Effects of Technology, Adversity Quotient (AQ), and Social Stability on Mental Health

Dr Jakka Pradeep

Department of Psychology, Sri Venkateswara University, A.P, India.

ABSTRACT

The performance of total society, its customs, values and usual style of life is referred as mental health. The ability to find, challenge, and solve problems suggests positive mental health. Mentally healthy individual participates in some or other plan intended to help the humanity and survives a good adjustment with social situations. The state of unity between oneself and others, a co-existence between lives of the self and other people and being able to love, to be joyful, to be able to cope stress and to be self-confident involves mental health. Technology use has increased quickly in therapy. Machinery is having a deep impact on almost every aspect of life. The streaming video and wireless connectivity will impact how counsellor perform in future. The practice of cyber counselling is growing as a modality by which counselling services are delivered. Social stability is key for the development of any society and it gives a basis for quality of life, political governance, and economic progress. This refers to the well-being where a community experience consistency, order, and harmony and social stability is characterized by lack of significant disturbance, rapid change and conflict. Adversities may be in the form of financial instability, career insecurity, loss of job, and other events that impact both short term and long-term mental health or illness of an individual. Adversity intelligence can overcome, withstand and perform optimally in difficulties that oppose every day. Adversity quotient (AQ) represents the idea of surviving fairly than giving up.

Keywords: Technology, Social stability, Adversity Quotient, and Mental health

Introduction

Vithoulkas (1979) found **health** as **freedom** from pain in the physical body, referred as physical health, freedom from passion as emotional health, freedom from selfishness and egoism as mental health and the health of an individual is the degree to which he is free to create all actions that promote the interest and good of oneself and others. In the **Hard Day on the Planet**, Loudon Wainwright III (1986) observed that "*A new disease every day, and the old ones are coming back.*" Some common manias are given below. **Manias** are an addiction to something, which is excessive or un-reasonable at times.

'Manias' are several:

- Talking – Verbomania
- Alcohol – Dipsomania
- Travelling – Hodomania
- Being alone – Isolomania
- Music – Melomania
- Crowds – Demomania

- Dogs – Cynomania
- Pleasure – Hedonomania
- Religion – Theomania
- Books – Bibliomania
- Drugs – Narcomania
- Power – Megalomania
- Sex – Nymphomania
- Work – Ergomania
- Riches – Plutomania. **Phobia** is an unrealistic, irrational and excessive fear to a particular object.

Common 'Phobias' are:

- Animals – Zoophobia
- Growing old – Gerascophobia
- Rain – Ombrophobia
- Closed space – Claustrophobia
- Open space – Agoraphobia
- Woman – Gynophobia
- Men – Androphobia
- Water – Hydrophobia
- Pain – Agliophobia
- Wealth – Plutophobia
- Books – Bibliophobia.

Nomophobia is the new type of **distress** experienced by individuals when they are not able to use **mobile phones**. **Digital addiction** is another type of new disorder such as technology addiction, internet addiction can be referred as an impulse control disorder that includes **compulsive** use of digital tools and other digital channels in spite of bad consequences to the use of digital technologies. Confucius observed that individuals lose their **strength** to make money and then lose their **money** to restore their strength. Some recently developed obsessions different age groups are facing are given below:

1. Facebook depression
2. Phontom vibration syndrome
3. Zero inbox syndrome
4. Selfities
5. Digital amnesia
6. Snap chat syndrome
7. Dissociation online
8. Phubbing
9. Text neck syndrome

Stolz (1997) published his work on turning **problems** in to **opportunities** and the researcher has given this intelligence of changing difficulties into performance as Adversity Quotient.

Quoting the book *The Obstacle is the Way* by Ryan Holiday (2014), would be relevant. Ryan stated the ancient art of turning **adversity** to **advantage**.

The meaning of **social stability** is the absence of rapid change in the society occurring due to technologies, wars, etc., and effective **conflict management** between groups through formal institutions, that administer social, economic, and political interactions. In a globalized society the whole world is totally related on support by many other human subsystems called vital infrastructure: food production and distribution, **public health**, banking, telecoms, electric power, water supply and sewage management, transport systems, security services, shops supplying essential goods. The central idea of social stability is to provide children with **equal** or greater accessibility to social resources than present-day generation. From the quote of William Gibson, *the future is already here; it's just unevenly distributed.* John F. Kennedy (1959-60) stated *when written in Chinese, the word* **'crisis'** *is composed of two characters – one represents danger and one represents opportunity.*

Besides disease, there are financial instability, deforestation, overfishing, pollution, greenhouse gases, cyber security, ozone-depleting chemicals, pandemics, and nuclear weapons.

Literature Review

Phoolka. S and Kaur. N (2012) explored the adversity quotient and the researchers found Adversity Quotient (AQ) as a new paradigm**.** AQ is useful in today's times where adversity exists in society, at our workplace, and in our individual life. Hence evaluating and then **increasing** our **AQ** can smoothen our everyday time.

Boydell et al., (2014) discovered that the practice of technologies such as **videoconferencing** and the **internet** will play a major role in the mode of future mental health systems pointed towards delivering prevention, evaluation, counselling and treatment programs. As such approaches are increasing exponentially on global basis, it is significant to study the impact of these **technologies** on child and youth **mental health** service delivery.

Marks. M and Bowers. M (2015) in research on technology and mental health found that technology will continue to be relevant in the future. Mental health providers should be in control of utilizing the technology and with so many people utilizing technology it would be irresponsible of mental health service providers to ignore the effect of technology in providing services to patients and increase access and utilization of **technology** for **mental health**.

Sameena et al., (2016) found that high incidence of mental morbidities among children living in **orphanages** and to avoid its harmful **effect** on the **society**, the researchers recommended proper supervision of the orphanages by administering authorities and regular training courses for the care givers to help improving their children caring skills. Surveillance for the children residing in the orphanages must be available and continuous for early diagnosis and treatment of mental disorders.

White. C.S and Eyber. C (2017) reviewed the significant latest developments in positive approaches to happiness and mental health. Progress in **positive mental health** requires restoring the **connections** of **community** and individual. The complexity of subjectivity and lives lived with others would become the centre of our **vision**.

Quoting Tim Berners Lee in this context would be **relevant**. **Sir Tim Berners Lee** the inventor of **World Wide Web** stated that *the world can be seen as only connections, nothing else….*

Raveesh. B.N, Guru. S. Gowda, and Gowda. M. (2019) stated that **human rights**-based approach to mental health helps to address the structural inequalities in **society** that hinders people's recovery. Human rights can act as a powerful catalyst for change in **mental healthcare** that has historically suffered from stigma, discrimination, and loss of dignity of patients.

Hossain. M.M and Purohit. N (2019) reported that **India** has attained significant achievements in many health measurements since its independence but very fewer efforts are taken to ensure the academic and spiritual health of the young people who are the future delegates of the nation. A systematic **policy** for child and adolescent mental health can serve a foundation of the future initiatives to understand life-threatening problems related to **mental health**.

Chadha. N. (2021) stated that teaching and **nurturing AQ** can predict an individual's strength and can lead to the development of an array of **effective** relationships such as groups, families, communities, cultures, **societies**, and organizations.

Jossou et al., (2022) reviewed the literature on mental disorders and the different technologies used to assess them. According to their report, ICT associated with progresses in **smart phones**, specific **apps,** and **Internet of Things (IoTs)** allow **effective** assess, detection, prediction, and management of mental disorders. The researchers found correlation mental well-being and patient's real life.

Saxena and Rathore (2024) observed the relevance of **AQ** and professional's quality of life among doctors, nurses, psychiatric social workers and psychologists and considered as a **life skill** necessary to be equipped with for these professions for their enhanced **well-being.**

Discussion and Conclusion

God will give the **strength, skills,** and **freedom** for all human beings. Individuals who are **optimistic** can see adversity as a temporary event that can disappear with time.

We have two choices in any given moment. They are: to step forward in to the progress, or to step back in to worry. Carol Dweck, Stanford University, in her book, Mindset: The New Psychology of Success (2006) reported, *"I have always been deeply moved by outstanding achievement and saddened by wasted potential."* Dweck observed, that a person with fixed mindset believes brainpower to be a fixed trait and persons with growth mindset believes in the growth of **brainpower** when it is added with new info, statistics, news, facts, figures, and latest skill set. If you plan on being anything less than you are capable of being, you will probably be unhappy all the days of your life.

Three significant points said by Terry Doyle and Todd Zakrajsek in The Science of Learning: How to learn in Harmony with Your Brain (2022) that facing **tests, contests, questions, and challenges** will facilitate growth mindset, with regular practice and focusing on how to improve using different strategies, giving more time and efforts can contribute to **success**.

Lack of control, commitment, and skills causes more unhappiness and stress. Climbing the ladder and ascending the peak in society, workplace, and enhancing one's personality can be

the result of Adversity Quotient (AQ). Quoting **Robert Frost** in this context can be relevant. *"Two roads diverged in a wood, and I took the one less travelled by, and that has made all the difference."*

Social stability can be, *treat others as how you want to be treated by others.* Always choose growth mind! Reduced working is not a reflection of one's personal qualities or brain power and individual can accept disappointment, but unacceptable is stopping try. Don't fall into the Compliance Trap **Thinking** that says like this, *"the known devil is better than unknown angel." But happiness in life depends on your ability to risk meeting that* **"unknown angel***."* William Golding said that **the beast is within us** and R. K. Narayan said **the God is also within us**.

Quoting **Emerson** in this context can be relevant. He said *"To leave the world a bit* **better***, whether by a healthy child, a garden patch, or a redeemed social condition; to know that even one life has breathed easier because you have lived – that is to have succeeded."*

Facts about **therapies** are given below:

Acupressure – Use of finger pressure on the body to relieve pain

Acupuncture – Insertion of needles into skin to treat disease

Aromatherapy – Use of sweet-smelling oils to treat disease

Chemotherapy – Chemicals used to treat mental illness

Hydrotherapy – Use of water to treat disease

Hypnotherapy – Use of hypnosis to treat mental disorders

Radiation therapy – Use of radiation to treat cancer

Naturopathy – use of natural remedies to improve well-being

Photopathy – Use of infrared/ultra-violet rays to treat diseases

Physiotherapy – Use of exercise to treat disability

Reflexology – Use of foot massage to treat ailments.

Differences in Mindset of Individuals and the Effect of Technology, Adversity Quotient (AQ), and Social Stability on Mental Health

Looking at a rose garden, one said: "so beautiful, full of roses! Another remarked: "so frightful, full of thorns!" Same sun: one felt the scorching heat and lethargy, another found it warm, pleasant and energetic! Same rain: one found it depressing and un welcome; the other found it refreshing and most welcome!

Who benefits from it? who is choosing it for us? Or do we have a choice?

References

1. Sabharwal, D.P. (2009). Personality development handbook. *Prakash Books India Pvt. Ltd.* 87-101.

2. Phoolka, S., & Kaur, N. (2012). Adversity Quotient: A new paradigm to explore. *International Journal of Contemporary Business Studies, 3,* 67-78.

3. Boydell, K. M., Hodgins, M., Pignatiello, A., Teshima, J., Edwards, H., & Willis, D. (2014). Using Technology to Deliver Mental Health Services to Children and Youth: A Scoping Review. *Journal of the Canadian Academy of Child and Adolescent Psychiatry, 23,* 87-99.

4. Marks, M., & Bowers, M. (2015). Technology and Mental Health. *Information Science Reference, 10,* 1-13.

5. Sameena, D., Raul, K., S.A. Tabish., A.W. Khan (2016). A Study on the Mental Health Status of Children in Orphanages in Kashmir. *International Journal of Science and Research, 5*, 6-7.

6. White, C.S., & Eyber, C. (2017). Positive Mental Health and Well-being. *The Palgrave Handbook of Global Mental Health: Socio-cultural Perspectives.*10-11.

7. Raveesh, B.N., Gowda, G. S., Gowda, M. (2019). How right is right-based mental health law? *Indian Journal of Psychiatry. 61,* S640-4.

8. Hossain, M.M., & Purohit, N. (2019). Improving child and adolescent mental health in India: Status, services, policies, and way forward. *Indian Journal of Psychiatry. 61*, 415-9.

9. Chadha, N. (2021). Adversity Quotient: Surviving rather than giving up. *Psychology and Education, 58,* 5952-5947.

10. Jossou, T., Medenou, D., Et-tahir, A., Ahouandjinou, H., Edoh, T., Houessouvo, R., & Pecchia, L. (2022). A review about Technology in mental health sensing and assessment. *ITM Web of Conferences, 46,* 4-5.

11. Saxeena, S., & Rathore, B. (2024). Adversity Quotient as determining factor of mental health and professional quality of life among healthcare professionals: A systematic review. *Annals of Neuroscience, 1*, 7.

12. https://www.vithoulkas.com/writings/new-horizons/definition-of-health/

13. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8519611/

14. https://www.goodreads.com/quotes/681-the-future-is-already-here-it-s-just-not-evenly

15. https://genius.com/Loudon-wainwright-iii-hard-day-on-the-planet-lyrics

16. https://en.wikipedia.org/wiki/Adversity_quotient#:~:text=The%20term%20was%20co ined%20by,Adversity%20Response%20Profile%20(ARP)

17. https://edcentral.uk/edblog/beginner-guides/a-beginner-s-guide-to-doctor-carol-dweck

18. https://www.goodreads.com/quotes/927691-what-is-success-to-laugh-often-and-much-to-win

19. https://brainly.in/question/17825645

20. https://www.goodreads.com/quotes/7655670-in-an-extreme-view-the-world-can-be-seen-as