FACING DIGITAL ANXIETY &
ENSURING DIGITAL WELLBEING
REPORT
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Digital stress, also referred to as technostress, encompasses various interconnected categories such as digital anxiety, fear of missing out (FOMO), decision paralysis, procrastination, and information overload. Although existing research in the field suggests additional categories, the notable absence of a coherent framework (Hall et al., 2021) and definitions in available literature significantly complicates the overall assessment of this phenomenon.

The following research focuses on the digital habits and coping strategies associated with the above highlighted subcategories of digital stress among European and Asian youth. The study integrates excerpts and quotes from in-depth interviews to provide global context and experiences, aligning with a human-centered design approach and the central concept of the Society 5.0 initiative.

This initiative is a part of the Asia Europe Foundation’s Young Leaders Summit 5 (ASEFYLS5) program (Asia Europe Foundation, 2023), specifically addressing a challenge presented by the Group of the European Youth for Change (GEYC).

**KEY WORDS**

Digital Anxiety, Digital Rights, Digital Stress, Digital Wellbeing, Decision Paralysis, Fear of Missing Out (FOMO), Information Overload, Procrastination, Society 5.0, Technostress, Youth.
According to the Digital 2023 Global Overview Report on digital usage and connectivity insights worldwide by Meltwater and We Are Social, individuals worldwide spend an average of 6 hours and 37 minutes daily engaging in internet-related activities (Meltwater, 2023). Such significant allocation of time to online pursuits and technology usage has become an integral part of modern societies. While technological advancements offer myriad opportunities, they also give rise to adverse phenomena and outcomes.

The ASEF Youth Report “Stepping into Society 5.0: Youth Perspectives on Technology-Informed Societal Leadership” (Asia Europe Foundation, 2023) underlines a rapid transition into Industry 5.0 or Society 5.0. This marks a fundamental shift in how technology is integrated into modern societies, impacting life, work environments, and communication strategies. Consequently, it proves pivotal to assess potential challenges that could impede this anticipated transformation. Equally crucial is addressing these challenges for the youth, who will bear the impacts of present-day decisions.

Inspired by a hypothesis highlighting emerging psychological issues among individuals aged 18 to 35 resulting from technological usage, the following report aims to map the scope of such concerns through designated research. Interconnected concepts like digital anxiety, fear of missing out (FOMO), decision paralysis, procrastination, and information overload significantly affect younger generations due to technology’s current unethical designs and the lack of a human-centric approach in its incorporation into everyday life and work environments.
This comprehensive report, with respondents from 26 different countries, investigates, in its first section, the impact of digital habits and information overload on European and Asian youth. It explores the sources and frequency of information overload, aiming to comprehend the digital landscape navigated by young individuals. Information overload, as defined for the purpose of this analysis, refers to the overwhelming abundance of online data resulting in digital stress and anxiety, which manifests in a series of symptoms such as excessive worry, feelings of inadequacy, fear of missing out (FOMO), and compulsive comparison to social media standards.

In its second section, the report delves into the challenges and effects of decision paralysis and procrastination resulting from information overload. Decision paralysis denotes the struggle in making choices when confronted with numerous options, while procrastination represents the habit of needlessly delaying essential tasks, usually by focusing on less urgent and more enjoyable activities instead.

Finally, through a multifaceted analysis, the research interprets digital stressors and identifies and evaluates the effectiveness of common coping strategies employed by youth with the aim of providing insights for the digital well-being of younger generations.
Society 5.0 is a futuristic initiative introduced during Japan’s 5th Science and Technology Basic Plan, outlining a visionary future that Japan aims to achieve (Cabinet Office of the Government of Japan, n.d.). According to one of its core definitions, Society 5.0 represents a “human-centered society that balances economic advancement with the resolution of social problems by a system that highly integrates cyberspace and physical space.” (Cabinet Office of the Government of Japan, n.d.).

Essentially, Society 5.0 requires a profound convergence between cyberspace (virtual space) and physical space (real space). This concept anticipates interoperability, strengthening connectivity among individuals, objects, and systems in cyberspace, generating a substantial quantity of information and data. Artificial intelligence constitutes a critical component in this regard as it enables the analysis of large volumes of data and subsequently feeds back the results to alter the physical space and address societal challenges. This process subsequently generates new value for industry and society through advanced and innovative means (Cabinet Office of the Government of Japan, n.d.).

While Society 5.0 originated in Japan to help address some of the country’s emerging problems such as the declining birthrate or aging infrastructure, its goals mirror the Sustainable Development Goals (SDGs). Consequently, by resolving the challenges highlighted by Society 5.0 in Japan, the achievement of the SDGs can be secured as well (Fukuyama, 2018).
Solving the issue of digital anxiety is somewhat challenging because there’s uncertainty about how social media will evolve in the next 5 years. Trying to find a solution considering the changing landscape is itself a problem. While in the past, people’s lives were centered offline, now it’s significantly online. Although reducing screen or time exposure online might help mitigate physical and mental impacts, there isn’t a clear solution. Exploring alternatives to reduce screen time could be a potential solution.

BANGLADESH, MALE, 27

Digital anxiety often manifests as an irresistible urge to stay connected 24/7 as not to miss new information. I often have the feeling that if I am not in touch with the latest news, I will lag behind. There are also repercussions to my digital anxiety and I experience physical symptoms like eye strain and headaches due to excessive screen time.

ROMANIA, FEMALE, 25
To grasp the intricacies and significance of digital stress, encompassing digital anxiety and its various manifestations like FOMO, choice paralysis, procrastination, and information overload, a survey was conducted that garnered 162 responses from individuals spanning 26 countries across Europe and Asia. This three-week survey aimed to delve into the perceptions of young individuals regarding digital anxiety as well as its manifestations and impacts on their lives. The objective was to adopt a youth-centric approach through the immersion in the experiences of the respondents, leveraging their insights and concerns to help propagate further research into the topic.

In full transparency and acknowledging the limitations of the research, it proves important to be cognisant of the fact that 162 responses from Eurasia may not comprehensively capture the depth and complexity of digital anxiety. Given the limited duration for response collection, the following analysis merely aims to provide preliminary insights into the findings brought upon by the survey.

The survey was conducted in English via Google Forms to allow for widespread distribution and access across borders, and the analysis is based on the assumption that the responses honestly and genuinely reflect the circumstances and feelings experienced by the respondents, whose anonymity was preserved throughout this project.

While we tried our best to ensure the comfort of the survey takers as well as the interviewees, we would like to expressly mention that their responses may be affected by their own perception, self-awareness, state of mind to acknowledge, admit, or quantify their own experiences. We also acknowledge that digital anxiety, decision paralysis, information overload, fear of missing out, and procrastination may manifest differently for various groups of people, especially based on gender, nationality and place of living. Thus, our analysis is solely a narrative and description of their perception, and further research at a larger scale is imperative for more localized and grassroots results.
SECTION 1: DEMOGRAPHIC OF RESPONDENTS

The respondents predominantly fall within the youth demographic, ranging from 18 to 35 years old. With a total of 75 responses, the survey is dominated by individuals aged 24 to 29 (46.3% of the total respondents), followed closely by the 18 to 23 age group, which accounts for 68 responses (42.0% of the total respondents). Lastly, individuals falling within the 30 to 35 age bracket contribute 19 responses, making up 11.7% of the total survey participants. (Refer to Fig 1.1)

Out of 162 respondents, 100 identified as female (61.7% of the respondents), 61 as male (37.7% of the total respondents), and one individual chose not to specify their gender. (Refer to Fig 1.2)
Regarding their current occupation, 66 out of 162 individuals (40.7% of total respondents) are actively involved in full-time jobs. Concurrently, 65 respondents (40.1% of total respondents) are currently pursuing academic studies. Notably, around 28 individuals (17.3% of total respondents) are engaged in both professional and academic pursuits simultaneously, while 3 individuals (1.9% of total participants) are involved in none. (Refer to Fig 1.3)
I think there is a problem when the youth (ourselves), are creating content and making more and more so that we can also get validated and appreciated for our work with likes and shares.

MOLDOVA, FEMALE, 20
SECTION 2: DIGITAL HABITS OF RESPONDENTS

The following section seeks to examine the digital practices and trends of respondents with the aim of grasping the prevalent concerns resulting from the youth’s usage of digital platforms. As such, significant insight is provided into the digital habits of participants, such as the amount of time spent online and the popularity of social media platforms, through a transnational and comparative approach that takes into account the similarities and divergences observed between European and Asian youth.

We’ve found that 50 out of 162 respondents mentioned that they usually spend around 4-5 hours online everyday, followed by 47 people who volunteered that they usually spend around more than 6 hours online, per day. Lastly, only about 29 out of 162 people admitted that they spend around 2 to 3 hours online browsing websites, social media or reading news etc. (See Fig 2.1).

**Fig 2.1**

*Daily online engagement: respondents’ average hours spent across various activities (e.g., browsing websites, social media, reading news, etc.)*
SECTION 3: INFORMATION OVERLOAD

Most of the respondents, accounting for 54.3% admitted to occasionally feeling overwhelmed by the sheer volume of information available on the internet, while around 23.5% felt this way very frequently. Additionally, 20.4% of the respondents picked rarely, while only 1.9% of the respondents opted for never. (See Fig 3.1)

Frequency of Overwhelm: Respondents' Encounters with the Vastness of Information on the Internet

On the proliferation of technology:

I think that because now everything is done through digital means, the information is too much, and no one is prepared for so much bombardment. As for young people, we are more involved in social networks, in online resources as if there were nothing else and with more and more jobs to do online.

SPAIN, FEMALE, 23
When asked if they’ve ever felt overwhelmed by conflicting advice or information on the internet, causing them to feel unsure about a decision:

An astounding 125 out of 162 respondents said yes, amounting to 77.2% of the total responses. At the same time, around 20 individuals or 12.3% of the respondents said no, followed by 17 people or 10.5 respondents admitting that they’re not sure about how they’re affected. (See Fig 3.2).

**Fig 3.2**

*Navigating Online Overload: Respondents' Experiences with Conflicting Advice and Information, Impacting Decision Certainty*

- **Yes**: 125 (77.2%)
- **No**: 20 (12.3%)
- **Not sure**: 17 (10.5%)
When asked whether abundance of choices and information online impacts their decision making ability:

While describing the impact that abundance of choices and information has on them, the most popular response was feeling neutral with 79 respondents or 48.8% of the responses. This was followed by 45 or 27.8% of people feeling impacted positively. Lastly, around 38 respondents felt impacted negatively and accounted for 23.5% of the responses. (Refer to Fig 3.3)
While 54.3% (referenced from Fig 3.1) respondents felt that they were overwhelmed by the sheer access to information occasionally and around 23.5% of them felt so very frequently, supplementing this with Fig 3.2 we can note that around 125/162 or 77.2% of them felt that they were overwhelmed by conflicting advice and information online. However, upon comparing Fig 3.1 and Fig 3.2 to Fig 3.3, we find that only 27.8% percent or 45 respondents felt that they're impacted positively, while 23.5% or 38 respondents believe they are impacted negatively. Lastly, around 79 people or 48.8% of the respondents mentioned that they find themselves to be neutral in the above described scenario. Hence, while the respondents do acknowledge the overbearing feeling of being overwhelmed by information overload, how it affects their mental health differs apparently, with the majority of the respondents feeling neutral.

On information overload

I am a person who is generally very indecisive, it is difficult for me to make decisions and choose between different options. I think that in my case the use of social networks has allowed these to develop. Always being surrounded by so much information, which often makes it impossible to know what to choose. I usually try to narrow down my options, and start thinking about which of them would be the most beneficial for me. I try to find someone to help me choose, but sometimes that causes there to be even more options, so in the end I try to choose the one that I think can help me the most or will make me the happiest.”

SPAIN, FEMALE, 23
When asked how confident they are in their ability to manage their digital habits and use technology mindfully, with 1 being "Not confident at all" and 5 being "Very confident":

Just 6 of the participants felt not confident at all in their ability to manage their digital habits and use technology mindfully and 21 stated that they were quite confident. 51 and 67 respondents were divided in the middle while referring to their confidence in this matter. Lastly, 17 individuals expressed their strong confidence in managing their digital habits and using technology mindfully.

**Figure 3.4**

*Responders' Confidence in Managing Digital Habits and Practicing Mindful Technology Use on a Scale of 1 to 5*
SECTION 4: DECISION PARALYSIS AND PROCRASTINATION

In order to determine the causes for decision paralysis, how it is related to procrastination and how people feel about it, the respondents chose several options for what types of decisions are the ones that make them experience decision paralysis and as it is shown in Fig. 4.1, we can notice there are quite a few differences in terms of their choices under the criteria of gender and continent of the respondents: overall, the decisions that mostly cause them the paralysis are the career-related ones, being the peak one for both Asian and European women (32 and 38 responses each) and for European men (19 responses). Asian men, though, what makes them experience decision paralysis the most are the ones related to health & fitness ones (36 responses), which is also the least one for their female counterparts (9). On the other hand, they both have the same problem regarding academic decisions (19 each). Regarding “online shopping” and “social plans”, they’re both the least voted options overall, being “online shopping” the least voted option for Asian men and European women (3 and 17 responses each) and “social plans” the least one for European men (7 responses).

On information overload

I get overloaded with a lot of information at once. When I go to the Internet I see a lot of opinions on things, I see so many things and I have a lot of apps on my phone so I get a little bit overwhelmed by everything. Yeah, that is basically what I feel the most. Especially when I go to Instagram and see the posts of everyone or when I go to Tiktok and I see so many videos or just on Twitter and see everyone's opinions on so many different things and sometimes is overwhelming.

PORTUGAL, FEMALE, 21
In terms of how difficult they find to make decisions, as it is shown in Fig. 4.2 the differences were not that obvious regarding continent when comparing the women’s responses, with the majority expressing that they find it occasionally difficult (27 responses for Asian women and 33 for European women). On the other hand, men have different answers depending on their continent, while Asian men majorly answered that they find it occasionally difficult (20 responses), European men answered with rarely the most (9 responses) and they are the only ones who actually responded that never (2 responses). Overall, we can also assume that Europeans find it slightly less difficult than Asians.
When connecting it to the procrastination issue, we can see in Fig. 4.3 that, in general, decision paralysis somewhat has an impact on procrastination but when analyzing the “significantly” section we can appreciate that while the values for both Asian men and women are similar (12 and 13 responses each), the difference between European women and men is quite significant (22 responses against 3) and regarding the “doesn’t affect” one, although the numbers are quite low, a slight difference can be appreciated within the Asian respondents, with the men’s answers a bit higher (5 responses against 2 of women’s). We can assume that women in general are more affected while European men are particularly not very much affected.
When analyzing how decision paralysis makes the respondents feel, Fig. 4.4 shows a wide variety of answers, being “stressed and anxious” the most common feeling among women in general and a slightly bigger tendency for Europeans to have negative feelings.
Regarding how procrastination affects productivity, Fig. 4.5 clearly shows that, except for 1 response from an Asian woman, while women are quite affected, men are far less, no matter the continent.

In conclusion, we can assess that decision paralysis and procrastination affect women more, although Asian men are somewhat also affected by it in some aspects of it while European men have a bigger tendency to be little to not affected. Also, we can observe that although in Asia they are more affected by it, in Europe, when they experience decision paralysis, they tend to have more negative feelings.
SECTION 5: COPING STRATEGIES

When asked the two most irrelevant ways that they had tried to address the problem of digital anxiety, information overload and procrastination:

The most popular answer among the respondents on ways to address the problem of digital anxiety, information overload and procrastination was meditation and working out with 86 votes, 47 coming from Europe and 36 from Asia (referenced from Fig 5.1 and 5.2). Following that social media detox, using time management techniques and journaling and reading books were also chosen as relevant ways with 82, 78 and 57 respondents opting for them respectively. 38 participants coming from Europe and 42 coming from Asia opted for social media detox, whereas they seem to be in accordance with time management techniques with 38 and 39 responses. However, in reference to Fig 5.1 and 5.2, journaling and reading books was a relevant way to address the problem of digital anxiety, information overload and procrastination for 30 individuals from Europe and 26 from Asia. Lastly, 10 Europeans and 4 Asians, 14 in total admitted seeking professional help from psychologists, and 10 of them stated that they have not tried anything (See Fig 5.1 and 5.2).
I try to consciously disconnect from any devices and commit to offline activities as often as possible. I try to reconnect to my inner self and unlearn old digital habits that weren’t healthy at all. For instance, I’m investing more time in passions such as painting, writing, reading books, exploring new places or practicing sports.

ROMANIA, FEMALE, 25

One thing that has been helping me is not going to my phone once I wake up. I wait a few moments and maybe go take a shower, brush my teeth or do some other stuff before I start seeing my emails or anything. If I do that, I will start getting anxious in the morning.

MOLDOVA, FEMALE, 20
When asked how effective do they think were the techniques that were used in a scale of 1 to 5:

Only 12 individuals amounting to 7.4% found that the techniques they have used to address the problem of digital anxiety, information overload and procrastination were ineffective, whereas 27 respondents or 16.7% described their coping strategies as very efficient. The rest of the participants were divided somewhere in the middle ranging from 3 to 4 with 58 or 35.8% and 65 answers or 40.1% respectively on the effectiveness of the techniques used (See Fig 5.3).
When asked what activities are they most likely to recommend to their peers for coping with digital anxiety:

To begin with, the majority of the recommendations coming from the participants evolve around physical exercise through hiking, dancing, swimming, practicing yoga or simply taking a walk out in nature. Also, respondents proposed practicing mindfulness and meditation while taking time for self reflection, journaling or therapy. In this aspect, lots of individuals proposed finding new offline hobbies such as reading books, and in general spending time with loved ones in more in-person activities and make an effort to even schedule more offline meetings at work.

There were plenty of recommendations concerning digital platforms, proposing to their peers to tailor their social media content, limiting their screen time or even abstaining from the digital world for as long as necessary. Some other alternatives were unabling the notifications coming from the applications, turning off their mobile or turning the silence mode on before sleeping. Concerning procrastination, the respondents proposed making lists and prioritizing the tasks or dividing them by using time management techniques, and learning to keep the right information. Some general advice involved using technology in a balanced way and building a daily routine and sticking to it.

My solution would be for the individual to eliminate most forms of social media if they constantly compare themselves to others. Eliminating the medium which facilitates comparison is a good first step to address digital anxiety. Restricting oneself to reading the news or only following people who provide healthy forms of content would also be acceptable.

UK, MALE, 25
When asked what role do they think that the educational institutions, organizations, or online platforms play in helping young people navigate the challenges of information overload, choice paralysis and procrastination:

An astounding 116 out of 162 respondents (referenced from Fig 5.4) opted for promoting awareness of digital well-being as a proposition for the educational institutions, organizations, or online platforms to help young people navigate the challenges of information overload, choice paralysis and procrastination, with equal votes. Another 92 individuals, 53 or the 57.6% coming from Europe and at the same time, 39 or 42.4% from Asia suggested providing tools for effective time management and offering digital literacy courses was chosen 71 times, 30 Europeans or 42.3% and 41 Asians or 57.7%. Last but not least, 57 participants found creating decision-making resources as a good approach with both groups of people being close in accordance with 29 votes or 51.8% and and 27 votes or 48.2% for Europe and Asia respectively (See Fig 5.4 and 5.5).
Interestingly, Fig. 5.6 and 5.7 demonstrate that there are significantly more women in both Europe and Asia who believe that awareness of digital well-being should be promoted with 41 and 36 respectively, whereas only 17 and 22 male feel the same. Also, there is a big difference between the two genders when noticing that 36 females in Europe opted for educational and organizational support by providing tools for effective time management and just 17 males. At the same time in Asia 21 women and 18 men agree on the importance of these tools and there is a bigger disagreement in the offering of digital literacy courses with 28 females and 13 males. In Europe men and women agree on the necessity of offering digital literacy courses. Lastly, creating decision-making resources seems to be equally essential for both genders in the two continents with 16 women and 13 men in Europe and 17 women and 10 men in Asia.
Comparison between Asian female and male respondents

- Offer digital literacy courses
- Provide tools for effective time management
- Promote awareness of digital well-being
- Create decision-making resources

Comparison between European female and male respondents

- Offer digital literacy courses
- Provide tools for effective time management
- Promote awareness of digital well-being
- Create decision-making resources
The complex problem of digital anxiety and its manifestations in our view require a toolkit of strategies rather than a single resolution, as the analysis of the individual responses to the research suggests. With that being said, the summary of our recommendations includes the following areas:

1. Policy changes

Policy change in relation to technology and innovations requiring embedded ethical design and development of democratic, transparent features enabling users to achieve healthy engagement with technology.

Utilizing existing platforms for continuous user feedback on digital well-being features and UX design to limit potential issues with unethical aspects of technology.

2. User feedback platforms

Mentoring platform providing youth with option of peer-to-peer communication, as well as exchange of experiences and learnings between mentors and mentees regarding the identified issues.

3. Peer support network
4. Awareness campaigns

Educational awareness campaign related to the issues of Digital anxiety, Information overload online linked to Decision paralysis, Procrastination and Fear of missing out (FOMO).

On mindfulness practices:

I avoid social media due to its complexity and overwhelming information. I find solace in spending alone time without any work or distractions, simply sitting and thinking without even listening to music.

BANGLADESH, MALE, 26

5. Behavioral Empowerment Strategies

Education is the key to success for individuals. They must learn how to use the Internet effectively. The awareness campaigns should be targeted towards students in schools, colleges, and universities. They should also be held in public places such as libraries and community centers.

A. Interactive Digital Literacy Workshops: Regular educational activities to equip individuals with essential digital literacy skills through practical workshops focused on digital literacy skills.

B. Decision-Making Guides: Provision of accessible decision-making guides online or in print, offering insights and strategies for effective choice navigation.

C. Mindfulness Practices: Promotion of mindfulness techniques and practices through events, workshops, and partnerships, encouraging a balanced approach to technology use.
7. Future research proposals in the following areas

Creation of conceptual framework establishing clear definitions of Digital anxiety, Information overload, Decision paralysis, Procrastination, Fear of missing out (FOMO) in relation to the online world as throughout the research the issue of lack of definitions repeatedly emerged highlighting lack of understanding of the concepts by respondents of our initial interviews.

6. Advocacy and community engagement

Organization of workshops and dialogue platforms online with focus on addressing digital well-being with cultural sensitivity.

On changes for well-being:

Most of the youngsters, but not only them, have to learn to dive deeper into why they are behaving the way they are doing and what exactly fuels their digital anxiety. They should become able to differentiate between which type of digital content is bringing them actual value and which one is damaging their well-being. They should learn to understand what they are facing in order to be able to control it.

ROMANIA, FEMALE, 25
Society 5.0 is built on an ambition to create a human-centric society in which both economic development and the resolution of societal challenges are achieved, while people can enjoy a high quality of life. The key to its success and realization is the fusion of cyberspace and the real world (physical space) to generate quality data, and from there create new values and solutions to resolve societal challenges (Fukuyama, 2018). What our research, albeit in a limited capacity, demonstrates is a different trend. Its results signal a certain level of information fatigue with respondents confirming the hypothesis of existing problems linked to Digital anxiety, Information overload, Procrastination, Fear of missing out (FOMO) and Decision paralysis, followed by various strategies to escape the online world rather than to actively engage in it.

One of our suggestions for an impactful solution is exploration of the way how the prevailing technologies we use daily are designed. The participants frequently mentioned problematic UX design of online platforms, potential need for limits of time spend online, or problems such as the infinite scroll or excessive advertisement which emphasize features of the technology design focusing on keeping the user engaged on the particular platforms and/or online for as long as possible, rather than to provide any benefit. Endless social media updates (42.9%) were referenced by the respondents as the primary option of how information overload primarily manifests for them. As the White Paper on Ethics by Design: An organizational approach to responsible use of technology published by the World Economic Forum suggests, embedding ethics into technology design is a critical component moving forward towards innovations and their long-term value (The World Economic Forum, 2020). As such it should also be prioritized by companies and organizations developing technologies for the future.
In comparison, the respondents of the Asia Europe Foundation’s report Stepping into Society 5.0: Youth Perspectives on Technology-Informed Societal Leadership recognize the importance which technology plays in solving societal changes. Yet, based on the results, a significantly lower number of participants is aware of its risks which ASEF perceives in the following way: "(...) the relatively lower knowledge about risks suggests the need for more education and information dissemination on the potential dangers," (Asia Europe Foundation, 2023). Participants of our project reconfirmed this hypothesis as 72 % indicated promoting awareness of digital wellbeing through campaigns and educational activities as the main solution they would expect from institutions, organizations as well as online platforms to help young people navigate the realm of technological environment.

Promotion of unrealistic ideals on online platforms was one of the key negatives repeatedly mentioned throughout the research as well as in depth interviews. Although the respondents are aware about such unrealistic standards whether of personal or professional character, we believe mentoring platform providing youth with opportunity for peer-to-peer communication, sharing of experiences and interactions devoted to themes focused on digital wellbeing in both personal and professional endeavors might positively contribute to the needed resolution for some of the manifestations of digital anxiety.
To provide more detailed conclusions and suggestions would in our view require advanced in-depth research and engagement of experts across various fields to better understand the identified phenomena. Our view however is that in order to progress further to achieve the ambitions highlighted by the Society 5.0 concept rather significant societal and technological change is needed. Moreover, the responses from the research suggest that our engagement with technology is so far rather exploitative and not explorative. The highlighted trends show a number of negative traits which are not yet properly understood, yet for any future progress need to be addressed provided we want to focus on societal shift towards Society 5.0 and achievement of Sustainable Development Goals in related areas.

On the way forward

We should raise awareness of this, especially among the new generations, and give relevance to the symptoms it causes. (...) As for changes, I think that as a society, we could make many. For example, normalize these causes and be more aware of them, instead of normalizing and abusing the use of digital resources.

SPAIN, FEMALE, 23
07 REFERENCES


Our team comprises of people coming in from different nationalities, all tied together under the same goal of making the digital space more inclusive, welcoming and habitable for young leaders.
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Note: The data presented in this Report is based on a survey conducted online in November 2023. The analysis of the data and results presented do not reflect the views of the Asia-Europe Foundation (ASEF), GEYC or their partners.