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Concept of Digital Well-being

Dijital İyi Oluş Kavramı

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ABSTRACT

This study aims to examine the concept of digital well-being in detail from many different perspectives. Digital well-being is defined as an important result of modern life and refers to the balanced and conscious use of digital technologies to improve the overall quality of life of individuals. An in-depth examination of this concept will reveal its basic principles and its effects on both individual and societal levels. At the heart of digital well-being is the effective use of digital tools by individuals to improve their physical, mental and emotional health. Encouraging healthy digital habits plays a critical role in reducing the potential negative consequences of excessive technology use. In this respect, it can help prevent problems such as social isolation and digital addiction. As a result, a detailed understanding of digital well-being, which emphasizes the importance of approaching technology use consciously, and adopting its principles have a significant impact on enabling individuals and societies to live healthier and more satisfying lives. This approach is necessary to maximize the benefit from the transformative potential of digital technologies.
Keywords: Digital well-being, technology, overuse, addiction

ÖZ

Bu çalışma dijital iyi oluş kavramını birçok farklı yönden ele alıp detaylı şekilde incelemeyi amaçlamaktadır. Dijital iyi oluşun, modern yaşamın önemli bir sonucu olarak ortaya çıktığı ve bireylerin genel yaşam kalitesini artırmak için dijital teknolojilerin dengeli ve bilinçli kullanımını ifade ettiği söylenebilir. Bu kavramın derinlemesine incelenmesi, temel prensiplerini, bireysel ve toplumsal düzeydeki etkilerini ortaya çıkaracaktır. Dijital iyi oluşun merkezinde, bireylerin fiziksel, zihinsel ve duygusal sağlıklarını iyileştirmek için dijital araçların etkili bir şekilde kullanması yer alır. Sağlıklı dijital alışkanlıkların teşvik edilmesi, aşırı teknoloji kullanımının potansiyel olumsuz sonuçlarını azaltmada kritik bir rol oynar. Bu doğrultuda sosyal soyutlanma ve dijital bağımlılık gibi sorunların önlenmesine yardımcı olabilmektedir. Sonuç olarak, bilinçli bir şekilde teknoloji kullanımına yaklaşmanın önemini vurgulayan dijital iyi oluşun detaylı şekilde anlaşılması ve prensiplerinin benimsenmesi, bireylerin ve toplumların daha sağlıklı ve tatmin edici bir yaşam sürdürmelerine olanak sağlamada önemli bir etki uyandırmaktadır. Bu yaklaşım, dijital teknolojilerin dönüştürücü potansiyelinden en yüksek fayda sağlamak için gereklidir.
Anahtar sözcükler: Dijital iyi oluş, teknoloji, aşırı kullanım, bağımlılık

Introduction

In today's world, the rapid advancement of technology and digital devices has led to profound changes, impacting every aspect of daily life. At the beginning of 2023, it was reported that 5.44 billion people worldwide were using mobile phones, 5.16 billion were internet users, and 4.76 billion were social media users (Datareportal 2023). In this era, which can be called the age of technology, computers and the internet have become indispensable tools of life (Arısoy 2009). These developments have enabled the widespread use of technology and digital devices, transforming them into essential tools that facilitate life. The penetration of the internet and digitalization into every aspect of life has provided significant conveniences in accessing information instantly, communicating, and socializing. The integration of the internet into our homes, workplaces, and pockets has made it possible to access a vast array of information at any time and place. Digital devices, which have shown their effects on education, work life, and social relationships, have become an indispensable part of communication and information sharing. While communication and interaction among people largely take place through the internet and mobile devices, the widespread use of social media offers various advantages while also bringing some drawbacks (Tanhan et al. 2022). Innovations such as interactive learning in education, remote working opportunities in the business world, and virtual communities in social

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life make people's lives more connected, practical, and efficient. However, these transformations come with their own challenges. Issues such as technological addiction, concerns about information security, and social isolation may arise. Therefore, it is essential to maintain a balanced perspective when evaluating the effects of technology. In this context, rather than viewing these tools as mere instruments, accepting them as indispensable elements of life can help us better understand the significance of this transformation (Kara 2019).

Within the framework of postmodernism and contemporary psychological approaches, problem-focused methods in social sciences have been replaced by approaches that highlight individual strengths and well-being (wellness). Interest in positive psychology, which emphasizes individual talents and potential, has been steadily growing (Seligman et al. 2005). Positive psychology is a branch of psychology that focuses on individuals' strengths, potential, and enhancing life satisfaction (Van et al. 2024). It aims to address the strengths of ordinary people (Sheldon and King 2001) and does not adopt a Pollyanna-like attitude that ignores realities (Faller 2001) or evaluate life from an excessively optimistic perspective (Gable and Haidt 2005). On the contrary, this approach provides a more positive perspective that aims to enhance individuals' capacities and unlock their potential. Similarly, Faller (2001) emphasizes the importance of this perspective, which shifts away from pathology. The primary goal of psychological services is not limited to supporting individuals experiencing psychological difficulties. Improving the quality of life for those who are not currently experiencing problems is also among the responsibilities of professions in this field. Discovering people's strengths and positive attributes contributes to enriching many lives and increasing life satisfaction (Karairmak and Siviş 2008). One of the key elements of positive psychology that highlights individuals' positive and strong aspects is the concept of well-being.

With the inclusion of positive psychology in our lives, well-being has brought the concepts of psychological and subjective well-being into focus (Erkaya 2021). From the perspective of psychological functioning, well-being is defined as a way of life that enables individuals to accept their lives as they are and find satisfaction in them. This approach is also expressed as "psychological well-being" (Deci and Ryan 2008, Sevimli 2015). Psychological well-being forms the foundation of studies that began in the 1980s and progressed, focusing on individuals' ability to overcome challenges using their own abilities and fully realizing themselves. This concept encompasses individuals' ability to achieve their goals, continue their personal development, and effectively manage their relationships with others (Telef 2013, Keyes et al. 2002). Subjective well-being, on the other hand, is based on individuals' overall perception of their lives and their emotional states. The cognitive judgments individuals make when evaluating their life experiences and their emotional experiences form the basis of this concept. As a central component of positive psychology, subjective well-being serves as an essential guide in understanding happiness and life satisfaction (Nguyen and Hargittai 2024, Wong et al. 2024).

As the scope of internet usage expands, careless usage patterns affecting individuals' social lives have led to various problems in both personal and societal life. This situation has negatively impacted young people's achievement levels and academic performance. Identifying the causes of these changes is of critical importance (Gezgin and Akıllı 2016). Kara (2019) states that while technology facilitates daily life, it also promotes inactivity, leading to various health problems. Prolonged sitting in front of a computer can cause musculoskeletal disorders, neck pain, cervical disc herniation, and weight gain (obesity). Additionally, excessive internet use can result in various psychological issues, including distress caused by internet deprivation, the constant desire to be online on social media, loss of control over internet use, internet addiction, depression, negative impacts on social relationships, and isolation (Przybylski et al. 2013, Kuss and Griffiths 2017). Previous studies have also reported that as psychological well-being decreases, internet addiction increases (Uz-Baş et al. 2016), while increased happiness is associated with lower internet addiction (Totan et al. 2019), and increased digital gaming addiction corresponds with decreased subjective well-being (Baysan et al. 2019). Despite these negative effects, technology has become an indispensable part of our lives due to the conveniences it offers. Careful usage has also been reported to have positive effects on psychological well-being. For example, previous research has found that mindful and time-limited use of technology and social networks positively affects psychological well-being and life satisfaction (Doğan 2016, Przybylski and Weinstein 2017). Ultimately, over the past thirty years, the rapid changes in digital technologies, like other technologies, have influenced people's lives in both positive and negative ways. One notable example is the excessive engagement of young people in digitalization, reaching concerning levels (Kara 2019).

Numerous studies have shown that the rapid flow and increase of information lead digital media users to excessive time consumption, negatively impact interpersonal relationships, and cause difficulties in managing their tasks (Nansen et al. 2012, Swist et al. 2015). The ability to cope with multiple communication options

has become a factor threatening our quality of life. This competency is expressed through the term "digital well-being skills," which integrates subjective or psychological well-being with digital skills (Gui et al. 2017). Considering the effects and benefits of positive psychology on modern psychology, it is evident that digitalization and technological tools and environments have become an indispensable and essential part of human life. In this context, it is believed that positive psychology can enhance well-being in the realms of digitalization and technology and contribute to solving the issues that may arise in this process (Öztürk 2018).

With the advancement of technology, individuals are compelled to establish harmonious communication with digital applications and devices and, consequently, lead a life in this direction. The concept of digital well-being does not focus on negative behaviors such as digital addiction or technology addiction. To combat digital addiction, methods that restrict the use of digital media and devices are generally attempted. However, since these devices and platforms have become an integral part of individuals' lives today, such restrictions can lead to negative consequences in social, academic, and economic areas. It can be said that the emphasis of positive psychology on revealing individuals' strengths and achieving optimal functionality has led to the prominence of the concept of digital well-being in technology use (Öztürk 2018). Accordingly, digital well-being can be defined as the ability to prevent excessive information overload and the negative impact of intense communication options on life satisfaction, to avoid constant distractions from multitasking, and to use digital resources effectively for personal goals (Tarcan 2015, Öztürk 2018). In this regard, it is believed that by better understanding the concept of digital well-being and gaining awareness in this area, individuals can use digital tools and environments more effectively and beneficially.

The concept of digital well-being focuses on enabling individuals to achieve the highest efficiency while using digital devices and platforms and to enjoy these tools in a controlled manner. From this perspective, digital well-being aims for individuals to use digital tools consciously and in balance, adding value to their lives and experiencing positive outcomes. It can be stated that individuals who engage in digital well-being experience minimal loss of control and functional impairment while spending time with digital tools and environments. This concept emphasizes adopting a perspective that does not medicalize technology and digital use while accepting the subjective and dynamic nature of digital tool usage (Vanden Abeele 2021). When conscious use and balance are not maintained, digital fatigue may occur. This refers to the mental, emotional, and physical exhaustion resulting from excessive use of digital devices. This condition is generally associated with prolonged screen exposure, constant notifications, online communication, and workload. Particularly, remote work, online education, and the intensive use of digital platforms in all areas of life have contributed to the widespread occurrence of digital fatigue (Tutar and Mutlu 2024). The concept of digital well-being aims to bring out individuals' strengths by focusing on the positive use of digital devices. In this way, the development of negative and pathological behaviors such as addiction can be prevented.

A simple way to conceptualize digital well-being is to think of it as the exact opposite of digital addiction. The absence of "addiction symptoms" can be expressed as digital well-being; however, defining digital well-being solely in this manner may be insufficient (Andreassen 2015, Griffiths 2019). Therefore, understanding digital well-being also requires discussing the harms of digital addiction. The contribution of technology to societal advancement is regarded as a communication tool that facilitates life. However, with technological advancements, internet usage has become widespread in recent years. The unconscious use of this tool, which affects individuals' social lives, has led to various problems at both individual and societal levels. Consequently, undesired negative outcomes have emerged in people's professional lives, social environments, educational achievements, and academic performance (Young 1998, Anderson 2001). The rapid progress of digital transformation has raised concerns regarding how individuals use these technologies (Kuss and Griffiths 2017). Positive psychology, which aims to examine individuals' development and the factors affecting this development, has centered on well-being and accelerated research in this area (Seligman and Csikszentmihalyi 2000). In this context, sources indicate that the value and importance of well-being are increasingly being recognized (Ryff and Singer 2008). However, despite the complexity of well-being not being clearly understood both in our country and in other countries, it is observed that research in this field remains limited (Diener et al. 2018). The experience of positive emotions, that is, a high level of well-being through the use of digital technologies, can be expressed as digital well-being (Reinecke and Oliver 2017). People use digital devices extensively in their social and academic lives, and this has become an undeniable reality of life. Staying away from these devices can lead to problems in various areas, including work, finance, social, and academic domains. Therefore, establishing a good relationship with these devices and utilizing them functionally according to individuals' own goals and desires is believed to both enhance their quality of life and eliminate many negative conditions such as addiction resulting from their misuse.

It is believed that digital well-being can contribute to individuals becoming more conscious of technology (Parry et al. 2023) and reducing technology and digital addiction. This approach emphasizes the importance of supporting digital well-being from a more positive perspective rather than focusing on addiction levels in the fight against addiction. It is thought that increasing digital well-being can help prevent issues such as digital addiction; thus, developing resources that reinforce individuals' strengths is of great importance. A review of the literature reveals that digital well-being is a relatively new concept, with very few studies available in both domestic and international literature. With this study, it is expected that a contribution to the local literature on digital well-being will be made and that awareness of this concept will be raised.

Definition

Yue and colleagues (2021) stated that good living conditions are essential for human well-being. Although there is no universally accepted definition of well-being, the holistic health approach associated with social and economic conditions is emphasized in assessing quality of life. However, the rapid digitalization of every aspect of daily life and the integration of technology as an indispensable element necessitate the evaluation of digital well-being. Discussions on digital well-being began almost a decade ago, primarily through critiques of the negative effects of technology use. While some researchers warned about the potential dangers of using digital devices, others focused on how these technological tools facilitate our lives. This has led to the necessity of discussing the concept of digital well-being. Digital well-being can be understood as an umbrella term encompassing various aspects of digital life. Based on a systematic review of the current state of research, digital well-being can be defined as follows:

1. Establishing and maintaining a healthy relationship with technology by using it in a balanced manner.
2. Identifying and understanding the positive and negative effects of engaging in digital activities.
3. Being aware of ways to manage and control factors contributing to digital well-being (Yue et al. 2021, Burr et al. 2022).

Digital well-being can be understood as maintaining subjective well-being in an environment characterized by the intensive use of digital tools. In such an environment, individuals with high digital well-being can use digital devices and media comfortably, safely, and with a sense of satisfaction (Gui et al. 2017). Digital well-being is a personal experience of balancing the benefits and potential harms of mobile devices and platforms. This concept aims to enable individuals to find the best balance in using digital tools healthily and to derive the highest benefit from this experience. This experiential state involves the emotional and cognitive evaluations of adapting digital connectivity to daily life. People can achieve digital well-being when they experience maximum controlled pleasure and functional support with minimal loss of control and functional impairment (Vanden Abeele 2021). Generally, digital well-being refers to physiological and psychological well-being while using technology. Digital well-being also encompasses creating, sustaining, and experiencing well-being through the healthy use of technology (Dewitz 2022).

The concepts of mindful technology use and digital well-being represent two different approaches that shape individuals' interactions in the digital world. Mindful technology use, as emphasized in Turkey's Addiction Prevention Program, encourages individuals to use digital devices in a balanced, controlled, and purposeful manner; this approach focuses on managing time spent on technology and developing healthy usage habits (Yay 2019). On the other hand, digital well-being is a broader concept that aims to enhance individuals' overall digital life quality. While highlighting the positive effects of digital technologies, this concept also considers their impact on individuals' psychological, social, and physical health. In conclusion, while mindful technology use aims to improve individual habits, digital well-being focuses on enhancing overall life quality. Digital well-being refers to feeling physically, socially, and emotionally happy while using digital tools, social platforms, the internet, and other devices. Digital well-being is associated with individuals conducting research at their own will while using digital tools and applications, staying connected with known or unknown individuals in online environments, and feeling positive as a result (Öztürk 2018). Digital well-being can be described as the capacity to safeguard personal health, security, relationships, and work-life balance in digital environments; pursuing personal goals (such as health and well-being) and engaging in social and community activities using digital tools; behaving safely and consciously in digital environments; understanding and solving digital issues; managing digital workload, excessive use, and distraction; and using digital tools with sensitivity to humans and the natural environment (Shah 2019).

Additionally, digital well-being can be considered an understanding of the benefits and risks of digital participation concerning health and well-being.Today, the use of digital tools not only provides entertainment and enjoyment but also creates new opportunities in many areas of life. Digital well-being can also be defined as feeling healthy and happy through the correct use or association with technology and as an individual state of well-being supported by digital technologies (Bartsch 2019). This definition suggests that digital well-being enhances individuals' levels of happiness and positive emotional states while using digital tools. Therefore, it is crucial to understand the difference between digital well-being and digital hedonism, which refers to the pleasure and enjoyment derived from using digital devices. Digital well-being aims to maintain overall life quality, happiness, and psychological balance by using digital tools consciously, balanced, and sustainably. This concept is about viewing technology as a healthy tool in life and maintaining control. Digital well-being also involves experiencing the balance between the benefits and potential harms of technological devices and digital platforms on an individual level. This balance includes emotional and cognitive evaluations of the adaptation of digital connectivity to daily life. Individuals can be considered to have achieved digital well-being when they minimize functionality impairment and loss of control while maximizing controlled pleasure and functional support (Vanden Abeele 2021). In contrast, digital hedonism refers more to seeking instant pleasure and enjoyment through digital platforms and focusing on short-term rewards. This approach tends to use digital technology not in a way that supports digital well-being but purely for immediate gratification (Deniz 2019). In digital hedonism, instead of seeking long-term balanced benefits, individuals focus on digital content that provides instant pleasure. In summary, digital well-being represents controlled, balanced, and long-term beneficial use of digital tools, whereas digital addiction and hedonism reflect an uncontrolled, unbalanced, and short-term pleasure-oriented approach.

Digital well-being can be said to help individuals feel better, strengthen social bonds, and contribute to personal development by using these tools consciously and healthily. Approaching digital well-being with a positive perspective enriches individuals' relationships with technology, adding value to their lives. Thus, digital well-being is not only about reducing addiction or risks but also about enabling individuals to develop and establish meaningful and enjoyable relationships in the digital world. Research supports this perspective by showing that digital well-being fosters positive psychological and social effects by encouraging individuals to develop healthy digital habits. For example, Orben and Przybylski (2019) suggest that the proper and controlled use of digital media can contribute to individuals' happiness and well-being. Additionally, studies by Beyens et al. (2024) emphasize that when social media use is consciously managed, it can strengthen social bonds and help individuals build meaningful relationships. Thus, digital tools, when used with a controlled and conscious approach, are recognized as powerful resources that can enhance individuals' digital well-being.

Cao and Li (2023) stated that definitions of digital well-being are often presented with an emphasis on balance between positive and negative aspects. Researchers have referred to different types of balance. Johnston (2021) defined digital well-being as the balance between offline and online life. Abele (2021) described this balance as the equilibrium between individual and subjective benefits and harms, while JISC (2019) defined it as the balance between utilizing the benefits of digital use and avoiding potential risks. Therefore, it can be stated that balance is inherent in the nature of digital well-being (Cao and Li, 2023).

Burr et al. (2020) defined digital well-being as the contribution of digital devices, platforms, and other digital technologies to individuals' ability to lead a better life. In other words, it can be described as the state of being satisfied and comfortable with the role technology plays in one's life (DeVito et al., 2019). In summary, the concept of digital well-being concerns how technology provides and sustains a good life for individuals (Klenk, 2020). In this context, intelligence-supported devices can be said to play a significant role in helping individuals lead a more conscious, balanced, and healthy digital life.

Artificial intelligence is a field of technology that enables computer systems to perform human-like cognitive processes such as learning, reasoning, and problem-solving. This field has been developed to allow machines to independently understand and perform complex tasks (Öztürk and Şahin, 2018). Artificial intelligence involves the development of systems and algorithms that mimic human thinking, learning, and problem-solving abilities. This technology allows computers to process information, make decisions, and even perform complex tasks such as creative thinking in a manner similar to human intelligence (Bonnefon et al., 2024; Zao et al., 2024). AI-supported applications can enhance digital well-being by facilitating individuals' daily lives. Increasingly, mobile applications, services, and features allow people to monitor and regulate their smartphone usage to support their digital well-being. Personalized recommendations, automated tasks, and intelligent systems that improve user experience can help individuals experience less stress in the digital world (Parry et al., 2024).

AI-supported digital device applications can be said to support digital well-being. AI-based digital tools designed to enhance digital well-being aim to help individuals manage their technology use in a healthier, more balanced, and conscious way. These applications offer various features to track digital habits, set boundaries, and improve mental well-being (Prisloo et al., 2024). Examples of such applications include Moment, which tracks users' phone usage and provides detailed reports (Uysal, 2014). Google Digital Wellbeing, a built-in tool for Android devices, monitors screen time, app usage, and notification counts (Google, 2024). Apple Screen Time, a built-in feature on iOS devices, tracks device usage and allows users to set limits on specific apps (Apple, 2024). StayFree monitors the time users spend on devices and apps, sending alerts for excessive use (StayFree, 2024). The app also grows a virtual tree while the phone remains unused. Research in health and wellness suggests that user characteristics, motivations, and personal traits influence the effectiveness of behavior-tracking applications, which contribute to digital well-being (Parry et al., 2024). Other examples of such applications include MyFitnessPal, which helps users track their diet by logging their meals and managing daily calorie goals (MyFitnessPal, 2024). Fitbit, integrated with wearable devices, analyzes health data such as step counting, sleep tracking, and heart rate measurement (Fitbit, 2024). Headspace is an app designed for learning meditation and mindfulness techniques, providing guidance on stress management, sleep regulation, and mental health (Headspace, 2024). These types of applications support individuals' digital well-being by promoting healthy interactions in digital environments.

Artificial intelligence (AI) supports digital well-being by helping individuals establish a more balanced and healthy relationship with the digital world. AI-driven applications allow individuals to recognize and optimize their digital habits through features such as screen time management, stress tracking, mindfulness, and personalized recommendations. Additionally, by filtering toxic content on digital platforms and promoting positive interactions, these applications make online experiences safer and more supportive. The conscious use of AI helps individuals manage digital addictions, increase productivity, and lead a more satisfying digital life.

Features of Digital Well-Being

According to Gui and colleagues (2017), digital well-being skills can be defined as attention, strategic, or meta-cognitive skills. Attention skills are cognitive abilities that help us maintain focus on specific topics without interruption for sufficient periods. On the other hand, strategic or meta-cognitive skills are also necessary. These are higher-order cognitive strategies that involve reflection and self-regulation. The urge to access the internet, especially for communication, can be satisfying, but individuals must learn to delay this urge strategically in alignment with their personal goals. A person uses meta-cognitive strategy skills by setting self-imposed limitations and constraints that they believe will be beneficial in achieving their expected goals.

Levine and colleagues (2021) identified four dimensions for defining and measuring digital well-being within families. Based on interviews with 31 individuals from various sectors, they proposed that digital well-being should be assessed in four dimensions:

1. Developmental well-being: Involves recognizing cognitive abilities, realizing educational potential, and managing financial responsibilities that come with personal growth and maturity.
2. Emotional well-being: Encompasses healthy emotional development, the ability to cope with stress and setbacks, psychological growth, the development of thoughtful values and a positive outlook, opportunities for growth, a sense of purpose in life, autonomy, and feeling successful.
3. Physical well-being: Includes sustaining success and healthy development, enhancing physical abilities, using technology for physical safety, and addressing the lack of access to assistive or accessibility technologies.
4. Social well-being: Covers participation in broader communities such as schools, clubs, or organizations, being an active citizen, the ability to collaborate with others, healthy engagement with online communities, maintaining a positive and sustainable online identity, fostering and sustaining good relationships both online and offline, and communicating with people we know.

Schmidmaier (2019) identified four key aspects of digital well-being: time, trust, social skills, and health. These aspects can be summarized as follows:

1. Time: The most important resource a user must manage for digital well-being is time. Therefore, the primary goal of existing digital well-being approaches is time management. Features such as providing

an overview of usage time, suggesting breaks, and limiting access to certain systems are corrective approaches that help increase user awareness and maintain balance in time allocation.

2. Trust: Another crucial user resource is trust. With increasing digitalization, technology should not only provide access to vast amounts of information but also enable users to easily identify the accuracy, context, and current status of that information.

3. Social Skills: Social networks and communication platforms allow for social interaction in an indirect, impersonal manner, which can affect a user's face-to-face communication skills. It would be beneficial to visualize the impact of technology on a user's social behavior. For example, tracking the number of phone calls or even personal face-to-face meetings and presenting this data to the user could be useful. New communication features should be designed to enhance both technological benefits and social skills.

4. Health: In general, physiological health is another key aspect of digital well-being. Various devices are available for monitoring and managing user health. Fitness trackers and smartwatches enable frequent tracking of health metrics and can enhance physical well-being by providing motivation through activity and exercise monitoring.

Powell (2022) identified four components of digital well-being: control, connection, content, and attention. These components are described as follows:

1. Control: Refers to when and how we use technology and whether it aligns with our personal circumstances. This component includes whether technology is used consciously or habitually, whether individuals spend time on digital technologies when other activities are available, and whether individuals have control over their technology use.

2. Connection: Describes how and where we access technology, as well as the financial costs and opportunities associated with it. This component considers the economic cost of being online, the affordability of connections and devices, the financial value of online interactions, the financial benefits of online engagement, and whether distractions from digital technology reduce productivity.

3. Content: Refers to what we spend time on online, what we contribute to, how we communicate, and how we build our online environment. It defines how online activities impact quality of life, whether the content is safe, what individuals contribute to the online space, and the extent to which online presence aligns with one's true self.

4. Attention: Focuses on the impact of technology habits on social, mental, and physical well-being. This component includes the ability to disengage from digital tools and platforms in favor of overall values, recognizing the pros and cons of technology use, assessing how technology habits align with personal values, and evaluating how technology use enhances life.

Yue et al. (2021) articulated nine horizontally placed dimensions of digital well-being: digital safety and security, digital rights and responsibilities, digital communication, digital creativity, digital health and personal care, digital consumerism, digital emotional intelligence, digital employment and entrepreneurship, digital activism/civic engagement.

1. Digital safety and security: The ability to critically identify, understand and manage different levels and types of digital threats

2. Digital rights and responsibilities: The ability to be accountable online and affirm human and legal rights using technology

3. Digital communication: The ability to create clear and effective modes of communication that allow expression and collaboration to achieve goals through technologies

4. Digital emotional intelligence: The ability to critically recognize and evaluate other people in and around the digital environment, to show empathy towards them, as well as to express emotions.

5. Digital creativity: The ability to create and redesign digital information and technologies.

6. Digital health and self-care: The ability to maintain a healthy relationship with one's physical and psychological well-being when using digital technologies.

7. Digital consumerism: The ability to make fair, informed and equitable choices online.

8. Digital employment and entrepreneurship: The ability to identify and use opportunities to acquire competencies to improve professional life and contribute to professional development.
9. Digital activism/civic engagement: Ability to promote and participate in cause-oriented groups and initiatives.

According to Gui et al. (2017), digital well-being is expressed as one of the skills we should have in digital environments. Digital well-being is defined as the impact of technologies and digital services on people's mental, physical and emotional health. This concept includes different perspectives, contexts and situations. According to researchers, there are two dimensions of digital well-being. First, the individual perspective can be associated with personal, learning and working contexts. While the individual perspective refers to struggling with the negative aspects of digital activities and identifying positive benefits, it also includes developing and managing well-being towards digital activities. Second, from a societal or organizational perspective, the digital system has a definition that encompasses the characteristics of service providers and content that can be well managed, supported and equally accessible to all. According to this definition, digital well-being is defined as digital well-being that strengthens and develops competence in users and supports and enhances the equipping of all who engage with these technologies.

Digital well-being can generally be considered as a state of well-being for digital spaces that is in opposition to digital negativity such as technology addiction (Lee et al. 2019, Monge Roffarello and De Russis 2019). Surprisingly, digital well-being has come to be understood not just as a state of negativity towards digital spaces and devices, but rather as a state of optimal psychological experience and functioning (Deci and Ryan 2008). According to Vanden Abeele's (2021) model, it is thought to be beneficial to use concepts such as digital well-being that will enrich this relationship instead of evaluations that do not medicalize the relationship with technology, that is, dependent on symptoms such as addiction. A definition of digital well-being that assumes that digital media and tools bring both problems and benefits, accepts the subjective and dynamic nature of our experiences with technology, and recognizes the ambiguity of our thoughts in relation to technology is important. Digital well-being is a subjective experience in which the individual strikes an optimal balance between the advantages and disadvantages of mobile connectivity. It encompasses emotional and cognitive evaluations of the adaptability of digital connectivity to daily life. Individuals with high digital well-being experience controlled enjoyment and functional support, with minimal loss of control and functional impairment (Orben and Przybylski 2019, Vandan Abeele 2021, Beyens et al. 2024).

According to Büchi et al. (2019), for individuals who have to spend time with digital devices all the time, digital well-being is of great importance for maintaining work-life balance, mental health, and general well-being. Since these individuals spend most of their work and social life on digital platforms, potential risks from digital tools (such as fatigue, distraction, information overload) can negatively affect their well-being. Therefore, the concept of digital well-being can guide these individuals to establish a balanced relationship with technology, enabling them to set healthy boundaries and consciously manage their digital experiences.

Prioritizing digital wellbeing helps them to consciously regulate their device use, maximizing the benefits and minimizing the harms. For example, strategies such as taking rest breaks, organizing notifications or limiting screen time can reduce digital fatigue and improve their quality of daily life. Digital well-being thus provides a framework that supports individuals to cope with risks such as digital addiction and burnout, and enables them to use technology as a more sustainable and useful tool (Sharma et al. 2019).

While telecommuting provides individuals with flexibility, it can lead to a blurring of the boundaries between work and private life. This can increase the expectation of constant availability and create a sense of obligation to respond quickly to notifications from digital devices or work requests. As a result, individuals may feel a psychological burden due to this state of constant connectivity, which may negatively affect their digital well-being (Ertemel and Aydın 2018). For example, the habit of constantly checking email and messaging apps can cause individuals to become mentally exhausted and enter a cycle that prevents them from completely disconnecting from work (Schmitt et al. 2021). There are various strategies that individuals develop to cope with such effects. These strategies include setting digital boundaries, clearly separating work and rest times during the day, reducing distractions by turning off notifications, and limiting access to work apps during non-work time (Tochia 2021).

Such measures can support individuals to maintain their digital wellbeing and prevent work from interfering with personal life. In particular, setting digital boundaries allows individuals to draw a clear line between their work and personal lives, enabling a healthier balance. These strategies for balancing work and personal life play an important role in strengthening individuals' spiritual and mental health. These strategies and their details

are as follows: Setting digital boundaries allows individuals to clearly separate their work and personal lives. These boundaries include actions such as turning off work devices at the end of the work day or on weekends, or checking work email and messaging apps only during certain hours. For example, turning off notifications after hours or setting a specific method for emergencies that require a response allows an individual to respect their privacy and protect their personal space. These boundaries reduce the individual's anxiety about being in constant work mode, providing mental relaxation and helping them to truly step away from work (Coupey 2016).

Setting work and rest hours during the day helps individuals to be more in control in the face of work intensity. This strategy allows them to completely step away from work outside of working hours, allowing them to rest both mentally and physically. For example, designating two intensive work blocks, one in the morning and one in the afternoon, with rest breaks in between, improves attention and reduces the risk of fatigue from overwork. Making daily plans and sticking to these working and resting hours balances the individual's energy levels and contributes to maintaining productivity (Arslan 2010).

Uther et al. (2020) stated that constantly active notifications distract individuals, making it difficult for them to focus on their work and creating a feeling of constant engagement even outside of work. Therefore, getting into the habit of turning off notifications or turning them on only during work hours is highly effective for work-life balance. With this strategy, individuals can work more efficiently and focused, away from the constant distraction of notifications. At the same time, the time away from work provides a completely work-independent mental rest, which has a positive impact on personal well-being.

Von Bergen and Bressler (2019) argue that limiting access to work apps during non-work time supports individuals to disconnect from work and have time for themselves outside of work. This can include arrangements such as removing work email accounts from private phones or only providing access via computers or work devices during working hours. Limiting work apps to working hours makes the transitions between work and private life clearer and makes it easier to step away from work altogether and focus on personal activities. In this way, individuals can use digital devices for self-defined purposes and maintain their digital wellbeing by keeping work stress within work hours. These strategies prevent work from constantly seeping into private life and help individuals build a healthy relationship with digital tools.

Relevant Studies

When examining the literature on digital well-being, Mathew et al. (2023) aimed to develop a valid and reliable scale for the concept of digital well-being in their study. A total of 301 volunteers participated in the study. The developed scale consists of three dimensions: physical, mental, and emotional. For content validity, seven experts were consulted—three experts from the field of research, three from positive psychology, and one language expert. The scale consists of 20 items, and its Cronbach's Alpha coefficient was found to be 0.92. As a result of the study, a validated and reliable scale named the "Digital Well-Being Scale" was introduced to the literature. Arslan et al. (2023) examined the relationship between individual innovativeness and digital well-being in a study conducted with 362 prospective healthcare professionals studying at a university. Data were collected through online surveys shared via WhatsApp student groups by student representatives. The analysis of the survey data revealed that individual innovativeness positively affects digital well-being.

Öztürk (2018) aimed to develop a valid and reliable tool to measure digital well-being and assess its relationship with subjective well-being. For this purpose, 224 volunteer university students participated in the study. An exploratory factor analysis was applied to the Digital Well-Being Scale, resulting in a 10-item, two-dimensional scale with dimensions named "digital platform management skills" and "sharing personal information for official purposes." The overall reliability coefficient (Cronbach's Alpha) of the scale was 0.80, with sub-dimensions scoring 0.75 and 0.80. Additionally, a significant and positive relationship between digital well-being and subjective well-being was identified as another outcome of the study. Arslankara et al. (2022) aimed to develop a scale to measure digital well-being in their study, which included 367 volunteer technology users. They developed a scale named the "Digital Well-Being State Scale." The developed scale consists of three sub-dimensions: digital satisfaction, safe and responsible behavior, and digital healthy living. The 12-item, 5-point Likert scale was found to be valid and reliable.

Kara (2019), in their doctoral dissertation on digital well-being, developed a scale to measure this concept. The study sample consisted of 250 students, but the draft version of the scale was administered to 460 students during the development phase. The final version of the scale is a 12-item, 4-sub-dimension, 5-point Likert-type scale named the "Digital Well-Being Scale," which was proven to be valid and reliable. Vanden Abeele

(2021) developed a model for digital well-being, which considers digital well-being as an experiential state that balances connection and disconnection. This state varies depending on individual, device-specific, and contextual factors. Monge Roffarello and De Russis (2019) conducted a study to determine whether existing digital well-being applications are effective. They analyzed 42 digital well-being applications and performed a thematic analysis on 1,128 user reviews of these applications. The findings showed that these applications were beneficial in enhancing digital well-being.

Almourad et al. (2021), in their meta-study, emphasized the importance of individual motivations and the necessity of understanding digital health not just as the use of an application or tool but as a subjective evaluation of digital media in an individual's life. This study provides a comprehensive explanatory description of the variability of digital well-being over time, its dependence on personal characteristics, and its device-specific nature. Burr et al. (2020) conducted a thematic study on digital well-being, aiming to explore the existing literature on the ethical dimensions of digital well-being, map current debates, and identify open issues for future research. Their review identified key issues related to several major social domains, including health, education, governance and social development, media, and entertainment. Additionally, the study focused on three broad themes: positive computing, personalized human-computer interaction, and autonomy and free will. The review argues that these three themes will be central to future discussions and research on the ethical dimensions of digital health, demonstrating how they can be used to identify open issues in this field. Uludağ et al. (2024) examined the impact of digital well-being on artificial intelligence and job satisfaction in their study, which involved 211 volunteer academic staff members. The analysis revealed a positive and significant relationship between the artificial intelligence concern sub-dimension of AI structuring and the digital well-being dimension of digital welfare. Additionally, a negative and significant relationship was found between the digital satisfaction sub-dimension of digital well-being and job satisfaction. The study findings suggest that AI structuring enhances digital well-being.

Conclusion

Digital devices such as phones, computers, and tablets have become an essential part of life, significantly impacting human existence, social life, and work environments. This study focused on raising awareness about digital well-being and its importance. Living healthily in a digital context can be defined as encouraging users to be more productive and engage in better activities. Digital well-being has emerged as a critical concept in our modern, technology-driven world. As the digital environment continues to evolve and influence our lives, prioritizing our mental, emotional, and physical health in the digital realm has become increasingly crucial. Digital well-being encompasses various aspects, such as managing the time spent on digital devices, establishing healthy online boundaries, developing beneficial digital habits, and being mindful of one's online presence. It represents the balance between the benefits of technology and the potential negative impacts on digital well-being.

Individuals and parents aware of the potential problems associated with excessive time spent on digital devices in the technological era understand the significance of enhancing digital well-being. For this purpose, numerous efforts and actions have been implemented to improve digital well-being. These behaviors may include setting limits on time spent in digital environments, practicing digital detox, participating in real-life social activities, and building meaningful relationships in the physical world. In addition to individual efforts, technology companies and platform developers are also working on enhancing digital well-being by introducing features such as tracking screen time, personalizing usage settings, and filtering content. Enhancing digital well-being on a personal level is highly important. Striking a balance between the benefits and drawbacks of digital life can be achieved through individual effort, self-discipline, and awareness. By paying attention to digital behaviors, continuously evaluating our digital lives, prioritizing our connection with the real world, and improving our quality of life in the digital space, we can ensure digital well-being.

Further academic research should be conducted on digital well-being to enrich the existing literature in this field. Universities and research institutions should develop projects examining the various dimensions of digital well-being. New findings can contribute to the enhancement of educational programs and digital tools, ultimately improving digital well-being. Additionally, the results of these studies can provide valuable data for policymakers and educators, guiding them in developing strategies to help individuals increase their levels of digital well-being and protect themselves from the adverse effects of digital addiction.

Digital well-being is a multidisciplinary field that benefits from the knowledge of psychology, sociology, cognitive science, neuroscience, public health, and educational technology. Therefore, collaboration among experts from different fields can enable a deeper and more comprehensive understanding of the subject.

As a rapidly evolving field, digital well-being continuously gains new academic insights. Examining the latest research on social media usage, digital detox, and screen time management and linking these studies to the concept of digital well-being is crucial for making original contributions to the field. The effects of digital technologies may vary depending on age groups and socioeconomic conditions. Investigating the digital well-being levels of different age groups, their access to digital tools, and their usage habits can lead to more comprehensive and in-depth findings. Developing new concepts or measurement methods related to digital well-being can make valuable contributions to the literature. Studies involving different variables and sample groups can enhance the understanding of this concept and promote the beneficial use of technologies for well-being.

To enhance digital well-being, comprehensive educational programs on mindful technology use should be organized in educational institutions. These programs should be designed to help students understand the opportunities and risks in the digital world. The curriculum should cover topics such as the effects of social media, signs of digital addiction, and healthy digital habits. Additionally, informative seminars for teachers and parents should be held to support children in developing healthy relationships with digital media. This approach can improve individuals' levels of digital well-being.

Monitoring the time spent using digital devices is crucial for digital well-being. Various mobile applications can help individuals track their screen time and manage it effectively. For example, setting a goal for a specific period of digital detox can help individuals control their technology use. Additionally, implementing time restrictions on digital devices at certain times can prevent screen addiction and contribute to mental well-being.

Public awareness campaigns should be organized to increase digital awareness. These campaigns should inform individuals about the negative effects of social media, signs of digital addiction, and healthy internet habits. Media-based campaigns can help people better understand the risks in the digital world. Moreover, conducting workshops and seminars in schools on these topics can ensure that young individuals become more knowledgeable about digital well-being.

Strengthening face-to-face social relationships plays a critical role in supporting digital well-being. Engaging in regular social activities with family and friends can help individuals improve their social skills and enhance their psychological well-being. Additionally, encouraging community activities and volunteer projects can strengthen social bonds while reducing excessive digital engagement. Such social interactions can contribute to overcoming digital addiction issues.

The development of applications and platforms that support digital well-being can help individuals manage their digital interactions more healthily. These tools can assist users in tracking their screen time, analyzing their digital habits, and making necessary adjustments. Furthermore, encouraging the development of applications that assess and provide recommendations for improving psychological health can facilitate a healthier balance in the digital world.

In conclusion, in an era where technology is extensively used, it has become increasingly difficult to distance oneself from technological devices, as social, professional, and educational life is heavily integrated with technology. Establishing a healthy relationship with technology and digital devices while safeguarding our digital well-being is essential for improving digital well-being. As the importance of digital skills continues to grow, they are expected to play a crucial role in enhancing individuals' quality of life in the future.

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