recent advances in techniques and technologies," *Biopsychosoc. Med.*, vol. 15, no. 1, pp. 1–4, 2021, doi: 10.1186/s13030-021-00219-w.
- [16] E. Gkintoni, S. P. Vassilopoulos, and G. Nikolaou, "Next-Generation Cognitive-Behavioral Therapy for Depression: Integrating Digital Tools, Teletherapy, and Personalization for Enhanced Mental Health Outcomes," *Med.*, vol. 61, no. 3, 2025, doi: 10.3390/medicina61030431.
- [17] J. Velten *et al.*, "Effectiveness of cognitive behavioral therapy for adult mental disorders: A large-scale naturalistic study across 29 university outpatient clinics," *Behav. Res. Ther.*, vol. 186, no. July 2024, 2025, doi: 10.1016/j.brat.2025.104691.
- [18] S. De Silva, R. Peris, S. Senaviratne, and D. Samaranayake, "Effectiveness of a cognitive behavioural therapy (CBT)-based intervention for reducing anxiety among adolescents in the Colombo District, Sri Lanka: cluster randomized controlled trial," *Child Adolesc. Psychiatry Ment. Health*, vol. 18, no. 1, pp. 1–12, 2024, doi: 10.1186/s13034-024-00799-9.
- [19] K. Krause, X. C. Zhang, and S. Schneider, "Long-Term Effectiveness of Cognitive Behavioral Therapy in Routine Outpatient Care for Youth with Anxiety Disorders," *Psychother. Psychosom.*, vol. 93, no. 3, pp. 181–190, 2024, doi: 10.1159/000537932.
- [20] S. T. Murphy, B. Bailey, and D. R. Strunk, "Promoting skill use in skill enhanced cognitive behavioral therapy: A case example," *J. Clin. Psychol.*, vol. 80, no. 4, pp. 912–927, 2024, doi: 10.1002/jclp.23634.
- [21] G. Waller and J. Beard, "Recent Advances in Cognitive-Behavioural Therapy for Eating Disorders (CBT-ED)," *Curr. Psychiatry Rep.*, vol. 26, no. 7, pp. 351–358, 2024, doi: 10.1007/s11920-024-01509-0.
- [22] L. A. O'Donnell, D. M. Brydon, and A. A. González-Prendes, "Technological Advances in Cognitive-Behavioral Therapy and Clinical Practice: Challenges in an Evolving Field," *Am. J. Psychother.*, vol. 75, no. 4, pp. 186–190, 2022, doi: 10.1176/appi.psychotherapy.20220003.
- [23] Mohammad Kianbakht and K. S. A. Khan, "Efficacy of Cognitive Behavioral Therapy on Anxiety Disorders," *Int. J. Indian Psychol.*, 2019, doi: 10.25215/0701.029.
- [24] J. Selvapandiyan, "Status of cognitive behaviour therapy in India: Pitfalls, limitations and future directions—A systematic review and critical analysis," *Asian J. Psychiatr.*, vol. 41, no. February, pp. 1–4, 2019, doi: 10.1016/j.ajp.2019.02.012.

Ethics and Morality in Humanistic Studies: A Review

Dr. Tamanna Saxena^{1*}

¹*Associate Professor.*

Abstract

Moral principles are the subject of ethics and morality, a branch of philosophy. The concepts of morality conceptualise human action or character as either right or wrong, good or evil. On the other hand, morals are a subjective and individual concept that varies across cultures, time, and individuals. While some people or societies see certain intentions, choices, and behaviours as moral, others may view them as immoral. The morals and ethics of humanistic studies are reviewed in this article. This review highlights the transformative role of humanistic approaches—such as reflective dialogue, values-based activities, and experiential learning—in cultivating ethical resilience, empathy, and moral reasoning. Evidence from various domains, including education and healthcare, demonstrates the integration of ethical and humanistic practices fosters compassionate, socially responsible individuals. Altruism and reciprocity theories underscore evolving moral behavior in advanced societies, while moderate ethical sensitivity among students reveals room for growth through humanistic care education. Despite progress, moral development remains context-dependent, requiring cultural, systemic, and pedagogical support. The findings affirm that nurturing morality through humanistic education is essential for societal and personal flourishing.

Keywords: Ethics, Morality, Philosophy, Humanistic Studies, Humanistic Approaches, Cultures, Education, Healthcare, and Decision Making.

* ISBN No. - 978-93-49028-92-0

1 Introduction

The history of humanism is lengthy. In an obvious appeal to human potential, men and women have sought to comprehend life and the world, as well as to experience existence as meaningful, since ancient antiquity. Humanism is a philosophy of life that is open to interpretation, particularly since the Enlightenment, and holds that the human viewpoint is essential to comprehending and providing meaning to the world and to existence [1].

The progressive development of contemporary humanism is rooted in a rich tradition of values and concepts. A humanist perspective on life is characterised by an emphasis on discussion, a rejection of dogmatism, and a dependence on one's own abilities for observation and understanding [2]. Justice, freedom, and human dignity are vital concepts. A humanist approach to life also tends to place a high importance on education, culture, self-improvement, and aesthetics. Particularly since the Enlightenment, humanism has been openly recognised as a philosophy of existence that holds that the human viewpoint is essential to comprehending and providing meaning to the universe and to life [3].

An academic discipline known as Humanistic Studies is dedicated to the further development of the significance and meaning of humanism and worldviews in modern society. Humanism is studied broadly and "inclusively" at our institution. Humanist ideals and philosophy are present in both religious and nonreligious worldviews, but they also exist as a separate entity alongside other worldviews [4].

A. Humanism Ethics

The term "humanism ethics" describes an ethical viewpoint that prioritises human values, including the significance of human freedom and dignity. This viewpoint, which emphasises reasoned thought, empathy, and respect for others, is predicated on the notion that people may live happy lives without the need for religious convictions [5]. According to humanist ethics, individuals are encouraged to derive significance from their personal development and human relationships. The idea that moral judgements need to be made using empathy and reason rather than religious doctrine is supported by this [6]. Moral judgements and behaviours are guided by a few fundamental concepts that form the basis of humanist ethics. Here are a few of the main ideas:

- **Human dignity:** Every individual has worth and deserves respect.
- **Rationalism:** Enriching ethical decisions through the application of reason and evidence.
- **Empathy:** highlighting how crucial it is to have empathy and understanding for other people.
- **Autonomy:** defending people's freedom to choose and live by their own ideals.
- **Social responsibility:** Encouraging behaviours that have a beneficial impact on society a whole.

B. Ethics and Morality

According to the Oxford English Dictionary, ethics is the study or field of knowledge that deals with moral principles, particularly those that create a system. The study of human behaviour, specifically how individuals behave in society, is the focus of the philosophical field of ethics (Greek ethos: method of

life) [7]. They are ethical rules that dictate how an individual should behave or how an activity should be carried out. The definition of morality (Latin *moralitas*: way, character, suitable behaviour) is the set of rules governing the differentiation between good and poor behaviour or right and wrong. Individuals, communities, and organisations' moral convictions, opinions, and attitudes are what matter [8].

The terms morality and ethics are interchangeable in philosophy. The study of ethics involves methodical consideration of moral principles and standards, as well as how to evaluate institutions, behaviours, and personal qualities. The logical basis for a person's moral assessments of what is good or wrong, fair or unjust, shall be analysed and evaluated by ethics [9]. They serve as a guide for individuals or groups to follow while practicing moral behaviour and as a standard by which ethically dubious choices and acts may be evaluated. These serve as a source of reference and facilitate the instruction of moral behaviour to society members. A society's ethical standards are established through introspection regarding moral principles and beliefs [10]. They are rational and logical because they are based on a methodical examination of moral principles and ideals. Unlike individual morals, they are established in a community as a formal framework to direct a person's conduct and are often universally applicable and objective [11].

C. Key Concepts of Morality

- **Ethical Principles:** Moral behaviour is based on ethical values. Their guidance is instrumental in determining what is morally correct and immoral. Concepts like justice, fairness, and honesty are often included in these values. By offering a precise set of guidelines, they assist people in navigating difficult moral dilemmas. Although they are not always applicable, ethical concepts often influence legal frameworks and social standards. They serve as the foundation of moral philosophy, providing a framework for comprehending human behaviour in a diverse array of situations [12].
- **Rights and Justice:** Moral reasoning is fundamentally informed by the concepts of justice and rights. The term "rights" describes the privileges that people have, including the freedom of speech, liberty, and life. Justice guarantees that society upholds and respects these rights. It is committed to the establishment of a system that ensures that all individuals receive the resources they are entitled to, with an emphasis on treating them with fairness and equality. Beyond maintaining law and order, moral philosophy places a strong emphasis on equitable allocation of opportunities, resources, and duties [13].
- **Utilitarianism:** Utility theory is a moral framework that emphasises the importance of results. It implies that a course of action is morally correct if it benefits the largest number of people. Maximising general pleasure or well-being is the main goal. Individual pleasure is valued, but when making moral judgements, the welfare of the group is given precedence. According to the principle, one must weigh the effects of many options and choose the one that will benefit society the greatest overall. It is often difficult for utilitarianism to strike a balance between the rights of the individual and the larger good [14].
- **Virtue Ethics:** Character is prioritised over regulations in virtue ethics. It emphasises developing qualities like bravery, compassion, and honesty. Developing moral behaviour via positive habits is the aim. Virtue ethics promotes the development of virtuous individuals who,

by nature, act morally, rather than adhering to rigid regulations. The premise behind this strategy is that moral choices will come readily to someone who cultivates the proper character attributes. Growing as a moral individual is more important than adhering to a set of commandments [15].

- **Deontological Ethics:** Duty and moral principles serve as the foundation of deontological ethics. It makes the claim that, regardless of the consequences, certain behaviours are ethically obligatory or prohibited. According to this theory, certain principles are inherently correct, and individuals are obligated to adhere to them, even if it results in suboptimal results. This approach to morality places a strong emphasis on duty, which often entails abiding by categorical imperatives, or laws that are applicable to everyone and without exception. It prioritises moral accountability above contextual results [16].
- **Moral Responsibility:** Being responsible for one's acts is a component of moral responsibility. It calls on people to think about how their actions affect other people. It is expected of people to behave in a manner that respects the rights and welfare of others. Being morally responsible also means having to make moral choices and take responsibility if those choices hurt other people. It is a key component of ethical theories, highlighting the idea that people actively influence their moral surroundings rather than just existing as passive observers of the world [17].
- **Moral Relativism:** Moral judgements are not absolute, according to moral relativism. They are instead reliant on individual, social, or cultural perspectives. Different civilisations or people may have different ideas about what is good or wrong. This point of view casts doubt on the notion that morality is a universal concept. Understanding and tolerance are key components of moral relativism, which acknowledges that moral standards may vary throughout cultures. Critics contend that since it permits differing opinions on what is ethically acceptable, it may result in ethical contradiction [18].
- **Moral Absolutism:** According to moral absolutism, everyone is subject to the same moral principles, regardless of their background or environment. Certain actions are invariably either correct or wrong, according to this perspective. These moral principles are timeless and unaffected by location or time. Absolutists contend that moral truths are real regardless of what people think or believe. Because it looks for a universally applicable set of rules for moral behaviour, this idea stands in stark contrast to moral relativism. The determination and application of these unchangeable moral standards, however, are often questioned by critics [19].
- **Consequentialism:** The concept of consequentialism holds that an action's morality is decided by its results. Instead of the actions themselves, the results are the primary concern. Utilitarianism is a crucial kind of consequentialism that advocates for the greatest amount of happiness for the largest number of people. Proponents of the consequentialist perspective contend that the most advantageous course of action is the correct one. Calculating the advantages and disadvantages of various options is often necessary while using this method. The intricacy of result prediction makes it challenging to employ in practical settings, despite its simplicity in principle [20].
- **Moral Dilemmas:** A moral dilemma arises when an individual is confronted with a situation in which any available option leads to a conflict between ethical principles. Following one moral principle may contravene another in these circumstances. In some cases, an individual may be compelled to choose between shielding the emotions of another individual and telling the truth.

Moral quandaries ask us to prioritise our values and put our moral frameworks to the test. They frequently demonstrate that there is no flawless solution, emphasising the intricacies of ethical decision-making. Applying ethical theories and improving our moral thinking are both aided by an understanding of moral quandaries [21].

2 Literature Review

(Izzati et al., 2025) [22] This case study looks at how a humanistic approach affects SDN Madyopuro 2 students' empathy and ethical resilience. Student academic success and emotional and social development are facilitated by the humanistic approach. The principal's backing and teachers' adoption of a student-centered approach were essential for success. In order to fully realise the promise of humanistic education, these results underscore the need for institutional and cultural changes. The use of humanistic methods in elementary character education is supported by this study. In doing so, it contributes significantly to the conversation on character education by offering practical advice for educational institutions looking to adopt tactics that support students' overall growth.

(Mukherjee, 2025) [3] In this survey, research researchers from Banaras Hindu University in Varanasi who study social sciences and arts and humanities are asked to rate their perceptions on key research ethical difficulties. Lack of awareness regarding ethical concerns, including accountability, informed consent, and transparency, was observed. Because they are unfamiliar with current ethical principles, social science and humanities scholars violate ethical standards. In order to act as a gatekeeper on matters such as informed consent, covert research, potentially sensitive themes, conflicts of interest, and vulnerable participants, this study suggests that a university-level research ethics monitoring council be established.

(Ruyter, 2024) [23] An inclusive humanistic perspective serves as the inspiration for research and instruction at the University of Humanistic Studies (UvH). It seeks the blooming of pupils, to use my own words. I talk about two of the difficulties that a university faces as a result of this goal. In order to respect students' autonomy, the university must first foster humanistic ideals while also cultivating students' desire to put them into reality. Second, it must include both promoting students' thriving and addressing their mental health, while making sure that addressing and avoiding psychological issues in kids does not supersede or even compromise education for flourishing.

(Zhang et al., 2024) [24] Humanistic care skills and a high degree of ethical sensitivity must constantly be maintained in nursing practice. Few studies have examined the relationship between nursing students' capacity for humanistic care and their degree of ethical sensitivity. Undergraduate nursing students' humanistic care skills are somewhat and significantly correlated with their ethical sensitivity, which is at a moderate level. In order to develop exceptional nursing students with a wide range of skills, college nursing educators and administrators should concentrate on combining humanistic care ability education with an increase in ethical education.

(Ederio et al., 2023) [25] The objective of this essay is to examine the evidence supporting ethical research procedures in academic settings. Additionally, this review resulted in the researchers'

conclusion that the level of personal ethics and moral values of a researcher is correlated with the ethical practices and principles of research. They also concluded that the degree of practice and consideration of research ethics varies depending on the nature, purpose, and design of the research in question. Therefore, these ideas serve as a solid foundation for the important functions of "research ethics committees (RECs)" and technical review boards (TRBs) in educational institutions, which guarantee that scientific and academic research conducted in classrooms is quality, credible, trustworthy, and rigorous.

(Wei, 2023) [26] The influence of this condition on human ethics is speculated in this review using one of the most recent moral theories, the notion of morality as collaboration. This study receives some hold predictions via debate. Initially, the fairness principle forecasts the emergence of a society that seems to be selfless. Then, certain principles of distribution suggest that the value of labour will be supplanted by a value that, like labour, is not perceived as significantly unequal due to unmanageable gaps and is predominantly for spiritual purposes. It is unfortunate when a principle is silenced by the inability to forecast social institutions. This conversation could assist individuals in making the required trade-off and minimising the loss in order to have a vital conversation before a significant ethical dilemma arises in the future.

(Rook et al., 2021) [27] Despite the fact that morality research has been conducted for many years, very few studies have examined how the discipline has changed over time, and even fewer have attempted to compile the most recent findings. Filling up these gaps is the aim of this study. The relationship between human social behaviour and the concept of morality is examined in this paper. We look at the evidence for social and biological effects as we analyse the evolution of morality. In addition to discussing the advantages and disadvantages of contemporary morality research methodologies, we also examine Western morality ideas and methodologies. The paper's conclusion examines how morally grounded emotion and decision-making are impacted by social, political, and environmental factors.

(Ellemers et al., 2019) [28] In order to determine which topics and relationships are adequately supported by the available data and which areas of study need more empirical support, we examine empirical research on the (social) psychology of morality. Expert content analysis and standardised bibliometric analysis were used to these in order to categorise research concerns and link them to (trends in) empirical methodologies that define morality research. In order to examine how empirical techniques have addressed the psychological antecedents and consequences of moral behaviour, we have divided the research problems addressed in this literature into five distinct categories. We come to the conclusion that further study is necessary since several important aspects of theoretical issues pertaining to human morality are not consistently covered by empirical studies.

3 Research Gap

Despite extensive discussions on ethics and morality within humanistic studies, significant research gaps persist. Much of the existing literature remains theoretical, lacking empirical examination of how ethical frameworks are applied in real-world contexts such as education, literature, media, and cultural practices.

There is limited cross-cultural and interdisciplinary analysis that explores how moral values evolve and interact across diverse societies. Additionally, the influence of technology, globalization, and shifting social norms on ethical decision-making within humanistic disciplines remains underexplored. Addressing these gaps is essential to developing a more inclusive, dynamic, and practical understanding of ethics and morality in contemporary humanistic inquiry.

4 Research Objective

- To understand the concept of Humanistic Studies, Ethics and Morality.
- To explore the evolution of Ethics and Morality in Humanistic Studies through literature review.

5 Research Methodology

This review paper adopts a qualitative research methodology, utilizing secondary data and an extensive literature review to examine ethics and morality in humanistic studies. The study critically analyzes academic journals, scholarly articles, official reports, and case studies published between 2018 and 2025 to provide a comprehensive and up-to-date understanding of the subject. By synthesizing interdisciplinary perspectives from philosophy, literature, cultural studies, and education, the paper explores how ethical principles and moral reasoning are constructed, debated, and applied within the humanities. This approach allows for a nuanced evaluation of evolving moral discourses and their relevance in contemporary society.

6 Conclusion

This review highlights the transformative role of humanistic approaches—such as values-based activities, reflective dialogue, and collaborative learning—in fostering ethical resilience, empathy, and moral reasoning among students, especially in educational settings. Experiential and student-centered learning, supported by proactive leadership, is shown to deepen social responsibility and compassionate behavior despite challenges like time constraints and institutional resistance. The review also examines the theory of morality as cooperation, suggesting that principles like reciprocity and fairness evolve in response to societal and technological change, potentially shaping altruistic behavior in advanced material conditions. In healthcare education, particularly nursing, a moderate correlation between ethical sensitivity and humanistic care ability emphasizes the need to integrate ethical training with value-based education to cultivate well-rounded professionals. Higher education institutions, such as the University for Humanistic Studies (UvH), aim to nurture academically and morally developed citizens who contribute meaningfully to society, though outcomes depend on sustained commitment to quality education. The ongoing challenge is the complex interplay of morality with politics, religion, and decision-making. Despite decades of progress in understanding ethical and moral development, the review concludes that the scope of inquiry remains vast, highlighting the continuous need for interdisciplinary exploration in shaping ethical and humane societies.

References

- [1] H. Geldenhuys, "Applied ethics in transpersonal and humanistic research," *Humanist. Psychol.*, vol. 47, no. 2, pp. 112–135, 2019, doi: 10.1037/hum0000123.
- [2] D. D. Chanchal, "Multi-Ethnic Individuals and Their Position in Society," *Int. J. Innov. Sci. Eng. Manag.*, vol. 4, no. 1, 2025, doi: 10.69968/ijisem.2024v3i3107-113.
- [3] B. Mukherjee, "Perception of Ethical Considerations in Social and Humanistic Research: A Study with Scholars of Banaras Hindu University," *J. Libr. Inf. Technol.*, vol. 45, no. 3, pp. 208–216, 2025, doi: 10.14429/djlit.20459.
- [4] G. Serrano, F. Striano, and S. Umbrello, "Digital humanism as a bottom-up ethics," *J. Responsible Technol.*, vol. 18, no. March, p. 100082, 2024, doi: 10.1016/j.jrt.2024.100082.
- [5] Kapil Dev, "A study of Research Ethics and Challenge," *Glob. Int. Res. Thoughts*, vol. 12, no. 2, pp. 7–11, 2024, doi: 10.36676/girt.v12.i2.114.
- [6] P. Appiah-Sekyere, "The Lifeboat Ethics And Humanist Ethics: Similarities And Dissimilarities," *Adv. Soc. Sci. Res. J.*, vol. 5, no. 5, pp. 76–86, 2018, doi: 10.14738/assrj.55.4452.
- [7] A. M. Bland and E. M. DeRobertis, "Humanistic Perspective," *Encycl. Personal. Individ. Differ.*, pp. 1–19, 2019, doi: 10.1007/978-3-319-28099-8_1484-2.
- [8] R. Chaddha and G. Agrawal, "Ethics and Morality," *Indian J. Orthop.*, vol. 57, no. 11, pp. 1707–1713, 2023, doi: 10.1007/s43465-023-01004-3.
- [9] L. Wang, "A Review on Humanistic Psychology and Its Application to Education," *Int. Conf. Soc. Psychol. Humanit. Stud.*, vol. 36, no. 1, pp. 91–96, 2024, doi: 10.54254/2753-7048/36/20240429.
- [10] Y. Zheng, "Ethical literary criticism and the construction of humanistic spirit," *J. Dharma*, vol. 45, no. 1, pp. 73–86, 2020.
- [11] S. Xu, M. Xavier, and M. Elliot, "Ethics, Morals and Factors Affecting Ethics," *Sharia Oikonomia Law J.*, vol. 1, no. 3, pp. 185–196, 2023, doi: 10.55849/solj.v1i3.488.
- [12] K. E. M. Duffy, M. Simmonds-Buckley, R. Haake, J. Delgadillo, and M. Barkham, "The efficacy of individual humanistic-experiential therapies for the treatment of depression: A systematic review and meta-analysis of randomized controlled trials," *Psychother. Res.*, vol. 34, no. 3, pp. 323–338, 2024, doi: 10.1080/10503307.2023.2227757.
- [13] A. Kunnari, K. B. Francis, J. Sundvall, and M. Laakasuo, "The Changing Moral Environment—A Three-Wave Study Testing Four Moral Theories and the Fear of COVID-19 in Predicting Compliance with Behavioral Guidelines on COVID-19, Moralization Toward Non-Compliance, and Vaccination," *Basic Appl. Soc. Psych.*, vol. 46, no. 5, pp. 334–352, 2024, doi: 10.1080/01973533.2024.2373150.
- [14] V. W. Samitharathana, "A Critical Study on the Concept of Ethics and Morality in Comparative Philosophy," *Int. J. Hist. Philos. Res.*, vol. 9, no. 1, 2021.
- [15] A. Segovia-Cuéllar, "Revisiting the Social Origins of Human Morality: A Constructivist

- Perspective on the Nature of Moral Sense-Making,” *Topoi*, vol. 41, no. 2, pp. 313–325, 2022, doi: 10.1007/s11245-021-09765-y.
- [16] I. Gallo and D. Melé, “Work Integration of People with Mental Disorders Through Social Enterprise: A Humanistic-Personalist Framework and Case Study,” *J. Bus. Ethics*, no. 2, 2024, doi: 10.1007/s10551-024-05853-2.
 - [17] O. García-Taibo, S. Baena-Morales, A. Cadenas, J. Vázquez, and A. Ferriz-Valero, “The Effect of a ‘Humanistic’ Intervention on the Social Responsibility of University Students,” *Relig. Artic.*, vol. 15, pp. 1–12, 2024.
 - [18] N. A. Warne, “Humanism and History as Ethics of Institutions: A Reflection on Linda Woodhead, Truth, and Institutions,” *Religions*, vol. 15, no. 1, 2024, doi: 10.3390/rel15010073.
 - [19] M. Tomasello, “Precis of a natural history of human morality,” *Philos. Psychol.*, vol. 31, no. 5, pp. 661–668, 2018, doi: 10.1080/09515089.2018.1486605.
 - [20] A. Sharma and D. K. Charulatha, “A Decade Of Research On Moral Values: Trends And Insights,” *Int. J. Creat. Res. Thoughts*, vol. 12, no. 03, 2024.
 - [21] H. Haste, “Morality stories: How narratives define explanations of ethics,” *Cult. Psychol.*, vol. 0, no. 0, 2025, doi: 10.1177/1354067X251315736.
 - [22] A. A. T. Izzati, O. A. Suciptaningsih, and A. E. Anggraini, “HUMANISTIC APPROACH IN BUILDING ETHICAL RESILIENCE AND EMPATHY: A CASE STUDY AT SDN MADYOPURO 2,” *Eduvest – J. Univers. Stud.*, vol. 5, no. 6, pp. 6630–6643, 2025.
 - [23] D. De Ruyter, “Flourishing as an aim of higher education: exploring the aspirations and challenges of the educational philosophy of the University of Humanistic Studies (UvH),” *J. Philos. Educ.*, vol. 00, no. 0, pp. 1–16, 2024, doi: 10.1093/jopedu/qhae083.
 - [24] Y. Zhang *et al.*, “Correlation between ethical sensitivity and humanistic care ability among undergraduate nursing students: a cross-sectional study,” *BMC Nurs.*, vol. 23, no. 1, 2024, doi: 10.1186/s12912-024-02532-5.
 - [25] N. T. Ederio, E. P. Inocian, N. I. Calaca, and J. G. M. Espiritu, “Ethical Research Practices in Educational Institutions: A Literature Reviewq,” *Int. J. Curr. Sci. Res. Rev.*, vol. 06, no. 05, 2023, doi: 10.47191/ijcsrr/v6-i5-02.
 - [26] Y. Wei, “Human Morality: From Evolutionary to Future Perspectives,” *Int. Conf. Educ. Innov. Philos. Inq.*, vol. 9, no. 1, pp. 58–63, 2023, doi: 10.54254/2753-7064/9/20231113.
 - [27] S. M. Rook, N. Stephenson, J. Ortega, M. P. C. de Calvo, and P. A. Iyer-Eimerbrink, “Morality Development and Its Influence on Emotion, Attitudes, and Decision Making,” *Psychology*, vol. 12, no. 10, pp. 1722–1741, 2021, doi: 10.4236/psych.2021.1210104.
 - [28] N. Ellemers, J. van der Toorn, Y. Paunov, and T. van Leeuwen, “The Psychology of Morality: A Review and Analysis of Empirical Studies Published From 1940 Through 2017,” *Personal. Soc. Psychol. Rev.*, vol. 23, no. 4, pp. 332–366, 2019, doi: 10.1177/1088868318811759.