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Digital Phobia: an inquiry for mapping the unseen dimension of new Digital Anxiety, the 'DIGIPHOBIA'

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Digital Phobia: an inquiry for mapping the unseen dimension of new Digital Anxiety, the '*DIGIPHOBIA*'

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Abstract

Background: As technology continues to advance, individuals' interactions with digital platforms have become integral to daily life. Amidst this technological evolution, a novel concern emerges—Digital Phobia, hereafter referred to as "Digiphobia." This phenomenon, although not previously explored in scholarly literature, necessitates an in-depth investigation due to its potential impact on individuals' well-being. Our research employs a two-step methodology to investigate its existence, implications, and manifestations.

Introduction: This research paper introduces and proposes the term "Digiphobia" as a comprehensive conceptualization of anxiety arising from interactions with digital spaces, applications, and environments. The proliferation of digital technologies has led to the emergence of various psychological phenomena associated with digital experiences. In this context, our study introduces and recommends a novel term, "Digiphobia," to encapsulate the evolving apprehensions and anxieties related to digital interactions, a concept not previously explored in scholarly literature.The study employs a two-step approach, combining content analysis of existing scientific literature and the development of a conceptual framework rooted in cyberpsychology, digital anxiety, and the newly coined term, "Digiphobia."

Purpose: The primary purpose of this study is to map the unseen dimensions of Digiphobia, shedding light on the conceptual and theoretical underpinnings of this emerging digital anxiety. By establishing a new conceptual framework, the research aims to provide a foundational understanding of Digiphobia within the context of contemporary digital experiences. This framework is further enriched through the exploration of the unseen dimensions within cyberpsychology, digital space/environment, digital anxiety, and digital phobia.

Methodology: Our research follows a two-step approach. Firstly, we conduct a content analysis of scientific literature to review and analyze existing conceptualizations related to digital anxiety, digital phobia and related concepts. Secondly, we employ a mapping technique to uncover hidden dimensions within the conceptual framework of cyberpsychology, digital space, digital anxiety, and digital phobia, with a specific focus on the newly introduced term "Digiphobia."

Design and Approach: The study adopts a comprehensive design, combining content analysis with a conceptual framework approach. By synthesizing insights from existing literature and framing them within the context of cyberpsychology, the research offers a holistic exploration of Digiphobia.

Results and Findings: The study establishes a robust conceptual framework for Digiphobia, contributing a novel perspective to the scholarly discourse on digital phobia. Through content analysis and conceptual mapping, the research identifies and outlines the conceptual and theoretical foundations of Digiphobia, elucidating its emergence from digital platforms, applications, techniques, and environments.

Limitations: While this research provides a foundational exploration of Digiphobia, limitations include the evolving nature of digital technologies and the potential for subjective interpretations in content analysis. Additionally, the study is confined to scholarly databases, possibly excluding alternative perspectives.

Originality and Value: This research significantly contributes to the field by introducing the term "Digiphobia" and providing a pioneering conceptual framework. The study enriches existing knowledge on digital phobia by synthesizing insights from cyberpsychology, digital space, and related fields, thereby offering a more holistic understanding of the psychological implications of digital interactions or experiences.

Conclusions: In conclusion, this study establishes "Digiphobia" as a pertinent concept in the realm of digital psychology. In other hand, this study advances our understanding of Digiphobia and its conceptual foundations. The conceptual framework developed through content analysis and cyberpsychology exploration enhances our understanding of the evolving challenges associated with digital experiences. The findings offer valuable insights for researchers, practitioners, and policymakers engaged in addressing psychological aspects of digital interactions.

Future Perspectives: Future research should explore its manifestations, interventions, and implications for mental health in the evolving digital landscape.

Paper Type: This research paper falls under the category of a conceptual investigation and theoretical review, offering a new term, "Digiphobia," and presenting a comprehensive framework for understanding the emerging dimensions of digital anxiety.

Keywords: Digiphobia, Digital Phobia, Digital Anxiety, Technological Dependence Anxiety, Digital Fear, Digital Experiences, Virtual Phobia, Internet Phobia, Technophobia, Computer Phobia, Smartphone Phobia, Conceptual Framework, Applied Psychology, Clinical Psychology, Behavioral Psychology, Digital Psychology, Cyberpsychology, Library and Information Sciences.

Introduction:

In an era characterized by relentless technological advancements, the omnipresence of digital interfaces has become inseparable from our daily lives. This integration, while fostering connectivity and efficiency, has given rise to a new psychological phenomenon — Digital Phobia, here after referred and proposed a new term to as "Digiphobia"; which less propound (Hoolboom, M. (Ed.); 2004) and no any existence in scholarly literature as individuals navigate the intricacies of an evolving digital landscape, a profound exploration into the depths of this emerging digital anxiety becomes imperative. To comprehend the nuanced dimensions of Digiphobia, it is essential to delve into the background of each constituent concept—Digital Anxiety, Digital Phobia, and the introducing term, “Digiphobia”.

In the contemporary era, digital space (viz., digital devices, digital platform and digital media/medium (Singh, Amarjit Kumar and Singh, Pawan Kumar; 2019)) have become an omnipresent aspect of our daily lives, with individuals spending an average of nearly three hours per day on these devices (Markowetz, 2015). Unlike other devices, digital-technology based devices/gagets/platforms offer the convenience of accessing various functions almost anytime and anywhere, influencing numerous aspects of our daily routines. Digital space bring forth an array of benefits, facilitating constant communication with friends, providing access to attractive leisure activities, offering an endless supply of information through internet access, and positively contributing to knowledge sharing (Lepp et al., 2013; Omar et al., 2016). However, the pervasive use

of digital devices and medium also raises concerns about its potential impact on well-being, attracting attention from both the public and researchers. Research indicates that over or fear usage of digital devices can have implications for health and well-being, affecting aspects such as performance, social interactions, and overall mental health. The study has accumaleted various digital technologies in one umbrella called digital space like digital device, digital platform and digital media/ medium (i.e., Computer, Smartphones, Digital Gadgets, Selfie with smartphone camera, Google Search, Youtube, Facebook, Twitter (currently use as X), Digital Simulation, Virtual/Video Games, Computer Games (online /offline), Internet, Online media/modes (online movies,online shopping), Mobile Apps, Simulation technologies and devices (Singh, Amarjit Kumar & Singh, Pawan Kumar; 2019), these digital space use with higher rates of depression and anxiety (Lepp et al., 2014), sleep difficulties (Thomée, 2018), and musculoskeletal problems in cases of overuse (İNal et al., 2015). Moreover, empirical evidence suggests a negative correlation between digital environments use and academic performance (Amez & Baert, 2020), as well as lower work productivity and engagement related to digital device overuse (Duke & Montag, 2017). Additionally, excessive digital platform use is linked to increased negative affect or stress and a decline in the quality of interpersonal interactions when individuals prioritize their digital device during social engagements, a phenomenon known as "phubbing" (McDaniel & Radesky, 2018; Nuñez et al., 2020). While some of the negative associations between digital space use and health outcomes may be small (Dienlin & Johannes, 2020; Orben & Przybylski, 2019a; Orben & Przybylski, 2019b), users express concerns about their digital technologies usage. Individuals blog about the need to take breaks from digital envolvment, search for strategies to manage online time, and even engage in initiatives like the National (and Global) Day of Unplugging, reflecting a collective consciousness about the potential impact of digital devices use on well-being. Mass media and self-help platforms offer advice on unplugging and managing digital platform use, positioning it as a contemporary solution to mitigate the negative effects associated with excessive digital engagement (Price, 2018; Shlain, 2019; Syvertsen, 2017).

In a similar vein, the rise of digital phobia, termed as "Digiphobia," represents an emerging concern in the context of digital anxiety. This research endeavors to explore the unseen dimensions of Digiphobia, delving into the conceptual and theoretical foundations of this new digital anxiety. Through an inquiry into the multifaceted aspects of Digiphobia, this study aims to contribute to a nuanced understanding of the psychological implications of contemporary digital interactions. In the ever-evolving landscape of digital interactions, the pervasive integration of technology into our daily lives has ushered in a myriad of psychological phenomena, ranging from the subtle anxieties associated with digital technologies (Sun, Li., 2023) to more profound concerns about the psychological impact of technology. However, this digital revolution has also given rise to a spectrum of psychological challenges, manifesting in various forms of anxiety that individuals navigate in their interactions with technology. This paper introduces and proposes a novel term, "Digiphobia," as an alternative conceptualization to the existing term "Digital Phobia." The term "Digiphobia" encapsulates a nuanced understanding of the negative psychological implications arising from interactions with digital spaces, applications, and environments. In doing so, it explores a range of digital anxieties, shedding light on their diverse manifestations and implications. As we propose the term "Digiphobia" in lieu of "Digital Phobia," it is crucial to recognize the broader conceptual shift encapsulated in this terminology. While "Digital Phobia" may imply a more general sense of fear or aversion, "Digiphobia" aims to encompass a more extensive range of anxieties associated with digital interactions. These anxieties can manifest in distinct forms, contributing to a multifaceted understanding of the psychological challenges posed by the digital realm.

The term “Digital Anxiety” has gained prominence in scholarly discourse, describing the complex emotional responses individuals (Kim, Miyea; Joohyun,Oh; and Beomsoo, Kim; 2021) may experience in their engagement with digital technologies (Gurung, Binod; and David Rutledge, 2014). This anxiety is rooted in the challenges posed by the rapid evolution of digital platforms, information overload, and concerns about cyber threats. It encompasses a broad spectrum of emotions, from mild unease to profound stress, as individuals grapple with the complexities of navigating the digital

landscape. Scholars in the field of cyberpsychology have delved into the multifaceted nature of Digital Anxiety, exploring its diverse manifestations and implications for mental well-being (Akin, 2016; Yildirim & Correia, 2015). The pervasive use of smartphones, social networks, and other digital technologies has elevated concerns about the impact on individuals' psychological states. For instance, constant connectivity and the fear of missing out (FOMO) on social media contribute to heightened levels of stress and unease. As technology becomes an inseparable part of modern existence, the study of Digital Anxiety becomes crucial for understanding the psychological intricacies of navigating the digital landscape. While Digital Anxiety focuses on the psychological unease associated with digital interactions, "Technophobia" (Brosnan, Mark J.; 2002) broadens the scope to encompass a more generalized fear or aversion toward technology as a whole. This term reflects a deep-seated apprehension about technological advancements and their potential consequences. Technophobia and other know digital phobia (viz., Nomophobia, Computer Phobia, Digital Simulation Phobia etc.) though not synonymous with Digital Anxiety, shares a conceptual overlap as both highlight the psychological challenges posed by technology use (Brown, A., et al.; 2018). In the context of Technophobia, individuals may exhibit avoidance behaviors, resist adopting new technologies, or experience anxiety related to the unknown implications of technological advancements. The emergence of Technophobia underscores the need for a comprehensive understanding of the psychological dynamics between individuals and evolving technologies. Nomophobia (No Mobile Phone Phobia) represents the fear of being without one's mobile phone or being unable to use it. This anxiety is characterized by feelings of discomfort or unease when separated from one's mobile device (Akin, 2016; Yildirim & Correia, 2015). The constant need for mobile phone presence can lead to heightened stress levels, affecting individuals' well-being and daily functioning. FOMO (Fear of Missing Out) encapsulates the anxiety individuals experience when they perceive that others are having rewarding experiences from which they are excluded. In the digital context, social media amplifies FOMO, as individuals compare their lives to curated online representations, fostering a sense of inadequacy and anxiety (Przybylski et al., 2013).

The increasing prevalence of cyber threats has given rise to a distinct form of anxiety related to online security as Cybersecurity Anxiety. Individuals may experience heightened stress, fear, or unease concerning the potential compromise of their personal information, leading to a reluctance to engage in online activities (Von Solms & Van Niekerk, 2013). Technostress refers to the psychological strain individuals experience due to the use of technology. It encompasses various stressors, including information overload, constant connectivity, and the pressure to adapt to evolving technologies (Ragu-Nathan et al., 2008). This form of anxiety can manifest in physical symptoms, such as headaches and sleep disturbances.

The pervasive use of social media platforms has given rise to a specific form of anxiety called Social Media Anxiety related to online social interactions. Individuals may experience anxiety about their online presence, the number of likes or comments on their posts, and the social comparison dynamics prevalent on social media (Wolniewicz et al., 2019).

The Phantom Vibration Syndrome is phenomenon involves the perception of a mobile phone vibration that is not actually occurring. Individuals may experience anxiety and reach for their phones even when no notification is present, highlighting the psychological impact of constant connectivity (Rothberg et al., 2010).

As we delve into these various forms of digital anxiety, the proposed term "Digiphobia" aims to encompass the intricate interplay of emotions and psychological responses individuals undergo in their digital interactions. By acknowledging and categorizing these anxieties, we pave the way for a more comprehensive understanding of the nuanced challenges posed by the digital landscape.

The umbrella term "Cyberpsychopathology" encompasses the study of psychological disorders and disturbances arising from interactions with digital technologies. It acknowledges the potential for adverse psychological effects in the digital realm and seeks to identify, understand, and address pathologies specific to the cyber context.

Cyberpsychopathology explores a spectrum of digital-related disorders (Kar, Sujita Kumar, et al.; 2020), ranging from mild forms of anxiety and stress to more severe conditions such as internet

addiction, online gaming addiction, and virtual reality addiction (Balhara, Yatan Pal Singh, and Swarndeep Singh; 2019). The field recognizes that the unique characteristics of digital interactions can contribute to the development and exacerbation of traditional psychological disorders. At the intersection of psychology and technology lies the interdisciplinary field of "Cyberpsychology." This field examines the dynamic interplay between human behavior and digital technology, addressing the psychological impact of digital interactions. Cyberpsychology encompasses a broad spectrum of topics, including online behavior, virtual reality, social media use, and the emerging challenges posed by constant connectivity. The integration of technology into various facets of life necessitates an understanding of how individuals cognitively, emotionally, and behaviorally engage with digital environments. Cyberpsychology explores the intricacies of online identity, the influence of virtual interactions on well-being, and the psychological implications of emerging technologies.

Against this backdrop of Digital Anxiety, Technophobia, and Cyberpsychopathology, we introduce the term "Digiphobia" to capture the evolving anxieties and negative impulses associated with digital interactions. The term "Digiphobia" is proposed as an alternative to "Digital Phobia" to convey a more nuanced understanding of the psychological challenges posed by the digital landscape.

While "Digital Phobia" may evoke a more general sense of fear or aversion toward digital interactions, "Digiphobia" aims to encapsulate a broader spectrum of negative psychological responses. The term acknowledges the dynamic nature of digital experiences, emphasizing the multifaceted anxieties that may arise from interactions with evolving digital spaces, applications, and environments.

The conceptual shift from "Digital Phobia" to "Digiphobia" aligns with the evolving nature of digital technologies and their impact on individuals' psychological well-being. This proposed term invites a reevaluation of the existing conceptualizations, encouraging scholars and practitioners to explore the intricate dimensions of digital anxieties in the contemporary context. In conclusion, the introduction of the term "Digiphobia" reflects an acknowledgment of the complex and evolving nature of negative psychological responses to digital interactions. This conceptual shift is

accompanied by a descriptive exploration of various types of digital anxiety, acknowledging the diverse manifestations and implications of these anxieties on individuals' well-being. As we embark on this journey of understanding the complex interplay between individuals and digital technologies, the proposed term opens avenues for further research and discourse in the burgeoning field of cyberpsychology.

Background of the study:

The term “Digital Phobia” had origin in the field of Cyberpsychology (Amichai-Hamburger, Yair and Shir Etgar; 2018). The term digital phobia may be unfamiliar, but it goes back more than last two years. One of the earliest mentions of digital phobia as a term that surfaced in the year 2015 (Suler, John R; 2016) among the early researchers who were introduce digital anxiety as digital phobia discusses the phenomenon of addiction or devotion to online activities, and contrasts it with the opposite extreme of avoidance or phobia of the digital world. He suggests that digital phobia may stem from various factors, such as lack of skills, negative experiences, personality traits, or cultural influences. The another study discusses the phenomenon of addiction or devotion to online activities, and contrasts it with the opposite extreme of avoidance or phobia of the digital world (Ruleva, A.V. and Pavlova, E.V.; 2019). Acording to past studies, “Computer in Human Behavior” was first journal to use the term Digital Phobia, which was first introduced in 2015 (Smith, 2015). Concerns about the negative, exclusionary or divisive consequences of living within a digital society are being voiced from various global platforms. April 2014 research conducted by Pew Research Center, in association with Smithsonian Magazine, revealed concerns about anticipated technological developments over the next half-century. 30% of Americans surveyed feared that technological changes would lead to a future in which people are worse off than they are at the time of being surveyed (Smith, Aaron; 2014). Considered amid reports of dis-interest in the internet among Japan's residents despite its reputation as a high-tech nation, these reports contribute towards a growing understanding that high-tech advancements are not universally celebrated (Fitzpatrick, Michael; 2010). Moreover, the May 2014 "right to be forgotten" ruling put in place in the European Union which allows internet users to request

for their internet history to be unsearchable if deemed incorrect, outdated or irrelevant, and the thousands of requests received in the first few days following its announcement documents a, perhaps previously hidden, widespread fear of leaving a digital footprint and/or being falsely represented online (Fitzpatrick, Michael; 2014).

Digiphobia: introduce a new term for Digital Phobia

In the contemporary landscape of pervasive digital interactions, the lexicon employed to articulate the intricate nuances of psychological responses to the digital realm plays a crucial role in advancing scholarly discourse. This background study advocates for the introduction of a novel and precise term, "Digiphobia," as a comprehensive conceptualization that surpasses the conventional understanding encapsulated by the term "Digital Phobia." The seminal work of Smith (2015) in the journal "Computers in Human Behavior" stands as a landmark, marking the initial use of the term "Digital Phobia." However, the dynamic nature of digital experiences necessitates a conceptual shift to accommodate the evolving manifestations of digital anxieties. "Digiphobia" is proposed as an apt replacement, a term designed to encompass the diverse spectrum of anxieties, fears, and aversions individuals may experience within digital spaces, applications, and environments. The impetus for coining the term "Digiphobia" stems from the recognition that the existing nomenclature may inadvertently oversimplify the intricate interplay of emotions, fears, and aversions that characterize individual experiences within the digital landscape. This conceptual evolution aligns with the broader objectives of cyberpsychology, aiming not only to delineate the complexities of digital anxieties but also to establish a methodological framework that distinguishes "Digiphobia" from synonymous terms. The research methodology adopted for this conceptual introduction involves a meticulous two-step process.

The first phase entails a comprehensive content analysis of scholarly literature, traversing the historical trajectory of the term "Digital Phobia." This analysis, conducted with rigorous adherence to academic standards, serves to trace the evolution of digital anxieties within the scholarly discourse. The seminal work of Smith (2015) provides the foundation upon which subsequent research has built,

and the content analysis critically examines the terminological and conceptual landscape as presented in scientific literature.

The second step involves a sophisticated mapping technique, rooted in a conceptual framework grounded in cyberpsychology. This framework extends beyond the confines of “Digital Phobia” and incorporates a nuanced understanding of digital spaces, environments, and the intricate dynamics of digital anxiety. The mapping process explicitly addresses the unique attributes of "Digiphobia," positioning it as a distinct construct within the broader spectrum of digital anxieties. This methodological rigor ensures that the introduction of "Digiphobia" is not merely semantic but substantiated by a robust theoretical foundation. A critical facet of this research lies in its focus on conceptual and theoretical reviews derived from scholarly papers within the field of digital phobia. A systematic examination of scientific databases, including but not limited to Google Scholar, provides the basis for a meticulous review. By synthesizing insights from these scholarly sources, the research aims to construct a comprehensive understanding of the conceptual evolution of digital anxiety and, more specifically, the emergence of "Digiphobia." The proposed conceptual framework synthesizes insights from cyberpsychology, digital anxiety, and related fields, providing a holistic foundation for the exploration of "Digiphobia." It delineates the intricate interplay between individual experiences, digital environments, and the psychological ramifications of continuous digital engagement.

Through this framework, the research seeks not only to introduce a new term, but to enrich the conceptual landscape of cyberpsychopathology. In establishing "Digiphobia" as a distinct term, the research endeavors to contribute to the scholarly discourse in multiple dimensions. Firstly, it seeks to refine and expand the lexicon within cyberpsychology by introducing a term that encapsulates the diverse manifestations of digital anxiety. Secondly, by employing a systematic and methodologically sound approach, the research aims to lay the groundwork for future investigations into the psychological implications of digital interactions. As with any research endeavor, it is essential to acknowledge the inherent limitations that may influence the outcomes of this study. The evolving nature of digital technologies and their rapid integration into daily life pose challenges in capturing a

comprehensive snapshot of digital anxieties. Additionally, the potential for subjective interpretations in the content analysis phase warrants careful consideration. The study's confinement to scholarly databases may inadvertently exclude alternative perspectives present in non-academic spaces. The originality and value of this research lie in its pioneering exploration of the term "Digiphobia" within the context of cyberpsychology. While existing literature has laid the groundwork for understanding digital anxiety, the introduction of a new term allows for a more nuanced and precise articulation of the psychological challenges individuals face in their digital interactions. The conceptual framework developed through content analysis and cyberpsychology exploration contributes a novel perspective to the scholarly discourse on digital phobia. In conclusion, this research positions "Digiphobia" as a pertinent concept within the realm of digital psychology. By undertaking a comprehensive conceptual and theoretical review, the study establishes a robust foundation for understanding the unseen dimensions of new digital anxiety. The proposed term, "Digiphobia," enriches the existing lexicon in cyberpsychology, offering a more nuanced understanding of the psychological implications of digital interactions. The findings contribute valuable insights for researchers, practitioners, and policymakers engaged in addressing the evolving challenges associated with digital experiences. Looking toward the future, this study paves the way for continued exploration into the manifestations, interventions, and implications of "Digiphobia" in the dynamically evolving digital landscape. By addressing the conceptual gaps in existing literature, the research sets the stage for a more holistic understanding of the psychological dynamics at play in our increasingly digitalized world. As technology continues to advance, the study of "Digiphobia" serves as a foundational step in unraveling the intricate tapestry of digital anxieties and their implications for individual well-being.

Content Analysis on Digiphobia, Digital Phobia and Digital Anxiety in exisiting literatuare through review:

As the aim of this study is to map the intellectual structure of innovation literature dealing with Digiphobia and other, we first introduce several key concepts and definitions to better inform this literature review content analysis.There seems to be general scholarly consensus that the first

description of Digiphobia appeared in science fiction magazine name *Lightspeed* Magazine almost ten years ago. Currently, digiphobia is not officially coined through any scientific setup. A few of scholars in cyberpsychology and allied psychology has recognized that digital phobia has multiple ramifications. These ramifications have been theorized recently as nomophobia (Al Ali, Nahla, and Sara, Matarneh; 2024), computer phobia (Van Raaij, Erik M. and Jeroen, JL Schepers; 2008).

The prominant and established definition for Digital Phobia and Digiphobia has been lack in existing literature. However, to the best of our knowledge, there is no any literature and their review exist on Digiphobia within other type of digital phobia or anxity. Our study is unique and distinctively different compared to the only one existing literature review, coceptual and defined on digiphobia and digital space used phobia for reasons of its uniqeness. As such, this work makes the following contributions.

First, to the best of our knowledge, our study is the first (or among the first) to conduct a content analysis which is one of the important tool of bibliometric analysi on Digiphobia in the wider digital space generated cyber-phobias research context and to provide an integrated and holistic view of this emerging research area.

Second, we leverage on bibliometric techniques (e.g., citation analysis) as well as network analysis to scrutinize the intellectual structure emerging from the literature, and, subsequently, provide a comprehensive framework which sheds light on the drivers and outcomes of Digiphobia. However, no bibliometric analysis of publications on digiphobia has been published till now. As the digital phobia has not been fully explore and more knowledge should be obtained from this reference, bibliometric analysis of it is in critical need. Therefore, our study was performed timely to provide a broad understanding of digiphobia and future research directions

Third, we single out and examine the wide range of theoretical lenses adopted in this research area to enable a better theoretical and conceptual interpretation of Digiphobia with respect to others cyberphobia.

Methodology

To develop an updated synopsis of existing research at the inter-section of Digiphobia and evaluate quantitatively the literature, we conducted a systematic literature review. A systematic literature review is a rigorous and structured method of collecting, evaluating, and synthesizing existing research evidence relevant to a specific research question or topic (Durach, Christian F.; Joakim Kembro, and Andreas Wieland; 2017). We chose to employ a Systematic Literature Review (SLR) methodology over other literature review methods for some important reasons.

(1) SLRs are deemed more objective compared to narrative literature reviews, (Mohamed Shaffril, Hayrol Azril, Samsul Farid Samsuddin, and Asnarulkhadi Abu Samah; 2021).

(2) The systematic and transparent nature of SLRs facilitates the production of comprehensive and reproducible conclusions, aligning with the principles advocated by scholars such as Cubric Krüger, Jacob, et al. (2020), Williams Jr, Ralph I., et al. (2021), and Pinho, Cláudia, and Luis Mendes (2017).

(3) We opted for the Systematic Literature Review (SLR) methodology due to its objectivity and ability to generate holistic, transparent, and reproducible conclusions, addressing research gaps (Van Dinter, Raymon, Bedir Tekinerdogan, and Cagatay Catal; 2021). This approach aids in establishing robust research agendas for field advancement (Wang, Yingli, Jeong Hugh Han, and Paul Beynon-Davies; 2019).

(4) The SLR method has found extensive adoption in the social sciences, particularly in management literature (Thomé, Antônio Márcio Tavares, Luiz Felipe Scavarda, and Annibal José Scavarda; 2016), aiming to present findings effectively to scholars and decision-makers (Lagorio, Alexandra, et al.; 2022).

Following the SLR methodology proposed by Tranfield et al. (2003) and Williams Jr. et al. (2020), data collection involved documents from Google Scholar databases (Al-Zubidy, Ahmed, and Jeffrey C. Carver; 2019). Google Scholar were chosen for their comprehensive coverage of academic research in the social sciences (Levine-Clark, Michael, and Esther Gil; 2009). Google Scholar, a freely accessible search engine, indexes scholarly content from diverse sources, including articles, theses, books, conference papers, and patents across a wide range of disciplines. While specific

statistics on the total number of indexed publications and the count of international publishers are not readily available, Google Scholar serves as a comprehensive resource for accessing scholarly information (Henninger, Maureen; 2012). The google scholar databases facilitate organizing data from different sources, ensuring scientific rigor for bibliometric analysis (Naqvi, Rabab, et al.; 2021). To ensure reliability and validity, an advanced search with a consistent set of terms was performed in this database, following the example set by recent literature reviews and bibliometric studies (Martín-Martín, Alberto, et al., 2021).

The global literature about Digiphobia, and Digital Phobia published between 2014 to 2024 were scanned in the google scholar collection database. The search terms applied to identify the closest matching publication included “Digiphobia” or “Digital Phobia” or “Digital Anxiety” or “Cyberpsychopathology” or “Cyberpsychology” which was used as the keyword in the title (Gusenbauer, Michael, and Neal R. Haddaway; 2020).. As Digiphobia was first appeared in literature the sci-fi magazine name Lightspeed almost ten years ago in 2014 and a fairly less number of the research papers were written in these 10 years, the availibilty of less published litrature year of publication was not limited during the process of retrieval. The information for the documents that meet the requirements contained year of publication, language, journal, title, author, affiliation, keywords, document type, abstract and counts of citation which were exported into CSV format. The date of the retrieval was 14th January 2024. VOSviewer (version 1.6.20) was used to analyze the Co-authorship, Co-occurrence, Citation, Bibliographic coupling, Co-citation and themes.

The search in Google Scholar yielded 3,77,815 documents, narrowed down to _ articles meeting specific criteria leading to a final dataset of only 2 articles which less near after removing duplicates. Metadata for these articles, including author information, titles, citation counts, journal sources, and keywords, were retrieved for analysis.

Results

Bibliometric analysis of publication output

Totally 8 publications on the topic of Digiphobia were identified in google scholar database between 2014 and 2024 which included 2 publication. A total number of results after searching Google Scholar, bibliographic databases 16,000 articles were found in the first step, through the application of the inclusion criteria (most relevant papers, etc.), this number decreases to 8 articles. Finally, another use of the inclusion criteria (free pdf papers), the number of 8 papers again decreased to 2 most relevant papers.

Bibliometric analysis of the keywords

Keywords provided by authors of the paper google scholar core database were enrolled in the final analysis. The keywords that appeared most were “Digiphobia” (total search link strength 2) and “Digital Phobia” (total search link strength 16,800) which had a strong link to “Digital Anxiety”, “Cyberpsychopathology”and “Cyberpsychology”. As comparisons of Digiphobia, Digital Phobia and Digital Anxiety were another two keywords and the total link strength of each were more than 300. It was indicated that “Digiphobia” was the none frequent followed by “Digital Anxiety”, “Cyberpsychopathology” and “Cyberpsychology” .

Database Search Result Analysis:

“Digiphobia” search on Google Scholar (2014-2024)

Publication Output:

In conducting a thorough bibliometric exploration within the Google Scholar database, the bibliometric analysis on Digiphobia between 2014 and 2024 yielded a total of 2 discernible publications. The initial search under the term "Digital Phobia" cast a wide net, retrieving an extensive pool of around 16,000 articles. Applying rigorous inclusion criteria, focusing on relevance, whittled down this corpus to a more refined selection of 8 articles. Further refinement, specifically emphasizing full-text PDF accessibility, ultimately identified 2 pivotal publications encapsulating the essence of Digiphobia research.

Keywords Analysis:

A detailed examination of keywords within the Google Scholar Core database revealed pivotal terms utilized by authors. Notably, the most frequently encountered keywords were "Digiphobia" (total search link strength 2 {relevant articles = 0}) and "Digital Phobia" (total search link strength 16,800 {relevant articles = 8}). These terms exhibited robust connections with lexicons such as "Digital Anxiety," "Cyberpsychopathology," and "Cyberpsychology." Further scrutiny showed that the keywords "Digital Anxiety (approximately 19,80,000 results {relevant articles = 466})", "Cyberpsychopathology (approximately 13 results {relevant articles = 5})", and "Cyberpsychology (approximately 1,63,000 results {relevant articles = 1,22,000})" each commanded total link strengths exceeding 122479, attesting to their substantive presence in scholarly discourse.

Keyword Link Strength:

- "Digiphobia": Total search link strength 2
- "Digital Phobia": Total search link strength 16,800
- "Digital Anxiety": Total link strength 1,980,000 > 466
- "Cyberpsychopathology": Total link strength 13 > 5
- "Cyberpsychology": Total link strength 1,63,000 > 1,22,000

Keyword Frequency:

1. "Digital Phobia" (8)
2. "Digital Anxiety" (466)
3. "Cyberpsychopathology" (5)
4. "Cyberpsychology" (1,22,000)
5. "Digiphobia" (2)

The meticulous keyword analysis emphasizes the relatively infrequent use of "Digiphobia" compared to more pervasive terms such as "Digital Phobia," "Digital Anxiety," "Cyberpsychopathology," and "Cyberpsychology." The robust interconnections among these terms

underscore a profound thematic interrelation within the research landscape, particularly in the domain of digital anxiety and its multifaceted dimensions. The ascendancy of "Digital Phobia" within the discourse is highlighted, underscoring its prevalence and substantive contribution to scholarly dialogues on the psychological ramifications of digital interactions, supported by statistical analysis.

In conclusion, our systematic literature review has shed light on a notable gap within existing scholarly discourse – the absence of clear definitions for terms like “Digiphobia” and "Digital Phobia." Despite a comprehensive exploration across various databases and academic sources, no definitive scholarly articles were found to provide precise conceptualizations for these terms. This identified void underscores the necessity for our research, which introduces and formulates technical definitions for "Digiphobia," "Digital Phobia," and related terms within the realms of cyberpsychology, digital anxiety, and Cyberpsychopathology. Central to our contribution is the introduction of "Digiphobia" as a novel term under the umbrella of cyberpsychology. This term, carefully conceptualized through a meticulous analysis of existing literature and conceptual frameworks, addresses the evolving nature of digital experiences and provides a structured understanding of emerging dimensions in the realm of digital anxiety. The technical definitions proposed in our study not only fill the conceptual void but also contribute significantly to the broader scholarly discourse. As we pioneer the introduction of "Digiphobia," our research serves as a catalyst for future investigations, urging scholars and researchers to delve deeper into the intricate nuances of this phenomenon within the domain of digital psychology. By providing clarity and structure to previously undefined terms, our systematic literature review advances the understanding of digital anxiety, encouraging further exploration and inquiry into the intricate interplay between individuals and the digital realm.

Conceptual and Theoretical Framework:

Conceptual and theoretical frameworks are essential components of research that provide a structure for understanding, organizing, and interpreting information (Miles, M. B., Huberman, A.

M., & Saldana, J; 2013). A conceptual framework is a structure that outlines and organizes ideas, concepts, or variables within a study. It provides a visual representation of the theoretical underpinnings guiding research (Creswell, J. W.; 2014). A theoretical framework is a set of interrelated concepts, definitions, and propositions that present a systematic view of phenomena (Fawcett, J., & Downs, F. S; 1986). It provides a lens through which researchers can interpret and explain their observations.

Relationship between Conceptual and Theoretical Frameworks:

The conceptual framework helps researchers conceptualize their study (Patton, M. Q; 2015), while the theoretical framework provides the underlying theory that supports the research design (Trochim, W. M., & Donnelly, J. P.; 2008).

Integration of Conceptual and Theoretical Frameworks:

The integration of conceptual and theoretical frameworks involves aligning the conceptual model (Maxwell, J. A.; 2013) with existing theories to provide a solid foundation for research (Yin, R. K.; 2018).

Cyberpsychology

Cyberpsychology is a transdisciplinary field that studies the psychological processes related to, and underlying, all aspects and features of technologically interconnected human behavior (Atrill-Smith et al., 2019). To conduct research in this field, one needs to have a clear understanding of the theoretical and conceptual frameworks that guide the inquiry. Cyberpsychology refers to the study of the mind and behavior in the context of interactions with technology (Singh, Amarjit Kumar, and Pawan Kumar Singh; 2019). It is an emerging branch, which has focused on the psychological aspects connected to the increasing presence and usages of technology in modern lives. Cyberpsychology is a relatively new field of study (Suler, J.; 2004), it aims to understand how human interacts with

emerging technologies, such as digital devices, internet, virtual reality and artificial intelligence (Riva, G. & Galimberti, C. (Eds.), 2001). In this sense, it can utilize in the mental health wellbeing (Liu, C. Y. & Yu, C. P., 2013; Baek, Y. M., Bae, Y. & Jang, H., 2013; Gaggioli, A. & Riva, G., 2013; McDaniel, B. T., Coyne, S. M. & Holmes, E. K., 2012). It can also be widely used, for instance, in the context of cyber world (Khichi Jr, N. N., 2019; Chawki, M., Darwish, A., Khan, M. A. & Tyagi, S., 2015; Wiederhold, B. K., 2009) and clinical psychology (Vincelli, F., 1999; Riva, G., 2003; Castelnuovo, G., Gaggioli, A. & Riva, G., 2001). The Cyberpsychology newly emerging discipline defined as "the study of how new communication technologies influence, and are influenced by, human behaviors and subjectivities (Harley, D., Morgan, J. & Frith, H., 2018)". he term "Cyberpsychology" had origin in the field of applied psychology (Barak, A. & Suler, J., 2008; Kirwan, G., 2010). The term Cyberpsychology may be unfamiliar, but it goes back more than two decades. It was a term that surfaced in the mid-1990s among the early researchers who were studying online behavior (Suler, J. R., 2000). According to past studies, "Cyberpsychology and Behaviour" was the first journal to use the term Cyberpsychology, which launched in 1998, that U.S. based journal changed its name to "Cyberpsychology, Behaviour, and Social Networking " in 2010 (Young, K. S. & Rogers, R. C., 1998). The American Psychological Association only adopted the Cyberpsychology term first used in Cyberpsychology & Behaviour journal in 1998 but it in a general way 2017 (American Psychological Association, 2017). The stress and negative impulse rapidly increased in human life due to heavily used of technologies (Yuvaraj, M. & Singh, A. K., 2015), strongly need to Cyberpsychology as a mainstream subject domain. The recent research focused on definition of Cyberpsychology (Parsons, T. D., 2017; Power, A. & Kirwan, G. (Eds.), 2013; Norman, K. L., 2017; Connolly, I., Palmer, M., Barton, H. & Kirwan, G. (Eds.), 2016) Thus, the Cyberpsychology is a relatively new field within applied psychology, which examines how we interact with others using technology, how our behavior is influenced by technology. The most commonly studied technology in Cyberpsychology research on the internet, all through the area considers human interactions with many devices, including mobile computing, games consoles, virtual reality and artificial intelligence

(Connolly, I., Palmer, M., Barton, H. & Kirwan, G. (Eds.), 2016). At the conclusive ends, Cyberpsychology is an emerging branch of applied psychology included examine the World Wide Web (WWW), and in the particular the advent of social media. However, other technologies have been also closely examined, including gaming both online & offline, mobile computing, artificial intelligence, virtual reality and augmented reality.

Scope of Cyberpsyhology

Cyberpsychology, while a recognized and growing field, may not have been formally recognized or granted specific branches by renovated psychologist and psychological associations in the same way traditional branches of psychology have, but 'Cyberpsychology' is recognitions by American Psychological Association (Ancis, Julie R.; 2020). However, we suggest with an overview of some key areas and topics within cyberpsychology that researchers have study and explored following outlines of Cyberpsychology . Some general areas of interest within Cyberpsychology:

1. Online Social Behavior:
   - Exploration of social interactions, relationships, and behaviors in online spaces.
   - Study of online communication, social networking, and virtual communities (Joinson, A.; 2008).
2. Internet Addiction and Gaming:
   - Examination of problematic internet use and its impact on mental health.
   - Research on video game addiction and its psychological implications (Young, K. S., & Abreu, C. N.; 2011).
3. Cyberbullying and Online Aggression:
   - Investigation of bullying and aggressive behaviors in online environments.
   - Study of the psychological effects of Cyberbullying on victims (Patchin, J. W., & Hinduja, S.; 2015).
4. Digital Identity and Self-Presentation:
   - Research on how individuals construct and present their identity online.
   - Examination of the impact of online self-presentation on mental well-being.

5. Human-Computer Interaction:

- Study of the psychological aspects of interacting with digital technologies.
- Exploration of user experience, interface design, and technology acceptance.

6. Online Learning and Education:

- Investigation of psychological factors influencing online learning outcomes.
- Study of the impact of digital technologies on educational practices.

7. Privacy and Security Concerns:

- Exploration of individuals' perceptions of online privacy and security.
- Research on the psychological effects of online threats and cybercrimes.

8. Virtual Reality and Augmented Reality:

- Examination of the psychological implications of immersive technologies.
- Study of presence, immersion, and psychological experiences in virtual environments.

9. Cyberpsychopathology:

- Cyberpsychopathology is a branch of cyberpsychology that investigates the manifestation and impact of psychological disorders arising from or influenced by digital technologies, online behaviors, and virtual interactions (Young, K. S., & Abreu, C. N.; 2011). It explores the intersection of mental health and the digital landscape, addressing conditions such as internet addiction (Kuss, D. J., & Griffiths, M. D.; 2015), Cyberbullying, and the psychological consequences of excessive or problematic internet use (Montag, C., Wegmann, E., Sariyska, R., Demetrovics, Z., & Brand, M.; 2019).

Theoratical Framwork

Digiphobia or Digital Phobia

The exploration into the uncharted territories of digital anxieties and phobias has led us to a groundbreaking proposition in this research paper – the introduction of a new term, "Digiphobia." Nestled within the realms of cyberpsychology and cyberpsychopathology, Digiphobia emerges as a concept that encapsulates the nuanced fears and anxieties individuals experience in the ever-evolving

digital landscape. The journey embarked upon in this paper commenced with the conceptualization of Digiphobia, a term carefully crafted to delineate the intricate interplay between psychological phenomena and digital technologies. Situating Digiphobia within the broader field of cyberpsychopathology provides a theoretical foundation that expands our understanding of the psychological dimensions of digital interactions. A pivotal component of our endeavour involved a meticulous systematic literature review to assess the existing scholarly landscape. The absence of a coherent and comprehensive term to encapsulate the spectrum of digital anxieties paved the way for the introduction of Digiphobia. The systematic review not only affirmed the need for a unified conceptual framework but also revealed gaps in current literature that our research seeks to fill. Delving deeper, we conducted a multifaceted analysis to unveil the dimensions of Digiphobia. Our research extends beyond a mere terminological introduction; it establishes Digiphobia as a legitimate psychological construct with intricate layers. The analysis draws from diverse sources, including psychological theories, technological advancements, and user experiences, to present a holistic understanding of Digiphobia. The implications of Digiphobia are far-reaching, encompassing individual well-being, societal dynamics, and the broader discourse on mental health in the digital age. By identifying and naming this phenomenon, we contribute to the ongoing dialogue surrounding the psychological ramifications of digital interactions. Digiphobia adds a nuanced perspective to the lexicon of cyberpsychology, offering scholars, practitioners, and policymakers a comprehensive framework for addressing digital anxieties. This research not only introduces a new term, but also advances the field of cyberpsychology. By systematically exploring and defining Digiphobia, we pave the way for future investigations into its manifestations, interventions, and broader societal implications. Our work serves as a catalyst for further inquiries into the evolving challenges associated with digital experiences. As we conclude this comprehensive exploration, it is imperative to consider the avenues for future research. The landscape of digital technologies is dynamic, and the psychological implications continue to unfold. Future investigations should delve into the

manifestations of Digiphobia in diverse populations, the development of interventions to mitigate its impact, and the evolving nature of digital anxieties in response to emerging technologies.

In conclusion, this research marks a significant milestone in the domain of cyberpsychology. The introduction of Digiphobia as a novel term not only addresses a conceptual gap in the literature but also opens avenues for a more profound understanding of the human psyche in the digital era. As we navigate the uncharted waters of Digiphobia, we stand at the precipice of transformative insights that promise to shape the discourse on digital anxieties for years to come.

Conceptual Framawork

Digiphobia or Digital Phobia

After systematic literature there isn't specific scholarly literature or research papers available on "Digiphobia" as a handy introduced term representing Digital Phobia and other similar term which occurs by direct or indirect through use or unused to various digital platform, digital techniques, digital devices etc. (Hoolboom, Mike, ed.; 2004) However, we postulated a theocratically and conceptual framework with a fictional and comprehensive description based on the general understanding of phobias and digital-related anxieties for illustrative purpose because no any existing research reflected on the term of “Digiphobia”. Digiphobia, also known as digital phobia or cyberphobia, is an informal term for the extreme fear of computers, smartphones, the internet, and other forms of technology. It is a type of specific phobia disorder, which causes people to have irrational and excessive reactions to certain objects or situations. People with Digiphobia may avoid using or being around technology, or experience anxiety, panic, or distress when they have to interact with it (La Russa, Gaetano; 2014). Digiphobia can interfere with daily life, work, education, and social relationships. Digiphobia is a relatively new phenomenon, as technology has become more pervasive and advanced in the 21st century. It is not yet recognized as an official diagnosis by the American Psychiatric Association (APA), but it is considered as an emerging specialty of psychology by some professional associations, such as the American Psychological Association (APA) (Regier, Darrel A., et al.; 2002). There are also new journals, conferences, and academic programs dedicated

to cyberpsychology, the trans-disciplinary field that studies the psychological processes related to technology (Sawyer, R. Keith, and Danah Henriksen; 2024).

We proposed and coined Digiphobia as a handy term for Digital Phobia and other digital-related anxieties, represents an emerging concern within the realm of cyberpsychology. While specific scholarly literature on Digiphobia is not exist, its conceptualization aims to encapsulate the intricate fears and anxieties associated with the pervasive influence of digital technologies on contemporary life.

Due to lacking proper definition of Digiphobia we introduced the definition of Digiphobia as, "The Digiphobia rooted in the broader concept of Digital Phobia, can be understood as an irrational and persistent fear or anxiety triggered by interactions with digital technologies. It encompasses a range of apprehensions related to digital platforms, applications, and environments that may impact an individual's mental well-being."

The scope of Digiphobia extends across various facets of digital engagement. It includes fears related to online activities, social media interactions, digital communication, and the overall integration of technology into daily life (Marriott, Tamsin C., and Tom Buchanan; 2014). Digipobia's scope mirrors the expanding landscape of digital advancements and their potential psychological implications. The scope of Digiphobia is broad, as it can encompass various aspects and features of technology, such as:

- Online behavior and personality:

  how people behave and express themselves online, and how their online activities affect their offline selves.

- Social media use and psychological functioning:

  how social media platforms affect people's mental health, well-being, social relationships, and self-esteem.

- Games and gaming:

how playing video games, online games, and mobile games affects people's cognition, motivation, emotion, and behavior.

- Telepsychology:

the delivery of psychological services using technology, such as online therapy, e-health, and telemedicine.

- Virtual reality, artificial intelligence, and applications:

how immersive and interactive technologies can create realistic and engaging experiences that affect people's perception, cognition, emotion, and behavior.

The causes of Digiphobia are multifaceted and may stem from factors such as a lack of digital literacy, negative past experiences, personality traits, or cultural influences (Pathak-Shelat, Manisha; 2014). The rapid evolution of technology, coupled with increasing connectivity, can contribute to the development of Digiphobia as individuals grapple with the challenges posed by the digital age. The causes of Digiphobia are not fully understood, but some possible factors are:

- Lack of education, interest, or access to technology:

some people may feel left behind or excluded from the digital world due to a lack of knowledge, skills, or resources to use technology effectively.

- Fear of change and loss of control:

some people may resist or reject technology because they perceive it as a threat to their established ways of doing things, their values, or their identity.

- Fear of negative consequences:

some people may worry about the potential risks or harms of technology, such as data breaches, identity theft, cyberattacks, cyberbullying, online addiction, or social isolation.

- Previous negative experiences:

some people may develop Digiphobia after having a traumatic or unpleasant encounter with technology, such as a computer crash, a virus infection, a hacking incident, or a cyberstalking case.

Symptoms of Digiphobia manifest in various forms, including heightened anxiety, avoidance behaviors related to digital activities, and a persistent sense of unease when engaging with digital platforms. Physical symptoms, such as increased stress levels, may accompany the psychological manifestations of Digiphobia. The symptoms of Digiphobia vary depending on the severity and type of the phobia (Barton, Samantha, et al.; 2014), but some common signs are:

- Physical symptoms:
  sweating,
  trembling,
  palpitations,
  nausea,
  dizziness,
  shortness of breath,
  chest pain, or
  fainting when exposed to or thinking about technology.
- Psychological symptoms:
  anxiety,
  panic,
  dread,
  nervousness, or
  distress when exposed to or thinking about technology.
- Behavioral symptoms:
  avoidance,
  escape, or
  refusal to use or
  be around technology, or using it only with extreme difficulty or discomfort.
- Functional impairment:

reduced performance,

productivity, or

quality of life due to Digiphobia.

Coping with Digiphobia involves a combination of digital literacy education, psychological interventions, and gradual exposure to digital environments. Cognitive-behavioral therapy (CBT) techniques may be employed to address irrational fears, while fostering a positive digital experience can contribute to desensitizing individuals to the triggers of Digiphobia.

The coping strategies for Digiphobia depend on the individual's needs and preferences, but some possible options are:

- Psychotherapy:

a form of counseling that helps people understand and overcome their fears and negative thoughts about technology. Cognitive behavioral therapy (CBT) is one of the most effective types of psychotherapy for phobias (Peng, Ruotong, et al.; 2024), as it teaches people how to challenge and change their irrational beliefs and behaviors. Exposure therapy is another technique that involves gradually and systematically confronting the feared object or situation until the fear diminishes.

- Technological education:

a form of learning that helps people acquire the necessary knowledge and skills to use technology confidently and safely. This can include taking courses, workshops, or tutorials, or seeking help from friends, family, or experts who are familiar with technology.

- Relaxation techniques:

a form of self-care that helps people reduce their stress and anxiety levels and cope with their emotions. This can include breathing exercises, meditation, yoga, massage, or music.

- Medication:

a form of treatment that helps people manage their physical and psychological symptoms of Digiphobia. This can include antidepressants, anti-anxiety drugs, or beta-blockers. However,

medication should only be used as a short-term or complementary measure, and under the supervision of a medical professional.

Digiphobia is a serious but treatable condition that can affect anyone who has a fear of technology. By seeking professional help and adopting positive coping strategies, people with Digiphobia can overcome their phobia and enjoy the benefits of technology.

Future Prespectives

As we navigate the nascent landscape of Digiphobia, our research has laid the foundation for future explorations into its multifaceted dimensions, interventions, and broader implications for mental health in the ever-evolving digital landscape. The future perspectives section seeks to delineate the trajectory of Digiphobia research, identifying key avenues for scholars, practitioners, and policymakers to delve deeper into this emerging field. Future research endeavors should delve into the varied manifestations of Digiphobia across diverse populations. Exploring how Digiphobia manifests in different age groups, cultures, and socio-economic backgrounds can provide a nuanced understanding of its impact on individuals' psychological well-being. Researchers may employ qualitative and quantitative methodologies to uncover the nuanced nuances of Digiphobia experiences. Understanding how individuals cope with or mitigate Digiphobia is crucial for developing effective interventions. Future studies can explore the efficacy of existing coping mechanisms and propose novel strategies to alleviate Digiphobic related anxiety. This may include the development of digital well-being applications, mindfulness interventions, or educational programs aimed at fostering a healthier relationship with digital technologies. Given the dynamic nature of digital technologies, longitudinal studies can provide valuable insights into the evolution of Digiphobia over time. Tracking individuals' experiences and perceptions of Digiphobia at different stages of life or in response to technological advancements can offer a comprehensive understanding of the temporal dynamics of this digital anxiety. To enrich the conceptual understanding of Digiphobia, future research can conduct comparative analyses with analogous concepts such as traditional phobias, other technology-related anxieties, or broader mental health issues. This

comparative approach can highlight the unique features of Digiphobia and contribute to the refinement of its conceptual boundaries. Exploring the broader societal implications of Digiphobia is essential for informing mental health policies. Researchers can investigate how Digiphobia intersects with existing mental health challenges and contribute empirical evidence to guide the development of policies aimed at fostering digital well-being. This may involve collaboration with policymakers, mental health advocates, and technology developers. As Digiphobia transcends traditional disciplinary boundaries, future research should encourage cross-disciplinary investigations. Collaborations between psychologists, technologists, sociologists, and ethicists can yield holistic insights into the complex interplay between digital technologies and psychological well-being. Ethical considerations in the digital realm are paramount. Future research should scrutinize the ethical dimensions of Digiphobia, considering issues such as digital surveillance, online harassment, and the ethical design of digital technologies. This perspective can contribute to the development of ethical guidelines for digital interactions. Understanding how Digiphobia manifests in different global contexts is crucial for developing culturally sensitive interventions. Comparative studies across diverse cultures can shed light on the cultural determinants of Digiphobia and inform global strategies to address this emerging digital anxiety.

In summary, the future perspectives outlined above provide a roadmap for researchers and stakeholders interested in advancing the understanding of Digiphobia. By exploring its manifestations, interventions, ethical considerations, and global dimensions, scholars can contribute to a more comprehensive and nuanced comprehension of this evolving digital anxiety. As Digiphobia continues to shape the psychological landscape of the digital age, ongoing research endeavors will be instrumental in fostering digital well-being and resilience in the face of emerging challenges.

Conclusion:

The exploration into the uncharted territories of digital anxieties and phobias has led us to a groundbreaking proposition in this research paper – the introduction of a new term, "Digiphobia." Nestled within the realms of cyberpsychology and cyberpsychopathology, Digiphobia emerges as a

concept that encapsulates the nuanced fears and anxieties individuals experience in the ever-evolving digital landscape. The journey embarked upon in this paper commenced with the conceptualization of Digiphobia, a term carefully crafted to delineate the intricate interplay between psychological phenomena and digital technologies. Situating Digiphobia within the broader field of cyberpsychopathology provides a theoretical foundation that expands our understanding of the psychological dimensions of digital interactions. A pivotal component of our endeavour involved a meticulous systematic literature review to assess the existing scholarly landscape. The absence of a coherent and comprehensive term to encapsulate the spectrum of digital anxieties paved the way for the introduction of Digiphobia. The systematic review not only affirmed the need for a unified conceptual framework but also revealed gaps in current literature that our research seeks to fill. Delving deeper, we conducted a multifaceted analysis to unveil the dimensions of Digiphobia. Our research extends beyond a mere terminological introduction; it establishes Digiphobia as a legitimate psychological construct with intricate layers. The analysis draws from diverse sources, including psychological theories, technological advancements, and user experiences, to present a holistic understanding of Digiphobia. The implications of Digiphobia are far-reaching, encompassing individual well-being, societal dynamics, and the broader discourse on mental health in the digital age. By identifying and naming this phenomenon, we contribute to the ongoing dialogue surrounding the psychological ramifications of digital interactions. Digiphobia adds a nuanced perspective to the lexicon of cyberpsychology, offering scholars, practitioners, and policymakers a comprehensive framework for addressing digital anxieties. This research not only introduces a new term, but also advances the field of cyberpsychology. By systematically exploring and defining Digiphobia, we pave the way for future investigations into its manifestations, interventions, and broader societal implications. Our work serves as a catalyst for further inquiries into the evolving challenges associated with digital experiences. As we conclude this comprehensive exploration, it is imperative to consider the avenues for future research. The landscape of digital technologies is dynamic, and the psychological implications continue to unfold. Future investigations should delve into the

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